

Mental Health Lived Experience (Peer) Workforce

Carer Peer Workers

- Carer peer workers have a lived/living experience of personally caring for a person or loved one with a mental health challenge in a non-clinical capacity.
- We provide recovery-oriented, person-centred, ethical family and carer peer support to the primary carers of consumers accessing Gold Coast Mental Health and Alcohol and Other Drugs Services.
- Carer peer workers provide non-clinical support specifically aimed at addressing the carer's needs along with the inclusion of family and carers in the consumer's recovery process.
- We promote hope, empowerment and resilience by building on your strengths and capacity to care for yourself and confidence to provide the best support to your loved ones during challenging times.
- Carer peer workers help families and carers to access recovery-oriented supports and services that will strengthen their own resilience, self-care and independence.
- We serve as positive role models and are open to sharing our personal experience to reduce stigma and remind people that recovery from mental illness is possible.
- Carer peer workers advocate for service improvements to meet the changing needs of carers and families and promote a carer perspective within the community.



Gold Coast Mental Health

Carer Peer Worker

Our role is to:

- Provide carer peer support to people actively caring for consumers accessing Gold Coast Mental Health Services
- Increase the confidence and capacity of families and carers to maintain their own wellbeing while providing care and support to their loved one
- Connect families and carers to external community services and supports as a carer.



Core Values of Carer Peer Work

- Mutuality
- Reciprocity
- Respect
- Hope – that recovery is possible for their loved one
- Understanding – shared lived/living experience
- Connection – to people, systems, community
- Role model – to overcome prejudice and discrimination
- Experience – practical application of skills

Benefits of Carer Peer Support

- Somebody who empathises and has been on a similar journey
- Access to a caring individual who will listen non-judgementally.
- Able to attend family meetings with you as an additional support.
- Makes referrals to relevant community services, support groups and educational programs that support families and carers.
- Provide individual advocacy on behalf of families and carers:




For further information or to connect with a member of the Lived Experience (Peer) Workforce Team

 LivedExperienceTeam@health.qld.gov.au

Our Service is available
Monday to Friday 8am to 4.30pm

Gold Coast Mental Health Referral and Triage Services (for people who are not in a crisis):

 (07) 3186 4000

24-hour Mental Health Crisis Support:

 1300 MH CALL: 1300 642 255