

About CoMHWA

Consumers of Mental Health WA is the peak body for people with Lived Experience of mental health challenges (consumers) in Western Australia.

“We work together as a lived-experience community to amplify your voice and deliver positive change.”



Scan the QR code to become a member for free!

What is Self-Advocacy?

Self-Advocacy in mental health is the process of speaking up for rights, needs and preferences when accessing and receiving mental healthcare and support.



Read 'Self-Advocacy: A Rapid Review' on our website to learn more.

Learn more about My Voice, My Rights, My Way:



Visit our webpage to see more information, resources, and online tools.

Get in contact:



myvoice@comhwa.org.au



comhwa.org.au/advocacy/my-voice-my-rights-my-way/



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**Consumers of
Mental Health WA**

www.comhwa.org
(08) 9258 8911

My Voice, My Rights, My Way.



Free Peer-Led Self-Advocacy Workshops



**Consumers of
Mental Health WA**



About My Voice, My Rights, My Way

My Voice, My Rights, My Way offers free workshops and resources that teach self-advocacy skills and build knowledge on how to better navigate and understand the mental health system.

The workshops are co-designed and facilitated by people with Lived Experience of mental health challenges.

About Our Co-Design Process

Hear from our co-design focus group participants about their experience with the My Voice project and what Self-Advocacy means to them.



Workshops

Self-Advocacy 101

- Introduction to Self-Advocacy
- Using a Self-Advocacy Guide
- Understanding Healthcare Rights in WA
- Maintaining my Wellbeing

Speaking Up: Communication for Self-Advocacy

- Communication for Self-Advocacy
- Navigating Conflicts and Power
- Barriers to Self-Advocacy
- Maintaining my Wellbeing

Self-Advocacy and Preparing for Appointments

- Preparing for an Appointment
- Asking Questions about my Medication and Treatment
- Maintaining my Wellbeing

Self-Advocacy: Navigating Complaints

- Understand Complaint Processes
- Preparing a Complaint
- My Right to Complain
- Maintaining my Wellbeing

For Organisations

- Each of our workshops can be delivered as a stand alone module or a series.
- We can adapt our workshops to suit the needs of your cohort.
- Workshops can be delivered anywhere in Metro or Regional WA.
- We offer two peer facilitators.



Send us an email to enquire about bookings:

myvoice@comhwa.org.au

For Consumers

- Our workshops are facilitated by peers.
- Workshops are a mix of activities, handbook and takeaway resources to build your own Self-Advocacy toolkit.
- Workshops can be delivered anywhere in Metro or Regional WA.
- We offer peer support.



Send us an email to find workshops near you.

myvoice@comhwa.org.au