

Well Ways is backed by positive evaluation

In keeping with current literature, our program evaluation indicates that the majority of participants experience substantial distress and elevated levels of worrying prior to the program. Following completion of the program, these levels were significantly reduced. These results were enduring 6 months later. Whilst some distress remains, it is clear that the program has successfully improved the level of distress for most people. These results are based on a sample of 380 Well Ways Pathfinder participants.

and positive testimonials.....

'I would like to stress that Well Ways is of immense help - meeting with others in similar circumstances, sharing fears, ideas, solutions, learning how to find new ways to help in our situation, discussing thoughts and concerns in a safe, secure, supportive and friendly environments. Thank you.' **Julie**

"The facilitators knowledge of the program, and in particular their own personal experiences, was both enlightening and courageous, bordering on simply inspirational." **Nick**

"I have learned that I am not alone." **Irene**

* This project has been made possible by a grant from the Australian Government through the Department of Health and Ageing

Mental Illness Fellowship of Australia (MIFA)
(08) 8221 5072 www.mifa.org.au

Mental Illness Fellowship Victoria
(03) 8486 4200 www.mifellowship.org

Schizophrenia Fellowship of NSW Inc
(02) 9879 2600 www.sfnsw.org.au

Schizophrenia Fellowship of Queensland Inc
(07) 3358 4424 www.sfq.org.au

Mental Illness Fellowship of North Queensland Inc.
(07) 4725 3664 [www.fellowship@mifnq.org.au](mailto:fellowship@mifnq.org.au)

Mental Illness Fellowship of Western Australia Inc.
(08) 9228 0200 www.mifwa.org.au

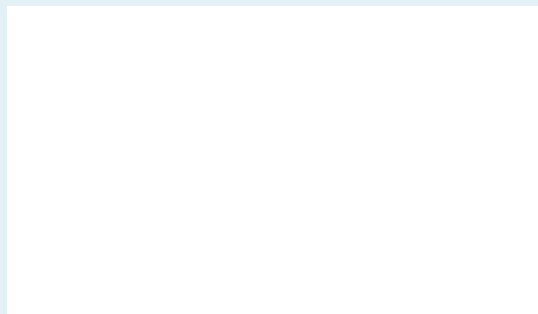
Mental Illness Fellowship of South Australia Inc.
(08) 8221 5160 www.mifsa.org

Mental Health Carers NT
(08) 8948 1051 www.mentalhealthcarersnt.org

Mental Illness Fellowship of the ACT Inc.
(02) 6205 1349 www.mifact.org.au

Association of Relatives and Friends of the Mentally Ill (TAS) known as ARAFMI (TAS) Inc.
(03) 6331 4486

For your local booking
or more information:



well ways well ways

building a future



well ways helping families & friends find better ways

Building your future with Well Ways

Knowledge is power.

This cutting edge program is effective because with knowledge, families of people with mental illness regain their sense of control and contribute positively to their own wellbeing and that of their unwell family member.

Relevant knowledge is more power.

Current research evidence and the lived experience of family members of people with mental illness combine to 'talk' families in a way that purely medical information cannot. Our family to family model offers the unique opportunity to benefit from the compassion, the wisdom and the experience of our family educators.

Well Ways aims to:

Increase the capacity of families and friends to care effectively for themselves, other family members and their relative living with mental illness. The program provides a broad and sensitive perspective to the many issues facing families as they manage the impact of mental illness on their lives.

Topics

The program includes:

- Up to date information about anxiety, depression, bi-polar disorder, schizophrenia, obsessive compulsive disorders, schizoaffective disorder and dual diagnosis (drug and alcohol and mental illness)
- Information about mental health services for people with mental illness and their families
- Practical insight into behaviours associated with mental illness with strategies to respond effectively to these behaviours
- Practical frameworks to improve communication and problem solving skills
- An opportunity to explore the dilemmas and complexities of the caring role.

Well Ways outcomes

- Increased confidence in dealing with the challenges created by mental illness
- Increased knowledge about mental illnesses, treatment and recovery
- New ideas and skills to cope with the impact of mental illness on your life
- An opportunity to share experiences, learn from others' experiences and develop ongoing support and information mechanisms.

Duration

Well Ways consists of a block of eight weekly sessions and followed by four bi-monthly sessions.

well ways
building a future



well ways helping families & friends find better ways