

Self-Empower
NOW

MHLET ● experience
● knowledge
● change

**Have you experienced
mental health
challenges?**

**Would you like to
have a say
in how mental health
services are designed?**

**Become a “lived experience”
representative and be paid to
influence CHANGE!**

**FREE Training
Sign up today!**

Call, email, or visit
our website to
register.

www.mhlet.org.au
learninganddevelopment@mhlet.org.au
(03)62231952
for more information or to register.



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Who is it for?

Anyone 18+ in Tasmania who wants to learn self-advocacy, build confidence, and connect with others who have faced similar challenges.

Where?

Workshops run throughout the year in Hobart, Devonport & Launceston.

What's included?

- **Modules 1 & 2 (In-Person):**
4.5 hours, includes lunch.
- **Modules 3–5 (Online + Face-to-Face):**
Learn how to become a paid Lived Experience Representative (\$40+/hr).

Let's do this!

