

Participating as a
consumer
or carer

8 ways
to self-care as
a lived experience
representative

Taking care of yourself is critical. There are times when you may need to prioritise your own needs over your participation in a safety and quality project.

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| 1. Write or create a self-care plan <input type="checkbox"/> | 5. Talk with group members about how the topics make you feel <input type="checkbox"/> |
| 2. Ask for a brief of each meeting's agenda <input type="checkbox"/> | 6. Talk to your support person about helpful practices <input type="checkbox"/> |
| 3. Share your thoughts after meetings with the chair <input type="checkbox"/> | 7. Work out boundaries for your involvement <input type="checkbox"/> |
| 4. Clarify any confidentiality matters that may affect you <input type="checkbox"/> | 8. Create opt-out strategies for when you need a break <input type="checkbox"/> |

Find out more
Visit our [website](#)
to read **Section 7**
of the Guide.



Australian Government
National Mental Health Commission