“My Recovery has changed my life in how I look at myself and knowing what helps me”

My Recovery participant

Wellways My Recovery is a multi-session education and support program for people living with mental health issues. The program is led by peers – trained people who have their own lived experience of mental health issues and recovery.

My Recovery provides a safe and confidential space to explore recovery and build skills:

- learn about mental health and recovery
- explore ways to improve social and emotional wellbeing
- develop communication and advocacy skills
- find ways to challenge stigma and discrimination
- share and learn from others experiences
- develop ongoing support networks

My Recovery is delivered over 9 x 3.5-hour sessions, with various programs scheduled until the end of June 2020.

To find out more
Visit our website to find an information session
www.ntmhc.org.au/my-recovery-peer-led-education-program

Or contact
NT Mental Health Coalition
p. 8948 2246 / 0439 100 360
e. PLEProject@ntmhc.org.au
1. Why do you want to do the My Recovery program? Tick all that apply

☐ To meet new people
☐ To learn new skills
☐ Explore and try new things
☐ Learn what works for me
☐ Better connect with family and friends
☐ Be in a safe place to step out of my comfort zone
☐ Understand more about mental health
☐ Other

2. What recovery skills or strengths would you like to develop? Tick all that apply

☐ Communication
☐ How to speak up for myself
☐ Discovering my story
☐ Other

3. Do you have someone who will support you through this program?

☐ Yes  ☐ No

Why did you choose them?

I acknowledge that I am:

☐ Over 18
☐ Living with mental health challenges or other related issues (trauma, alcohol and/or other drug issues)
☐ On my own journey of recovery
☐ Prepared to access support during the My Recovery program
☐ Prepared and willing to commit to attending all 10 sessions of the program

Signature: ___________________________ Date: ___________________________

What is the start date of the My Recovery program you wish to attend? ___________________________

Are there any barriers which may get in the way of you doing My Recovery?

☐ Transport
☐ Kids
☐ Work or other commitments
☐ Other

Would you like someone to contact you about this and see if we can help you take part?

☐ Yes  ☐ No

Submit your expression of interest to PLEPproject@ntmhc.org.au
You will be contacted to confirm receipt and your enrolment.