

## Members area

The Members Area is a space within our office where we hold our various forums, consultations and other events for consumers.

Informal events for consumers to learn about services and programs in the ACT, learn new skills and meet other likeminded people are usually held on Thursdays when planned. Consumers can also make an appointment to use computers and phones for their self-advocacy needs on Wednesdays from 10am to 12pm.

A meeting space is available for community groups to hold centrally-based groups and meetings. Contact us to make a booking.



## Other ways you can get involved

- Contribute to our Newsletter & Bulletins
- Check out our website
- Become a Board Member
- Respond to surveys
- Like us on Facebook
- Check out our YouTube channel

## Join us!

Membership is FREE for consumers. We welcome all people with lived experience of mental illness, past or present, who live or access services in the ACT.

We also welcome organisations (nominal fees apply) and supporters to become Associate Members.

Contact us for a membership form, or complete one online!



ACT  
Mental Health  
Consumer Network

### Opening hours



Monday to Friday 9am-3pm  
(excluding public holidays)



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facebook.com/actmhcncn/  
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The peak  
body for  
mental health  
consumers in  
the ACT

## About us

The Network is run by consumers for consumers. Our aim is to raise the standard of health care in the mental health sector, through representation, lobbying and active involvement in new developments in the ACT.

Through us, consumers can contribute to improving the mental health system for everyone.

We are a vibrant organisation committed to the rights of consumers, promoting a respectful and inclusive system that involves consumers, carers and other professionals.



## Who is a consumer?

A consumer is a person who identifies as having lived experience of mental illness or disorder, past or present, or has personally used a mental health service for their health needs or recovery journey.

## How can I get involved?

We offer many ways for consumers to be involved in our work through our education and training programs, Consumer Representation and discussions on policy and program developments.



Become a Consumer Representative for the Network and use your experience and skills to make change and improve the mental health system in the ACT. It is a way you can directly give feedback and recommendations about how changes to services or policies can help or hurt consumers in their recovery journeys.



Use your lived experience to contribute to the review and development of legislation, policy, programs and services that affect you and other consumers.

We welcome you giving us feedback about your experiences with services and programs, and collect feedback on systemic issues through forums, consultations and other means. We then de-identify all feedback and provide it to the relevant agencies and organisations. This supports improvements to services, programs and legislation for all people who access mental health services in the ACT.



We offer free training opportunities to help you gain the tools and skills you may need to empower yourself in your daily life and to become a Consumer Representative to stand up for ALL consumers.

Our training also helps you to understand your rights under the *Mental Health Act 2015* (ACT) and put in place your decisions about your treatment, care and support in case you become unwell in the future.

