

A life changing program for people who live with mental illness



“Excellent, in depth, well constructed and immensely helpful program”

“MI Recovery has changed my life in how I look at myself, knowing what helps me manage my illness”

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:



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 mi recovery

empowering
your journey



well ways helping people find better ways

Well Ways MI Recovery

“For the first time I acknowledged that I am more than my illness. It is only a small part of who I am”

Well Ways MI Recovery is a 10 session peer education program developed for and by people with a lived experience of mental illness.

The program provides up to date information about mental illness and recovery, supports participants to identify personal strengths, develop strategies to manage illness and plan for the future.

Facilitators are all people with a lived experience of mental illness who are trained and accredited to deliver the program.

Through peer education MI Recovery builds self confidence in participants and motivates people to pursue active and fulfilling lives within a supportive, structured and pro-active learning environment.

Benefits of MI Recovery for participants

“Excellent program format, great group activities, others in group empowering, facilitators inspiring as they have lived experience of mental illness”

- Learn information and skills that can help you manage your mental illness: including knowledge of mental illness and support options, how to deal with stigma, recognising triggers and early warning signs, your legal and social rights
- Discuss and identify things important to your own recovery based on your interests, strengths and what you want to achieve in life
- Learn ways to improve communication with both personal and professional people in your life
- Share and learn from other’s experiences
- An opportunity to develop ongoing support networks and personal connections

Well Ways MI Recovery evaluation outcomes

“I’ve enjoyed the empathy, understanding, compassion and consideration of the facilitators and the other people in the group; I’ve been grateful for the learning and having the space and support to sit down and look at my symptoms and triggers including ways to manage them and set goals”

MI Recovery was developed in 2006 and has been evaluated by La Trobe University. Key findings include significant outcomes in the following areas:

- An increase in participant empowerment
- Improved illness management
- Improved general health
- A significant reduction in stigma

Program Structure

MI Recovery consists of 10 weekly sessions. Sessions are run weekly for up to three hours. These involve informal but structured learning, group discussions, videos, practical demonstrations and problem solving.