

<b>Facilitators</b>	Noelene & Leah
<b>Venue</b>	Nightcliff Community Centre, 18 Bauhinia Street, Nightcliff
<b>Format</b>	One session per week, Thursday afternoons
<b>Participation</b>	Men and Women
<b>Cost</b>	Free
<b>Information Sessions</b>	<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><b>Thursday, 22<sup>nd</sup> of April, 12:45 pm to 4:00 pm</b></p> <p><b>To RSVP</b></p> <p>Contact: Noelene Armstrong Phone: 0439 100 360 Email: <a href="mailto:plepproject@ntmhc.org.au">plepproject@ntmhc.org.au</a></p>
<b>My Recovery Session Dates and Times</b>	<p><b>Thursday Afternoons from 12:45 pm to 4:00 pm</b></p> <p>Session 1 - Thursday, 29<sup>th</sup> of April 2021 Session 2 - Thursday, 6<sup>th</sup> of May 2021 Session 3 - Thursday, 13<sup>th</sup> of May 2021 Session 4 - Thursday, 20<sup>th</sup> of May 2021 Session 5 - Thursday, 27<sup>th</sup> of May 2021 Session 6 – Thursday, 3<sup>rd</sup> of June 2021 Session 7 - Thursday, 10<sup>th</sup> of June 2021 Session 8 - Thursday, 17<sup>th</sup> of June 2021 Session 9 - Thursday, 24<sup>th</sup> of June 2021</p> <p><b>To Apply</b></p> <p>Email a completed <i>Expression of Interest</i> Form for the Thursday Afternoon Program beginning on Thursday the 29<sup>th</sup> of April 2021.</p> <p><b>OR</b> Complete the online <i>Expression of Interest</i> Form</p> <p><b>OR</b> Phone the Project Officer.</p> <p>Contact: Noelene Armstrong, Project Officer Phone: 0439 100 360 Email: <a href="mailto:plepproject@ntmhc.org.au">plepproject@ntmhc.org.au</a> Website: <a href="http://www.bit.ly/DarwinPLEP">www.bit.ly/DarwinPLEP</a></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.

- 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](http://www.bit.ly/DarwinPLEP), or contact

Noelene Armstrong  
Project Officer  
NT Mental Health Coalition  
Email: [plepproject@ntmhc.org.au](mailto:plepproject@ntmhc.org.au)  
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