

You are invited to participate in

Stepping Out of the Shadows

A free group education program with interactive activities, delivered in a range of community languages. The program consists of four sessions of approximately 2.5 hours each:

SESSION 1
Where does stigma come from?

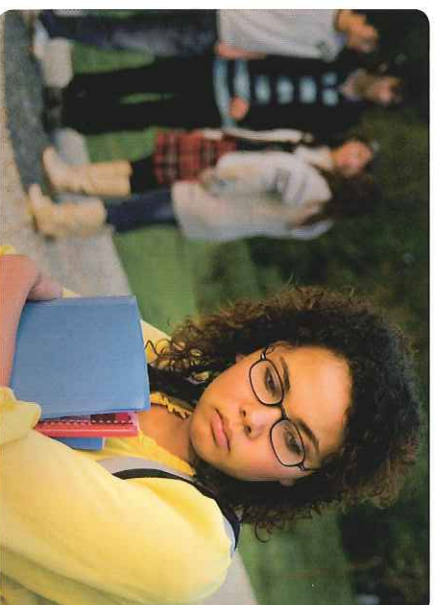
SESSION 2
What we know about mental health and how we feel about it

SESSION 3
What can we do?

SESSION 4
Working together for a community without stigma

Why a multicultural program?

- Mental illness does not discriminate – it can happen to any person in any culture
- Like physical illness, mental illness can happen to anybody, at any stage of their life
- Every year 1 in 5 adults will experience a mental illness
- Each culture has its own values that can protect against stigma



What can we do?

- Think of how a person with mental illness, their family and friends feel when they are stigmatised
- Gain knowledge to understand mental illness
- Be accepting and include people who are experiencing mental illness as valued members of our community
- Be accepting and supportive of people who care for a family member with mental illness

What more can we do?

- Learn more about stigma and how to reduce it by attending the *Stepping Out of the Shadows* education program
- Share what we have learned with other people in our community



An important part of recovering from mental illness is to be accepted and supported by the community, and to be included in community activities

