



Increase your knowledge with powerful lived experience stories that break stigma and promote help seeking

# Mental Health 101 for adults



An introduction to mental health that builds an understanding of the myths and facts. This workshop includes real life stories and provides practical examples of help-seeking behaviours.

Delivered by trained Volunteer Educators and guided by the MIEACT DoNoHarm safe story telling framework this session includes two lived experience stories followed by an opportunity for participants to ask questions at the end.

\$398 INC GST

## By the end of the session you will:

Articulate the prevalence of mental illness

Understand what stigma is

Identify negative consequences of stigma

Identify where to go for help (advice)

Have improved mental health literacy of the target group

Contribute to the collective impact in reducing stigma in relation to mental illness

*"Your presentation was one of the best parts of the graduate program so far, and both eye-opening and brave."*

**-Client, National Mental Health Commission**

# mieact

mental health & well-being  
education & training providers

For more information visit [www.mieact.org.au](http://www.mieact.org.au)