LIVED EXPERIENCE WORKFORCE PROGRAM
Orientation to Mental Health Peer Work Program
Questions & Answers

Q. What is the Orientation to Peer Work Program?

A. This program is designed to give you a general overview of mental health peer work covering what it is, what it involves and whether it feels like the right fit for you. It's a space to explore, learn and reflect. You are not committing to becoming a peer worker.

Q. Is this a pathway into a Certificate IV in Mental Health Peer Work or a job?

A. No, this program is not a direct pathway into a Certificate IV or employment. It's about helping you understand peer work and decide if it's something you might want to pursue. If you choose to study the Certificate IV in Mental Health Peer Work you will need to apply directly with the Registered Training Organisation of your choosing.

Q. Do I need to share my lived experience to apply?

A. No. You choose if, when and how you share your experiences. The Expression of Interest is not an assessment. We are not vetting or screening people.

Q. How do I know if this program is right for me?

A. Before applying, it might help to consider:
- Am I curious about peer work and what it involves?
- Am I open to learning in a group setting?
- Am I in a place where I can reflect on my experiences safely?

You can use this program information to decide if it feels like the right time for you.

Q. What can I expect from the learning environment?

B. We aim to create a space that is inclusive for all participants.
- This is an adult learning environment, and you are encouraged to bring what you need to feel comfortable (e.g. fidgets, sensory items, water, comfort items).
- The room will be dimly lit to support a range of sensory needs.
- You are always welcome to stand, move around, stretch, or step out of the room at any time.
- We will include a 15-minute morning break and a 30-minute lunch break. There are gender-specific bathrooms available, as well as an accessible, all-gender bathroom.

- You are welcome to share your name and pronouns in a way that feels right for you (no pressure).
- We aim to use inclusive language and create a space where different experiences and identities are respected.
- This program includes group activities, so you will be engaging with others.

Q. Can I bring a support person or worker?

A. Yes, you're welcome to bring a support person or worker. We just ask that you let us know in advance so we can plan the space and numbers.

Q. What happens if I can't attend Day 1?

A. Attendance on Day 1 is essential. If you do not attend Day 1, you won't be able to continue in the program. This is to support:
   - It supports group safety, relationships and trust
   - Day 1 covers important information needed for the rest of the program

   If you can't attend Day 1:
   - Please email us as soon as possible: lizzie.graham@mhcsa.org.au
   - The program runs twice a year, so you can join the next one

Q. How do I access the venue?

A. We will provide the address and specific information prior to the program. There is free time limited street parking available and we will time our morning tea and lunch breaks for moving cars. There is a bus stop across the street from the venue.

We've included all the key information in this document to help you decide if the program is right for you. We won't be able to respond to individual questions before the program, so please use this information to guide your decision.

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