

well ways duo

“Self empowerment, self care, increased self worth: the opportunity to put education into action”



Well Ways programs are delivered nationally through MI Fellowship Victoria & other partner organisations.

To register or for more information on a program near you contact:

mental illness,
drugs & alcohol

for families and friends of
people with a mental illness

“The facilitators knowledge of the program, and in particular their own personal experiences, was both enlightening and courageous, bordering on simply inspirational.”

“I have learned that I am not alone.”



For general information or enquiries on how you can become involved in the delivery of Well Ways programs please contact MI Fellowship Victoria on:

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well ways helping families & friends find better ways

Well Ways Duo

“Knowledge is power... relevant knowledge is more power...relevant knowledge delivered by people who have been there and done that is inspirational”

Well Ways Duo is a 10 session education program designed to assist family members and carers of people with a mental illness who also experience drug and/or alcohol use issues (dual diagnosis).

Facilitators are experienced carers and family members of a person with a dual diagnosis who are trained and accredited to deliver the program. This type of education offers the unique opportunity for participants to benefit from the compassion, wisdom and experience of both the facilitators and other carers in the group.

Duo aims to build the capacity of family members and carers to manage the impact of dual diagnosis on their life and support recovery.

Benefits of participating in Well Ways Duo

Change in thinking leads to a change in behaviour which leads to a change in results

- Learn up to date information about mental illness & drug/alcohol use
- Increase your understanding of the interaction between mental illness & drug/alcohol use
- Develop knowledge of current treatment and support options
- Learn about the mental health, drug and alcohol and legal systems
- Identify and discuss practical ways to manage the challenges surrounding dual diagnosis, support recovery and strengthen relationships
- Share and learn from other carer’s experiences in a supportive environment that promotes learning, resilience, self care and positive action
- Develop ongoing support networks

Well Ways Duo Evaluation Outcomes

“I would like to stress that Well Ways Duo is of immense help – meeting with others in similar circumstances, sharing fears, ideas, solutions, learning how to find new ways to help in our situation, discussing thought and concerns in a safe, secure, supportive and friendly environment. Thank you”

Evaluation of Duo shows that levels of depression and anxiety in participants were reduced and that this improvement was maintained over time. In addition the levels of tension between the family and the person with a dual diagnosis were reduced.

Program Structure

Duo consists of six weekly sessions followed by four monthly sessions. Each session runs for three hours and involves informal but structured learning, group discussions, videos, practical demonstrations and problem solving.