



Mark - Lived Experience (Peer) Worker in a Multidisciplinary Team – Regional

“In ensuring the roll out of Lived Experience (Peer) workers within the rural and remote regions, the WA Country Health Service (WACHS) have put their confidence into the Lived Experience (Peer) Workforce. Within the Acute Psychiatric Unit, patients/clients confirm that Lived Experience (Peer) workers have added another supportive arm to the clinical services provided, and this has seen an improvement to their own recovery journey. On a more personal level, Lived Experience (Peer) work has allowed me to start believing in myself, knowing I have a career in the mental health services, which I thought would have been impossible prior to being appointed in the position. I feel privileged being in a trusting capacity to provide support to others, sharing my own wellbeing approaches during my own mental health journey. My hope is that WACHS, and the community managed sector, make further strides in supporting the growth of the Lived Experience (Peer) workforce. I feel those people who have been challenged by their own mental health issues, are in the best position to provide support, identifying from experience what has worked well and what has not. Lived Experience (Peer) workers show by example how a mental health diagnosis, does not mean the end of a person’s life as they know it but instead provides hope that anyone can navigate their way through the darkness, and live a full, rich and meaningful life.”

