

Facilitators	Lauren & Aaron
Venue	Employee Assistance Service Australia (EASA) Level 2, The Avenue 217/12 Salonika Street Parap NT 0820 (above Karma Cafe)
Format	Two sessions per week, Monday & Thursday Afternoons
Participation	Men and Women
Cost	Free
Information Sessions	<p>An opportunity to find out more about My Recovery and the peer learning model before submitting an Expression of Interest if you are unsure if the program is right for you.</p> <p>Option 1: Thursday, 21st of January 2021, 1 pm to 2:30 pm Option 2: Monday, 25th of January 2021, 1 pm to 2:30 pm</p> <p>To RSVP</p> <p>Contact: Noelene Armstrong Phone: 0439 100 360 Email: plepproject@ntmhc.org.au</p>
My Recovery Session Dates and Times	<p>Monday & Thursdays from 1 pm to 4 pm</p> <p>Session 1 - Thursday, 28th of January 2021 Session 2 - Monday, 1st of February 2021 Session 3 - Thursday, 4th of February 2021 Session 4 - Monday, 8th of February 2021 Session 5 - Thursday, 11th of February 2021 Session 6 - Monday, 15th of February 2021 Session 7 - Thursday, 18th of February 2021 Session 8 - Monday, 22nd of February 2021 Session 9 - Thursday, 25th of February 2021</p> <p>To Apply</p> <p>Email a completed Expression of Interest Form for the Monday & Thursday Afternoon Program beginning on Thursday the 28th of January 2021.</p> <p>OR Complete the online Expression of Interest Form</p> <p>OR Phone the Project Officer.</p> <p>Contact: Noelene Armstrong Phone: 0439 100 360 Email: plepproject@ntmhc.org.au Website: www.bit.ly/DarwinPLEP</p>

About My Recovery

My Recovery is a peer led education and support program for people living with mental health challenges or alcohol and other drug issues. The program is led by peers – people with their own lived experience of mental health challenges (or alcohol and other drug issues) and recovery. The peers have been trained to facilitate the My Recovery program and use their experience in a safe and meaningful way.

My Recovery provides a safe and confidential space for participants to explore recovery and build skills to promote their long-term mental health and wellbeing. The My Recovery program includes 13 modules, that are delivered over 9 x 3-hour sessions.

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| Session 1 | Module 1: Recovery, Hopes and Dreams
Module 2: Peer Support |
| Session 2 | Module 3: What is Mental Illness
Module 4: Mental Illness and Identity |
| Session 3 | Module 5: Understanding and Resisting Stigma
Module 6: Whole Person Health Model |
| Session 4 | Module 7: Approaching Recovery |
| Session 5 | Module 8: Relapse |
| Session 6 | Module 9: Communication |
| Session 7 | Module 10: Stigma and Discrimination
Module 11: Meaningful Occupation |
| Session 8 | Module 12: Goal Setting |
| Session 9 | Module 13: Recovery, Hopes and Dreams |

Each participant receives a logbook which captures the program content and importantly provides activities for participants to explore and reflect on their own personal recovery during the program.

There is no charge to attend My Recovery and the program is open to anyone who is over the age of 18 and has an experience of mental health challenges, trauma or alcohol and other drug related issues.

Information sessions are scheduled before each of the scheduled My Recovery programs begin so that interested people can find out more about the program and peer learning model before formally applying. The program website also contains a lot of information including videos and testimonials.

Applications to participate in My Recovery can be made by

1. Completing the online Expression of Interest on the website
2. Emailing a completed Expression of Interest to the Project Officer
3. Calling the Project Officer to provide your details over the phone.

For more information, visit the website at www.bit.ly/DarwinPLEP, or contact

Noelene Armstrong
Project Officer
NT Mental Health Coalition
Email: pleproject@ntmhc.org.au
Phone: 0439 100 360