

*How to
provide support
as a health
service leader*

**How services can
support self-care**

*Recognising the value
of consumer and carer
participation*

Services should have a flexible support system in place to assist representatives and leaders.

- ✓ Have an understanding with human resource staff about time for a person's recovery
- ✓ Engage in supportive conversations around the person's views about participating
- ✓ Be aware that a consumer may need time away from meetings to address personal or family issues
- ✓ Ask the consumer to follow up with their doctor if medical clearance is needed
- ✓ Ensure multiple ways for all committee members to provide input
- ✓ Check in with the person to see if they need assistance to contact supports and services

Find out more
Visit our [website](#)
to read the Guide.



Australian Government
National Mental Health Commission