mieact | A safe space for mental health education

MENTAL HEALTH 101

SEE YOURSELF IN OUR STORIES

About MIEACT

For more than 25 years, Mental Illness Education ACT (MIEACT) has delivered evidence informed programs to the ACT community.

By partnering with volunteers who have lived experience of mental illness, we share stories to increase mental health literacy, promote early intervention, reduce stigma, and emphasise recovery.

Mental Heath 101

Mental Health 101 is facilitated by two trained Volunteer Educators and guided by the MIEACT DoNOHarm Framework to ensure the safe, impactful, and sustainable sharing of Lived Experiences.

The session features two Lived Experience stories and an opportunity for participant questions.

We can tailor sessions to suit your audience, including:

- Specific story themes or mental health topics
- Lived experiences (AOD, domestic violence, homelessness, sexual assault, etc.)
- Diverse and marginalised groups (CALD, LGBTQIA+, gender diverse, seniors, neurodiverse, etc.)

"MIEACT's Mental Health 101 session was excellent! Our Lifeline Telephone Crisis Support Workers very much appreciated the opportunity to learn from people with lived experience ... and welcomed the 'frank and fearless' answers."

- Centre Supervisor, Lifeline Canberra

In person or online

30 - 60 minutes

Free

Ready to book or have questions? Email bookings@mieact.org.au or scan the QR code

www.mieact.org.au

© 2026, Mental Illness Education ACT Inc (MIEACT)