



recovery  
empowerment  
development  
**PEER SUPPORT**



**MHACA**  
Mental Health  
Association of  
Central Australia

TEMHCO



Top End Mental Health  
Consumers Organisation



funded by the National Disability Insurance Agency

## **SUCSESSES AND CHALLENGES OF A PEER-RUN MENTAL HEALTH SERVICE**

(WITH DONNA HUMPHREY FROM BROOK RED)



**Monday 15<sup>th</sup> March 2021 - 7pm – 9pm**  
**TeamHEALTH - Damilbila Room, 5 McCourt St,**  
**Yarrowonga (Palmerston)**

### **About the event**

This evening will be an informal gathering, with the opportunity to hear the unique perspective from Brook RED being one of the few peer run organisations in Australia. Come and meet to chat and ask questions that may further help you support Peer Work and the value of lived experience for recovery and imagine new ways of doing things in the mental health space.

**Donna is sponsored through MHACA's Promoting Peer Work in the NT project to facilitate training for peer workers.**

### **About Brook RED**

Brook RED is a lived-experience operated, managed, and governed organisation providing support to people who experience mental health or suicidal distress. We use the unique insights and connections that our lived-experience provides us with as the foundation of all our work. We were founded in Brisbane in 2000 and it remains our home today <https://www.brookred.org.au/>. We are funded primarily by Queensland Health and Brisbane South PHN and we also deliver services under the NDIS.

### **About Donna**

Hi there, I'm Donna. I work at Brook RED as the Lived Experience Workforce Engagement and Development Coordinator. I have worked in the Mental Health Sector for ten years and have been both a frontline Peer Worker, and a Project Lead working on multiple programs and events to advocate for Peer Workers and to strengthen their skillsets and knowledge. I have personally learnt so much about the importance of Lived Experience and how this cultivates and models recovery and I feel very passionately about working in a way that deeply aligns with my values and purpose. I am passionate about supporting, strengthening and consistently advocating for best practice in the sector. I spend my spare time in water, in nature and with my family and my dog Fonzy.

**A light supper will be provided. Please RSVP for Covid-safety and catering purposes to TEMHCO [temhco.exec@temhco.com.au](mailto:temhco.exec@temhco.com.au) OR [ruth.apelt@mhaca.org.au](mailto:ruth.apelt@mhaca.org.au)**

**For transport assistance in the Palmerston area: TEMCHO - 0429 082 781 or 0438 113 480**  
**For transport assistance from Darwin contact: [ruth.apelt@mhaca.org.au](mailto:ruth.apelt@mhaca.org.au)**