

# well ways snapshot

**“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:



“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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**making a difference**

for families and friends of people with a mental illness



well ways helping families & friends find better ways

## Well Ways Snapshot

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

Well Ways Snapshot is a 2 session education program designed to assist family members and carers of people with a mental illness. This program was developed in response to demand from family members and carers who are ‘time poor’ but in need of essential information and support.

Facilitators are experienced carers and family members of a person with a mental illness 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.

Snapshot aims to give families hope and a more informed sense of what may be useful in supporting recovery.

## Benefits of participating in Well Ways Snapshot

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

- Learn information on the causes of mental illness, current treatment and support options
- Ideas and strategies on how to support someone in their recovery
- An opportunity to hear from a family member/carer and someone with a mental illness on what has been helpful to them in their recovery
- An opportunity to meet and talk with people experiencing the same challenges in a supportive environment that promotes learning, self care and positive action
- Information and strategies to care for yourself and build resilience
- Learn where to access ongoing support and further information

## Well Ways Snapshot Evaluation Outcomes

***“Hearing other families’ stories helped me realise that our family is not alone. In the same way, hearing the story of recovery from the consumer facilitator was an extraordinary experience. It helped me to see that this is hope for the future”***

Evaluation of Snapshot indicates that it has been effective in reducing participants’ feelings of self-blame and stigma, as well as their negative appraisals on how the relative or friend’s illness impacts on their lives. The evaluation has also found that the Snapshot enhanced participants’ understanding of the causes of mental illness and their sense of hope.

## Program Structure

Snapshot consists of two sessions. Each session runs for approximately three hours and can be delivered over one day or two. Sessions involve informal but structured learning, group discussions, videos, practical demonstrations and problem solving.