



Australian Government

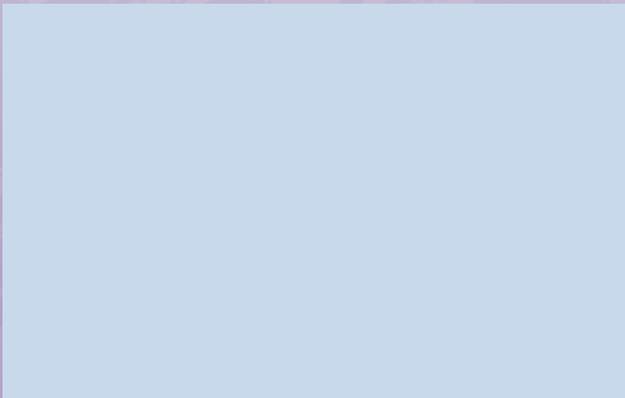
## Am I eligible?

If you are 16 years or over, you may be eligible for Personal Helpers and Mentors. You do not need to have been formally diagnosed with a mental illness to join Personal Helpers and Mentors. You will be asked some questions about how your life is affected by mental illness to work out if you are eligible.

## What do I have to do to join?

Just contact your local Personal Helpers and Mentors service provider. You can bring along a family member, carer or friend if you choose.

## Where is my nearest Personal Helpers and Mentors service provider?



# Is your life affected by mental illness?



Personal Helpers & Mentors

## What is Personal Helpers and Mentors?

Personal Helpers and Mentors support people whose lives are severely affected by a mental illness.

**Would you like someone in your life that can support you to:**

- improve or get your relationships with family and friends back on track;
- become involved in social or community activities or groups;
- cope better with everyday tasks like getting to places on public transport, housekeeping, and budgeting;
- access community services like health, housing or family support;
- improve or develop your personal skills and confidence;
- set and achieve goals to improve your life.

Personal Helpers and Mentors is recovery focussed – we believe that people can recover from mental illness and lead satisfying and rewarding lives. If you join Personal Helpers and Mentors, you will work with your own Personal Helper and Mentor who will support you on your personal recovery journey.

## Personal Helpers and Mentors understand mental health issues

They have a range of qualifications, skills, backgrounds and experiences (some have lived with mental illness themselves).

They will:

- value you as a unique person;
- be understanding and treat you with respect and dignity;
- take the time to get to know you and understand your individual needs;
- talk to you about your preferences and choices;
- help you to work out what you would like to achieve; and
- use their knowledge of local services and opportunities to support you in achieving your goals.

You can meet your Personal Helper and Mentor in a place where you both feel comfortable and safe and work to achieve your goals at your own pace.

