

Program format

The five-session program is available in groups or one-on-one, online or in-person and led by experienced facilitators who have a lived experience of mental health challenges and recovery, or by carers and family members. People will be invited to join a group that suits their lived experience.

Wellways wants everyone to have access to effective peer support and welcome discussions on how to address any barriers to participation.

Interested?

For more information or to find out when a Discovery program is running near you please register your interest using one of the methods below:

Online: [waiting for URL]

Email: peerlearning@wellways.org

Phone: 1300 111 400

Wellways offers a range of peer delivered programs.

For more information on a program near you or to register, contact Wellways on 1300 111 400 or at wellways.org

helpline
1300 111 500

mental health information,
support and referral advice
Monday to Friday 9am – 9pm
(excluding public holidays)

wellways

Wellways Australia Limited
ABN 93 093 357 165
QLD / NSW / ACT / VIC / TAS
1300 111 400 | wellways.org



Wellways respectfully acknowledges the traditional custodians of the lands and waters of Australia. We are committed to inclusive communities.

Discovery

Mental health peer learning



A peer learning program for anyone with a lived experience of mental health challenges, or supporters of people who do.

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What is Discovery?

Wellways Discovery is a transformative peer learning program for anyone with mental health challenges, or as a carer or family member of someone who does.

It provides an opportunity to explore experiences with mental health in a supportive environment with other people who 'get it'.

The program supports people to feel connected, empowered and confident in finding and maintaining wellbeing.

Discovery is delivered by Wellways in locations across Australia and is available free of charge.

About Wellways

Wellways Australia is a leading not-for-profit organisation dedicated to ensuring all Australians lead active and fulfilling lives in their community. We work with individuals, families and the community to help them imagine and achieve better lives.

What can participants expect from the program?

Wellways Discovery invites people to explore ways to improve wellbeing in a supportive environment.

The program supports people to:

- Develop relationships based on a shared experience
- Strengthen sense of identity
- Explore recovery and wellbeing, personally and as a 'family'
- Understand how stress and trauma operates and plan for support
- Recognise and value past experiences, resilience and wisdom

"Hearing other families' stories helped me realise our family is not alone. In the same way, hearing someone's story of recovery was extraordinary. It helped me to see that there is hope for the future."

Why peer learning?

Wellways peer learning programs offer a unique opportunity for participants to share and learn from the experiences of other people living with mental health challenges and recovery, and carers or family members. It takes place in a supportive environment that promotes learning and positive action.

Peer learning programs have been shown to make a big difference to wellbeing.

"I honestly got so much from this program. The amazing staff and their understanding were something to look forward to each week. It really helped me feel comfortable and consciously make good decisions to better my future."