

Self-Empower
NOW

**Lived Experience
of mental health?**

**Want to help shape
mental health services?**

**Become a Lived Experience
Representative
Get paid to
CREATE CHANGE!**

MHLET experience
● knowledge
● change

FREE Training



Let's do this



What is the training all about?

Modules 1 & 2 – Self-Empowerment & Self-Advocacy

Learn how to speak up for yourself, understand your rights, and confidently communicate what you need.

What you'll learn:

- Self-empowerment skills
- How to plan, communicate, and advocate for yourself
- Practical tools for everyday self-advocacy
- Connection with others who've faced similar challenges

Delivery:

Small-group sessions (in-person or online)
10am-2pm

Extras:

Online participants: All toolkits and materials delivered to your door.
In-person participants: Lunch included

Modules 3 – 5 – Systems Advocacy & Lived Experience Leadership

Build on your personal advocacy skills and learn how to use your lived experience to influence change at a systems level.

What you'll learn:

- Foundations of systems advocacy
- How to use your lived experience to improve mental health services
- Skills for becoming a paid Lived Experience Representative
- Ways to contribute to committees, advisory groups, and program evaluations

Delivery:

Self-paced
Online and face-to-face

Who is it for?

If you're 18 or older and live in Tasmania, and you want to know more about your healthcare rights, how to advocate for yourself, and communicate effectively – this is for you! You don't have to complete all modules, participation is voluntary, and even Module 1&2 alone will strengthen your self-advocacy skills.

You could also have the chance to become a paid Lived Experience Representative if you feel that's right for you. Earning a minimum of \$40 per hour for each engagement.

Self-Empower
NOW

HOW DO I SIGN UP?

Register online at www.mhlet.org.au, or call us for a chat on [03]62231952 for more information and to register. Everyone at MHLET has a lived experience of mental health challenges so you will be chatting with someone who is friendly, non-judgemental and empathetic.