

SEEKING NEW ADVISORY GROUP MEMBERS

The Mental Health Carers Voice (MHCV) is the peak body for Mental Health Carers in the ACT, funded by ACT Health. MHCV engages and consults with mental health carers to inform the mental health service system and associated policy development in the ACT.

The Mental Health Carers Advocacy and Policy Advisory Group (APAG) provides advice to MHCV on issues important to mental health carers and their caring role. A key role is providing MHCV with advice based in lived experience to plan and guide our work. We currently have five members who all care for someone with mental health issues.

Experience and Qualities

We invite mental health carers with passion for change to join us. It is important for new members to join APAG to maintain a diverse range of perspectives of mental health carers. The experience and qualities we are looking for include:

- recent lived experience caring for someone with mental health issues
- ability to work as a member of a team
- ability to listen respectfully and contribute to discussion
- capacity to attend meetings every two months and contribute online
- willingness to network with other mental health carers
- understanding of issues in mental health services and programs in the ACT

We especially encourage young carers, carers from Aboriginal and Torres Strait Islander backgrounds or carers from culturally and linguistically diverse backgrounds to apply.

Commitment

APAG meets every 2 months on the third Thursday of month, from 2:00pm to 4:00pm, here at the Carers ACT offices in Holt. We also work via email or our online platform between meetings. Members are reimbursed for their participation.

Selection Process

APAG members will review expressions of interest and invite carers who have the right interests and skills to join the next meeting. APAG has room for up to 8 members at a time.

Interested in submitting an Expression of Interest?

If you think you have the right experience and qualities, we encourage you to submit an expression of interest. Please respond to the four statements below in a word document (no more than a page), and include your full name and contact details including phone number and email address

1. Tell us a little about yourself and your caring role (as little or as much as you feel comfortable with)
2. Tell us a little about what you think the important issues are for **people who care (mental health carers)** for someone with mental health problems.
3. Briefly describe the personal qualities you would bring to the group.
4. Briefly describe other skills, knowledge and experience you would bring to APAG

Please submit your expression of interest via email to mhcarers@carersact.org.au.