

What is the Understanding Mental Illness Workshop?

MI Fellowships *Understanding Mental Illness Workshop* is designed to support community groups to increase their understanding and awareness of mental illness and increase recovery oriented knowledge and skills. The workshop provides an opportunity for groups to discuss mental illness in a normalised space and challenge preconceived notions and stigma. All workshop content is evidence based and aims to ensure groups receive updated, useful information.

Aim- The *Understanding Mental Illness Workshop* is designed to provide an understanding of mental health, mental illness, including symptoms, associated behaviours and helpful strategies and interventions in being alongside people who live with mental illness.

Outcomes- Upon completion of the workshop participants will have:

- An understanding of mental health.
- An understanding of mental illness including the types of mental illness, causes, diagnosis and treatment options
- An understanding of mental illness symptoms and helpful interventions
- Gained new skills in communicating with people with a mental illness
- Have increased confidence in working with the challenges around mental illness

Workshop Topics

A 3 hour interactive workshop including group discussions, practical exercises and the following topics:

- What is mental illness
- What are the different types of mental illness
- Causes of mental illness
- Recovery and treatments
- Education via personal experience – a presentation by someone living with mental illness
- Understanding the experience of auditory hallucinations exercise
- Symptoms and behaviors and helpful interventions activity
- Useful services and resources

Target audience group

Community groups, employers, corporate groups, who want to understand more about mental illness – approx 10-20 adults per session. (Larger groups can be accommodated)

Workshop Style

Informal workshops involving theoretical information sharing and group discussions.

If you have any questions please feel free to contact Allan Johnson (Grassroots Project officer) on 0437 208 095 or via email on ajohnson@mifellowship.org