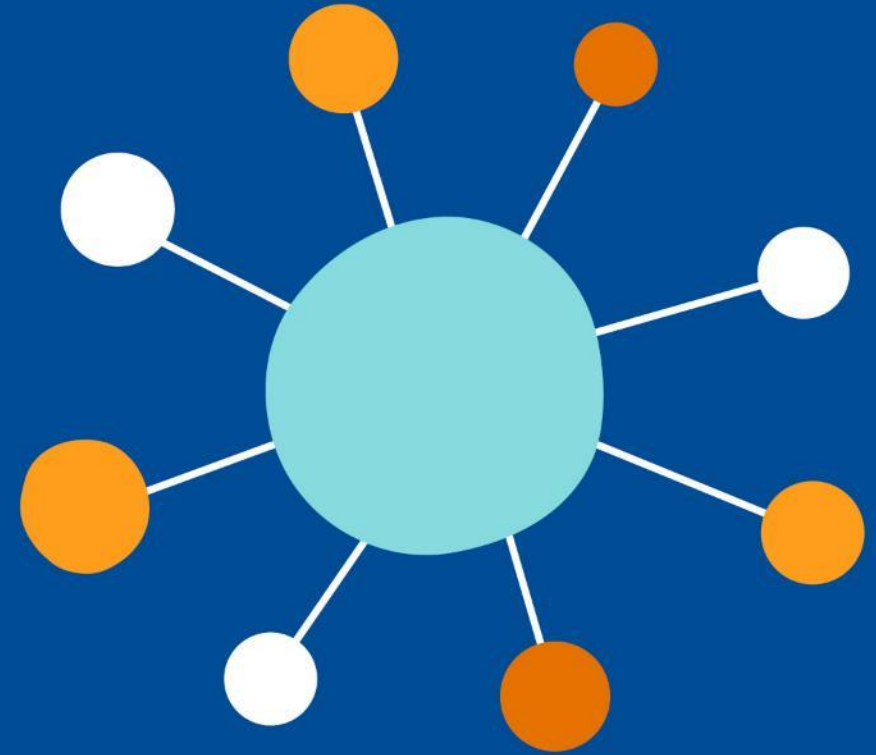




**mental health &
wellbeing connect**
Free for family, carers and supporters



North East Metro Mental Health and Wellbeing Connect

**Hélène Lee & Belinda Thomas, Family and Carer Peer Workers,
North East Metro Connect**



Acknowledgement of Country

We acknowledge the Wurundjeri Woi Wurrung people of the Kulin Nation, on whose unceded land we have the privilege of meeting today.

We pay our respects to Elders, past, present and emerging, and any Aboriginal or Torres Strait Islander people here today.

We also acknowledge the impacts of colonisation, the sorrow of the Stolen Generations, and the strength and resilience of our First Nations people.

Sovereignty was never ceded, this always was and always will be Aboriginal land



Who Are We?



- Supporting Families, Carers, Supporters & Kin who are looking after another person with their mental health &/or substance use
- Staffed by **Peer Workers + Family Counsellors**
- Supported by Program Manager, Practice Supervisor, Program Co-ordinator & Community Engagement Officer

Who Do We Support?

- **Families, Carers, Supporters & Kin** who are looking after someone with their mental health &/or substance use
- **Eligibility:** Catchment in North East Metro Connect region
- **Accessible** for all ages (incl. under 18), backgrounds, languages, abilities, family dynamics



NE Metro Connect Region

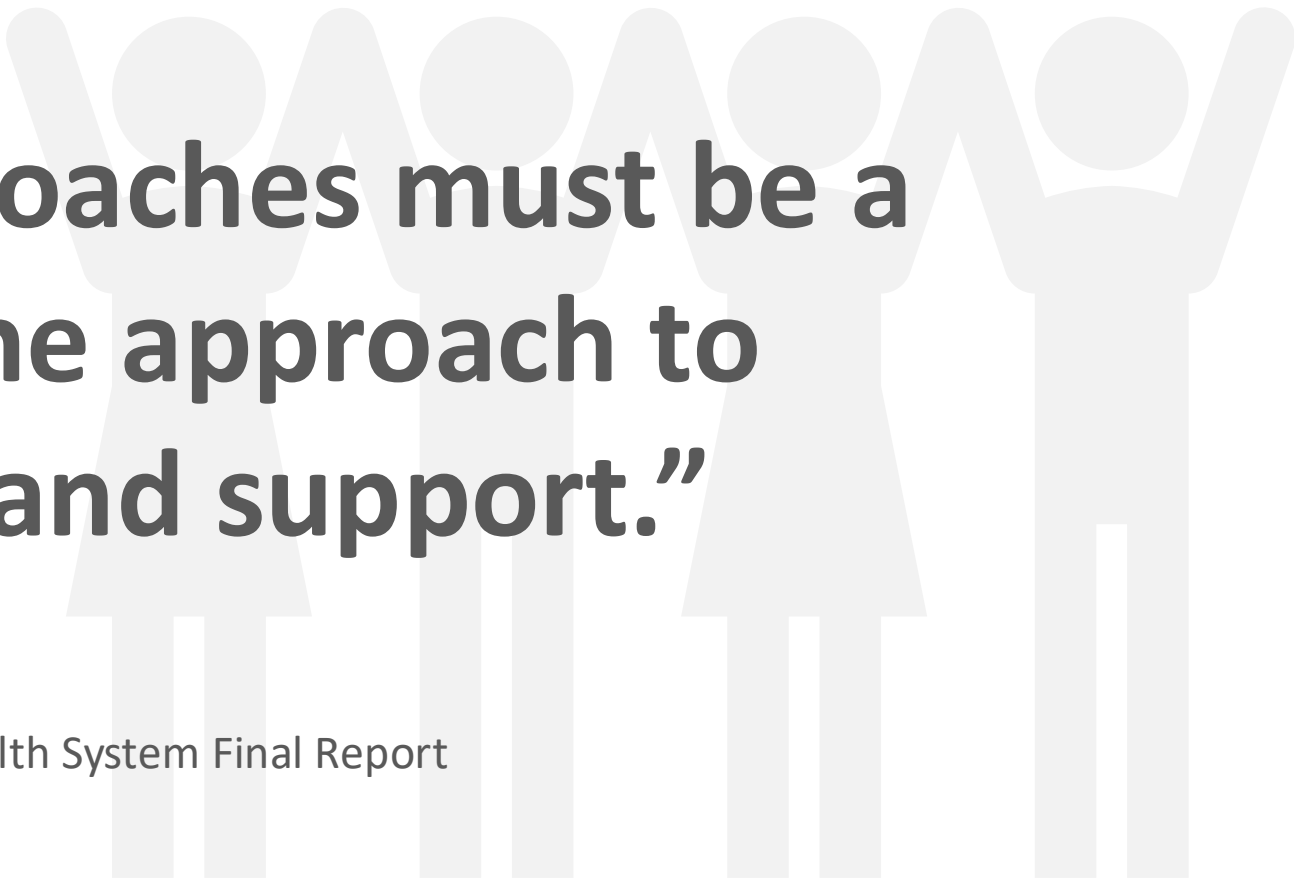


North East Metro

-  Ivanhoe
-  Eltham
-  Ashburton
-  Lilydale
-  Belgrave

Our spaces...





“Relational approaches must be a central part of the approach to treatment, care and support.”

Royal Commission into Victoria’s Mental Health System Final Report

Families/carers told us they wanted...

- A sense of belonging at a “home away from home”.
- Comfortable and quiet places to relax.
- Culturally safe services provided by a diverse workforce.
- Help finding information and resources.
- Group activities and events that provide respite.
- Partnerships with trusted services and community groups.



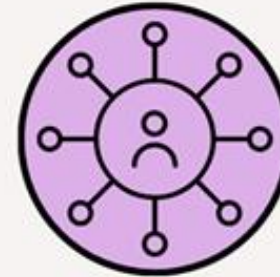
Connect Model



Lived/living
experience led



Safe, welcoming
& inclusive



Hub & satellite
model



No assessments or
referrals needed



No costs involved

Services and Supports



- Emotional and conversational support from **Family & Carer Peer Workers** and **Family Counsellors**
- Sessions via drop-in, phone or telehealth.
- Informal & Formal supports
- Psychological and wellbeing supports (family counselling, creative group activities)
- Flexible brokerage funding: **Carer Support Fund (CSF)**
- System navigation, resourcing support
- Service information, referral and linkages, advocacy
- **Creative & Wellbeing programs** (delivered in groups)

Lived/Living Experience Workforce

Lived/Living Experience Workers (LLEW) - have unique knowledge, abilities and attributes, and they draw on their own life-changing experiences, service use, recovery and healing, to connect with and support other families.

All staff are either in 'designated' or 'declared' LE roles





Therapeutic Creative Writing and Storytelling WORKSHOPS FOR CARERS

Led by award-winning published writer **Karen McKnight** who has lived experience as a carer and has spent years helping individuals and groups to find their voice through writing, these creative writing workshops will cover a range of writing styles such as freewriting, poetry, memoir and fiction-writing, allowing for the development of creative self-expression, storytelling skills and supportive peer dynamics.

Week 1: Stream of consciousness
Letting go of the rules of writing through a range of techniques. These work towards reconnecting to what makes life meaningful.

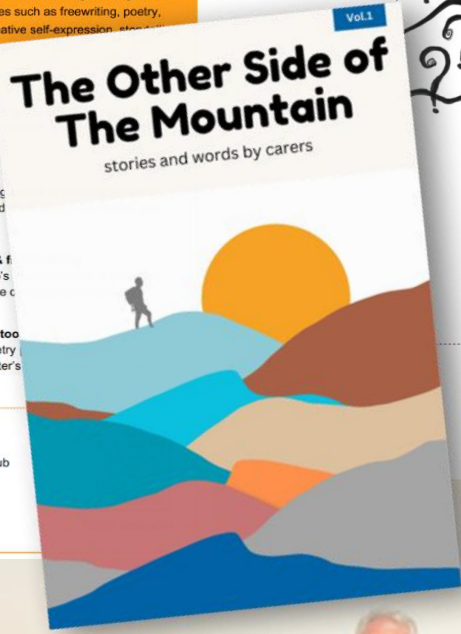
Week 2: Discovering your story
Compiling lists of significant moments and turning of mapping your journey, observing patterns and what you want to tell.

Week 3: The Hero's Journey, story structure & form
Retelling one's story as a character on a Hero's Journey which is empowering and enlightening can resolve complex issues.

Week 4: The power of poetry as a therapeutic tool
An introduction to list poetry, Beat poets and poetry and powerful spoken word poems. Living the Writer's life in writing groups, and where to from here.

Dates: Thursdays, 2, 9, 16 & 23 May
Time: 1:45pm - 4:45pm
Location: 1616/1624 Burwood Hwy, Belgrave Community Hub

Any questions, please contact:
Phone: 8650 4136
Email: chuck.cheng@accesshc.org.au



The Other Side of The Mountain vol.2

stories and words by carers



Our first book was launched yesterday at our Belgrave site - **The Other Side of the Mountain: Stories and Words by Carers**. This unique collection was created by carers for carers. It is now officially available at all of our locations.
Please note that these books are for reading on site only and not for sale or borrow.



Connecting with Community



- Tailored activities for a diverse range of families/carers.
- Translation of promo materials into different languages.
- Expansion of service delivery across other sites.
- School holiday programs for young carers.
- Carer contribution to space, e.g. artwork, group facilitation, artistic performance, etc.

What Families/Carers are saying:

“we're so grateful that you can share some of your own experience of dealing with the justice system because no one else we talk to would be willing to be so honest with us and tell it like it is.”

“This service has been a game changer for me! I feel seen, heard and supported.”



“To be very honest I am normally cynical of these kind of places, but I was pleasantly surprised that I was offered tangible support from people with lived experience. The worker was a perfect match for me, she is very on the ball and helped me untangle the mess in my head and make a plan.”



NEMHSCA EMHSC
NORTH EAST MENTAL HEALTH SERVICE COORDINATION UNIT

OCTOBER 17TH GLOBAL PEER SUPPORT CELEBRATION DAY EVENT

Living Experience role in mental health, AOD, or suicide prevention sectors in the north east, outer east regions of Melbourne? Opportunity to connect with your peers over a light lunch in an informal setting.



Banyule Community Health

11pm to 12pm provided



to register





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Get in touch

Main line: 8850 4150

northeastmetroconnect@accesshc.org.au

