

# Self-advocacy in mental health learning programme

Calling people who have experienced challenges to their mental health.

You are invited to participate in a pilot learning programme to help improve the design and delivery of a self-advocacy course for people who have experienced challenges to their mental health.

The self-advocacy in mental health learning programme was developed to enable people with self-experience of mental health challenges to self-advocate: To speak up, speak out and take back control of their own lives! The programme aims to achieve this by supporting personal growth in areas of confidence, self-belief, rights and realization of resources to help participants assert their rightful place in society. The programme is delivered in a shared, peer-to-peer learning environment.

Where?

Sessions will take place at the Dublin North, North East Recovery college based at Dublin City University

When?

6 sessions followed by 1 focus group.  
Sessions will be delivered on Thursdays, 10am-2pm  
June 30th - August 4th

This will be followed by a focus group where participants will be invited to share their experience to help improve the content and future delivery of the programme.

The focus group will take place, Thursday 7th August, 2022

Who?

The self-advocacy learning programme will be co-delivered by Jim Walsh, Training and Development Officer, Peer Advocacy in Mental Health

and

James Nolan, experienced in co-production and co-delivery of mental health programmes, under Dublin North, North East Recovery College.

Both have self-experience of mental health challenges.

To be eligible to participate you have to:

1. Have or continue to live with significant challenges to your mental health
2. Have experienced learning in mental health delivered through co-production and/or
3. Have experience of or direct involvement in co-producing learning programmes in mental health

The programme is limited to 16 participants, so first come first served.

If interested in participating in the self-advocacy pilot programme, please email

[recoverycollege@dcu.ie](mailto:recoverycollege@dcu.ie)

or call

**01 700 7907**

Lunch will be provided for each session of the programme  
dietary requirements or disability needs.



**PEER ADVOCACY**  
**IN MENTAL HEALTH**

