

well ways mi recovery

Values

- Having fun
- Confidentiality
- Taking care of yourself
- Sensitively giving and receiving feedback
- Learning together
- Honest conversations
- Fairness and respect

Testimonials

"For the first time I acknowledged that I am more than my illness. It is only a small part of who I am." **Julie**

"I have achieved a much more positive state of mind through being with people like me." **Mark**

"I find the groups stories inspiring and find each one of us inspiring" **Lisa**

For information and support

Mental Illness Fellowship of WA (Inc)
ERBEAC
Suite 29
8 - 2 Stafford Street
Midland WA 6000
Phone: (08) 9250 2884 or (08) 9228 0200
Fax: (08) 9250 1495
Website: www.mifwa.org.au

empowering
your journey



well ways helping people find better ways

A life changing program for people who have a mental illness

Do you

- want to learn how to cope better with mental illness?
- want to pursue your goals?
- want to meet others who are on a similar journey?
- have the courage to make positive changes in your life?
- have a mental illness diagnosis?

Mental illness affects a person's physical, social and psychological wellbeing, causing disruptions to work, life, social life and family relationships.

MI Recovery will provide information and skills to manage mental illness, and will help participants re-discover and start to achieve their hopes and dreams.

Provides

- Information that can help you to manage your mental illness: including, 'my rights', 'getting back into work or study', 'dealing with stigma', 'things that keep me healthy', 'recognising my triggers and early warning signs' and 'planning to prevent relapse'
- Social opportunities: You'll meet others who are on a similar journey
- Communication Skills: such as 'active listening', 'communicating clearly', 'being assertive with experts', 'managing important relationships'
- Personal Change: This is a journey of self-discovery that will focus on your abilities, interests, and the things you want to achieve in life.

Requirements

- A friend/family member or other person to be a support for you during the period of the program - someone who can notice your progress, be a 'sounding board' for new knowledge, and help you deal with challenges
- Program members will be asked to participate in an evaluation of the program.

Program Structure

The program will include 10-12 people who have a diagnosed mental illness. It will be facilitated by two specifically trained people who have experienced mental illness and are on the 'recovery journey' themselves.



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