

# Become a Mental Health Advocate



Do you have lived experience of suicidal distress and/or mental health issues?

Are you a carer or family member?

Share your lived experience and participate in co-design across the mental health service.

The Nepean Blue Mountains Local Health District Mental Health Service invites consumers to work alongside staff on a range of projects. Your valuable contribution will improve mental health services.

## Your role

As a member of our consumer group, you will work with our staff to ensure local services are person-centered and responsive to local community needs. This is called co-design. The aim is to ensure that your lived experience voice is heard and acted upon when developing our services.

## Requirements

Meetings are held at a range of locations and can be joined online.

You will be asked to attend regular meetings where you can help define policy, procedures and offer direction to NBMLHD.

**“The co-design approach fosters a collaborative relationship between service users and service providers so that a service is designed to meet the needs of the people who will use it.”**

-Matt Russell, Director Mental Health

Your input may occur through a series of focus conversations, group sessions, webinars and feedback loops.



Consumers have helped co-design recent refurbishments at our Nepean Mental Health Unit

## For more information

Please contact [NBMLHD-MHcodesign@health.nsw.gov.au](mailto:NBMLHD-MHcodesign@health.nsw.gov.au)