

# **lived experience support**

## **What is lived experience support?**

- A safe space to chat to someone about what is on your mind.
- Work together from a lived experience skill set.
- Share your recovery journey with your worker who may have been through, and understands unique experiences, thoughts, and feelings.
- Promotes individual strengths, empowerment and hope.
- Up to 12 sessions.

## **What can it support?**

- Support with general mental health.
- Confidence building.
- Difficulties with relationships.
- Managing work and study.
- Any part of life that is affecting your mental health.

## **What does it not support?**

- Clinical support.
- Clinical assessment.
- Friendship outside of the boundaries of the Lived Experience role.



## **Family Inclusive Practice**

- Where you are comfortable, and would be beneficial to your wellbeing, we encourage family and friends to be involved in your care.
- All involvement of family and friends is done with your privacy and confidentiality in mind.

## **Next steps**

- Once a worker becomes available, they will contact you to arrange your first appointment.
- In periods of high demand, you will be placed on our waitlist and will receive regular check ins via call or text.

**If you need immediate assistance, call 000, or to speak to someone urgently, please call: Lifeline 13 11 14, Kids Helpline 1800 55 1800, or Mental Health Triage 13 14 65.**