

## Testimonial

*The ACT Mental Health Consumer Network, through their educational programs, have given me the courage and skills to advocate in the mental health system.*

*Several years ago, I began my journey in mental health systemic advocacy by attending the Self-advocacy course. After completing that I did the Consumer Representation, My Rights My Decisions, Understanding NDIS and Mentoring courses.*

*These courses are empowering for consumers and help us understanding our health and wellbeing and voice systemic issues in committees within the mental health system.*

**Bianca R.**  
**Network Member and Consumer Representative**

## What's next?

On completion of any of our courses further free training is available including our Co-facilitation course.

Co-facilitation training helps you build the skills to use your lived experience expertise as a Co-facilitator in the Network's training programs where your lived experience can make a valuable contribution in our workshops.

## About the Network

ACT Mental Health Consumer Network is an organisation run by consumers for consumers. Our aim is to bring about a higher standard of healthcare in the mental health sector through representation, lobbying and active involvement in new developments in the mental health sector.

We are committed to the rights of mental health consumers, promoting a respectful and accepting system that involves consumers, carers and professionals.



### Opening hours

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



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ACT  
Mental Health  
Consumer Network

Free  
community  
and peer  
education

Supported by



## Our training

The Network is proud to offer FREE training opportunities for anyone with lived experience of mental illness (consumers) to gain the tools and skills they may need to empower themselves in their daily lives.

We also offer free training to become active in a variety of valued volunteer roles.

Our training has been designed with consumers, for consumers to help you to speak up for yourself and be a voice for other consumers.



## Self-advocacy

Self-advocacy is about speaking up for yourself and the things that are important to you. Our Self-advocacy course can help you to:

- ask for what you need and want, and tell people about your thoughts and feelings
- know your rights and responsibilities
- have more control and make choices that are right for you

## My Rights, My Decisions

We provide free workshops to help you make decisions for if you become unwell in the future. Under the *Mental Health Act 2015 (ACT)*, you have the right to put in place the following decision-making tools to help you if you become unwell:

- Nominated Person
- Advance Agreement
- Advance Consent Direction

My Rights, My Decisions (MRMD) workshops help you think about the things that are important to you for if you become unwell in the future. You will learn how to complete your Form Kit, including when you can complete it, what you can write in it, how to lodge it for future use and more.

## Consumer Representation



Consumer Representation is a way you can speak up to help change mental health systems, services and programs so they work well not just for you but for all consumers. This improves services and breaks down stigma and discrimination for everyone.

Our Consumer Representation course can help you use your lived experience and the lived experience others to shape the way mental health services are designed and delivered in the ACT.

The course can help you build skills to represent yourself and other consumers through being an informed and confident Consumer Representative.