

## Snapshot joins the Well Ways suite of evidence based family education programs

For Carers of people with a mental illness;

- *Well Ways* - building a future
- *Well Ways Duo* - mental illness, drug & alcohol
- *Well Ways Snapshot* - making a difference

For people with an experience of mental illness;

- *Well Ways MI Recovery* - empowering your journey

## Testimonial

“Hearing other families’ stories helped me realise that our family is not alone. In the same way, hearing the story of recovery from the consumer facilitator was an extraordinary experience. It helped me to see that there is hope for the future.” **Cathy 2009**

*“Knowledge is power ... relevant knowledge is more power ... relevant knowledge delivered by people who have been there and done that is inspirational!”*

### Mental Illness Fellowship of Australia (MIFA)

(08) 8272 1018 [www.mifa.org.au](http://www.mifa.org.au)

### Mental Illness Fellowship Victoria

(03) 8486 4200 [www.mifellowship.org](http://www.mifellowship.org)

### Schizophrenia Fellowship of NSW Inc

(02) 9879 2600 [www.sfnsw.org.au](http://www.sfnsw.org.au)

### Mental Illness Fellowship of Queensland Inc

(07) 3358 4424 [www.mifq.org.au](http://www.mifq.org.au)

### Mental Illness Fellowship of North Queensland Inc.

(07) 4725 3664 [www.fellowship@mifnq.org.au](mailto:www.fellowship@mifnq.org.au)

### Mental Illness Fellowship of Western Australia Inc.

(08) 9228 0200 [www.mifwa.org.au](http://www.mifwa.org.au)

### Mental Illness Fellowship of South Australia Inc.

(08) 8378 4100 [www.mifsa.org](http://www.mifsa.org)

### Mental Health Carers NT

(08) 8948 1051 [www.mentalhealthcarersnt.org](http://www.mentalhealthcarersnt.org)

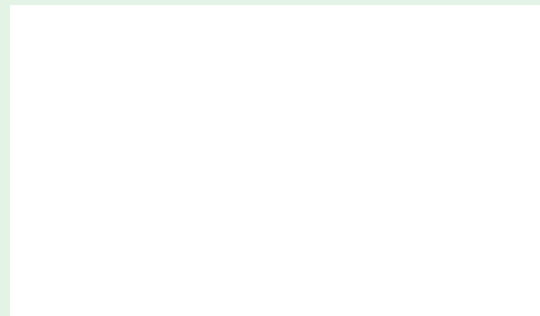
### Mental Illness Fellowship of the ACT Inc.

(02) 6205 1349 [www.mifact.org.au](http://www.mifact.org.au)

### Association of Relatives and Friends of the Mentally Ill (TAS) known as ARAFMI Inc.

(03) 6331 4486 [www.mentalhealthcarersnt.org](http://www.mentalhealthcarersnt.org)

For your local booking or more information:



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# well ways snapshot

making a difference  
for families and friends of  
people with a mental illness



well ways helping families & friends find better ways

## Well Ways Snapshot

*Well Ways Snapshot* is a newly developed peer based brief intervention for families of people with a mental illness. This short two-module program has been developed in response to demand from people who are 'time poor' – either due to the travel requirements of living in rural locations, or work and life pressures.

Families of a person with mental illness have the same fears and need for knowledge as the general community.

*Well Ways Snapshot* aims to provide participants with ways to challenge those stigmas and stereotypes, giving families hope for their loved one, and a more informed sense of what is needed to approach the recovery path ahead.

## The success of Well Ways Snapshot is based on:

- Simple frameworks to assist people to analyse the causes and recovery paths from mental illness
- Personal contact with both a family member and someone recovering from a mental illness. These informal, though carefully structured presentations relay personal experiences of mental illness and recovery, and are designed to give insight into what has been helpful for each person's recovery. The opportunity to speak with and ask questions that people would normally not have the opportunity to do has proven to be very satisfying and uplifting
- The existence of other *Well Ways* family education *programs* which people are welcome to move onto if they decide to devote more attention to the issue of being a family member of someone with a mental illness.

## Well Ways Snapshot outcomes

- An opportunity to share experiences, learn from others' experiences and develop ongoing support and information mechanisms
- A clearer sense of hope for the future
- Reduced fear and stigma concerning mental illness
- A sense of 'can do' in relation to the recovery path ahead
- A clearer sense of the causes of mental illness and the recovery pathways

## Duration

*Well Ways Snapshot* is a program delivered in two modules. These are either run over one full day or two independent sessions run over two days or evenings.

snapshot  
making a difference

