

Participating as a
**consumer
or carer**

**Are you a
lived experience
leader?**

*Here's how to prepare
for meetings!*

Lived experience leaders have provided tips about being heard and having influence as well as how to navigate the challenging aspects of being an adviser or leader.

✓ Request to add topics you want to raise at the next meeting to the agenda

✓ Write down some questions that you can ask the group

✓ Talk to the chair about anything you want to raise or didn't get a chance to say in a meeting

✓ Ask the chair if they have any questions about perspective on key topics

✓ Read about the topic and talk with members of your networks

✓ Don't hesitate to ask questions about how things work in the service and the committee

✓ Reflect on your role in the committee so you know what your contribution will be

✓ Learn to recognise and develop strategies to overcome the experience of feeling silenced

Find out more
Visit our [website](#)
to read **Section 5**
of the Guide.



Australian Government
National Mental Health Commission