Share the Journey: Human Library Experience

Overview
Mental Health Carers NSW (MHCN) is a non-government organisation and peak body that provides systemic advocacy and support for carers, families and friends of people who experience mental illness, living in NSW. MHCN are looking for individuals who care for or have cared for a loved one with a lived experience of mental illness. Importantly, these individuals would be those who are at a comfortable point in their own personal recovery journey and would be interested in sharing their story with an audience.

This is for an event called the ‘Human Library’. Each participant (book) will speak about their story to the audience (readers), and then each participant will sit in smaller groups with audience members who will have the chance to ask you respectful questions about your story. Leading up to the event, participants will be trained in ‘Safe Storytelling’, which will inform you how to tell your story in a purposeful and respectful manner. This would involve a half day training session in our office in Woolloomooloo. This event will be held on October 31st, during mental health month. This event is with thanks to WayAhead, who have given us a grant to run this event during mental health month.

Requirements

- Be available for a brief phone interview to determine participants
- Attend a half day ‘Safe Storytelling’ training session in Woolloomooloo in September or October (this will be a time picked from Monday to Friday, 9.00am – 5.00pm)
- Attend the half day event on October 31st, share your story and engage with audience members who will ask questions around your story and experiences
- Provide feedback to MHCN regarding your experience with this event

Other

- You will be reimbursed for your time for speaking at the event
- Lunch will be provided at the event in October

Expressions of Interest

To express your interest, please contact Katie Jones at MHCN via email to Katie.Jones@mentalhealthcarersnsw.org. The closing date for expressions of interest is Wednesday 11th of September 2019. In your expression of interest, please include your name, phone number, as well as a brief overview of your experience of mental health caring and a reflection on how you feel about your journey (Max 200 words).