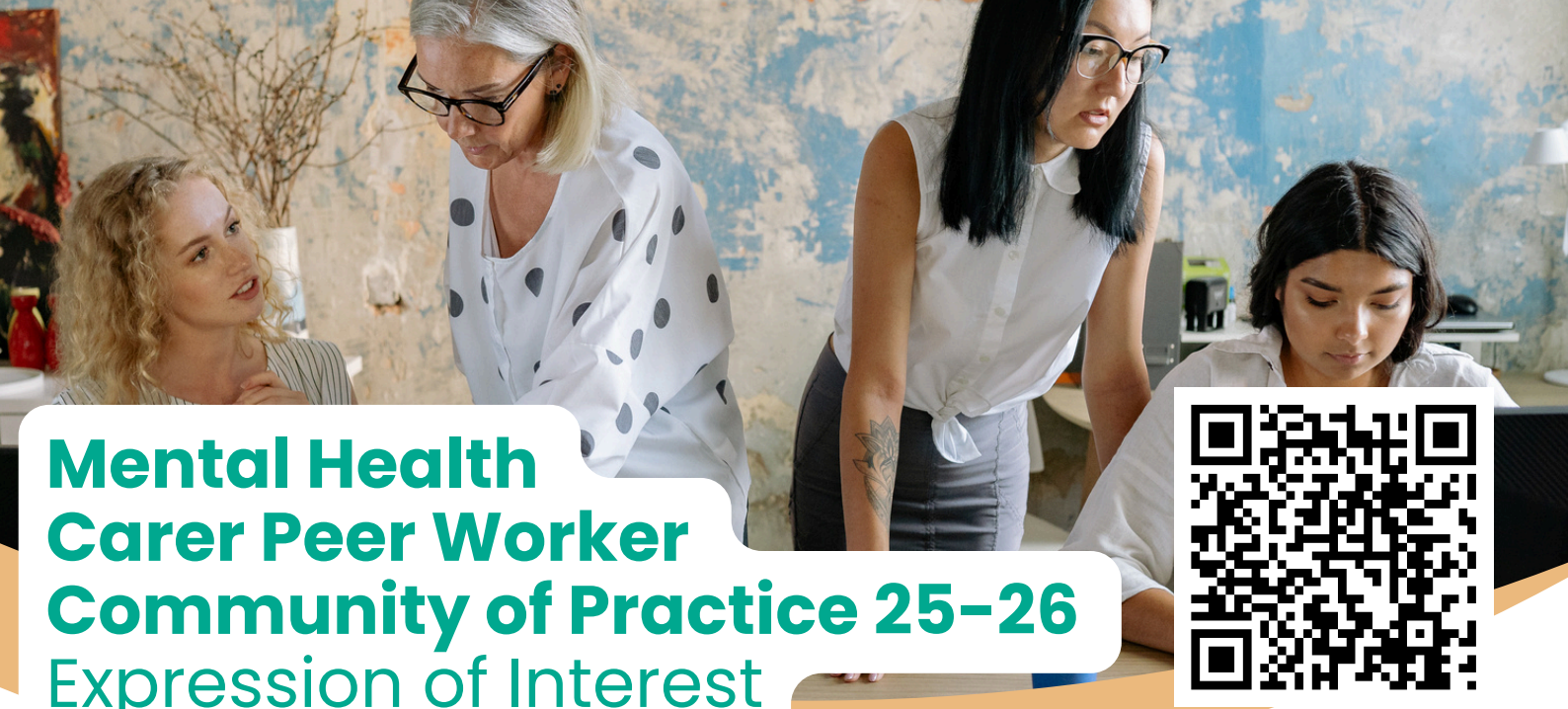


A photograph of three women in a meeting. One woman with blonde hair is looking up at two other women, one of whom is wearing a white shirt with black polka dots. They are in a room with a blue wall and some plants.

Mental Health Carer Peer Worker Community of Practice 25–26 Expression of Interest



**Scan the QR code
for the Expression
of Interest**

About the Community of Practice

Are you a paid mental health carer peer worker or the manager of mental health carer peer workers in NSW? If you are, register your interest in joining the Mental Health Carer Peer Worker Community of Practice.

Mental Health Carers NSW has been funded by the NSW Ministry of Health to deliver a Mental Health Carer Peer Worker Community of Practice (CoP) in NSW from 2025 – 2026.

The CoP is free, and will consist of monthly 1.5 hour sessions delivered online via Zoom. Topics will be chosen based on what participants would like to explore. The program will be delivered by 2 experienced mental health carers.

A CoP provides the opportunity for mental health carer peer workers to:

- share lived experience and knowledge,
- provide mutual support,
- engage in debriefing and helpful strategies,
- consider helpful supports, identify risks,
- promote the development and enhancement of good practice in mental health carer peer worker support.

Meeting Details

Launch meeting: Wednesday 5 November 2025.

Future dates: TBC monthly on Wednesdays

Time: 4.00pm – 5.30pm

Venue: Online on ZOOM

Facilitators: Alex Li and Anne Stedman

Who is this CoP for?

Paid mental health carer peer workers and managers of mental health carer peer workers in NSW.

If you are interested in joining the CoP, complete the [Expression of Interest here](#) or scan the QR code above.

Questions

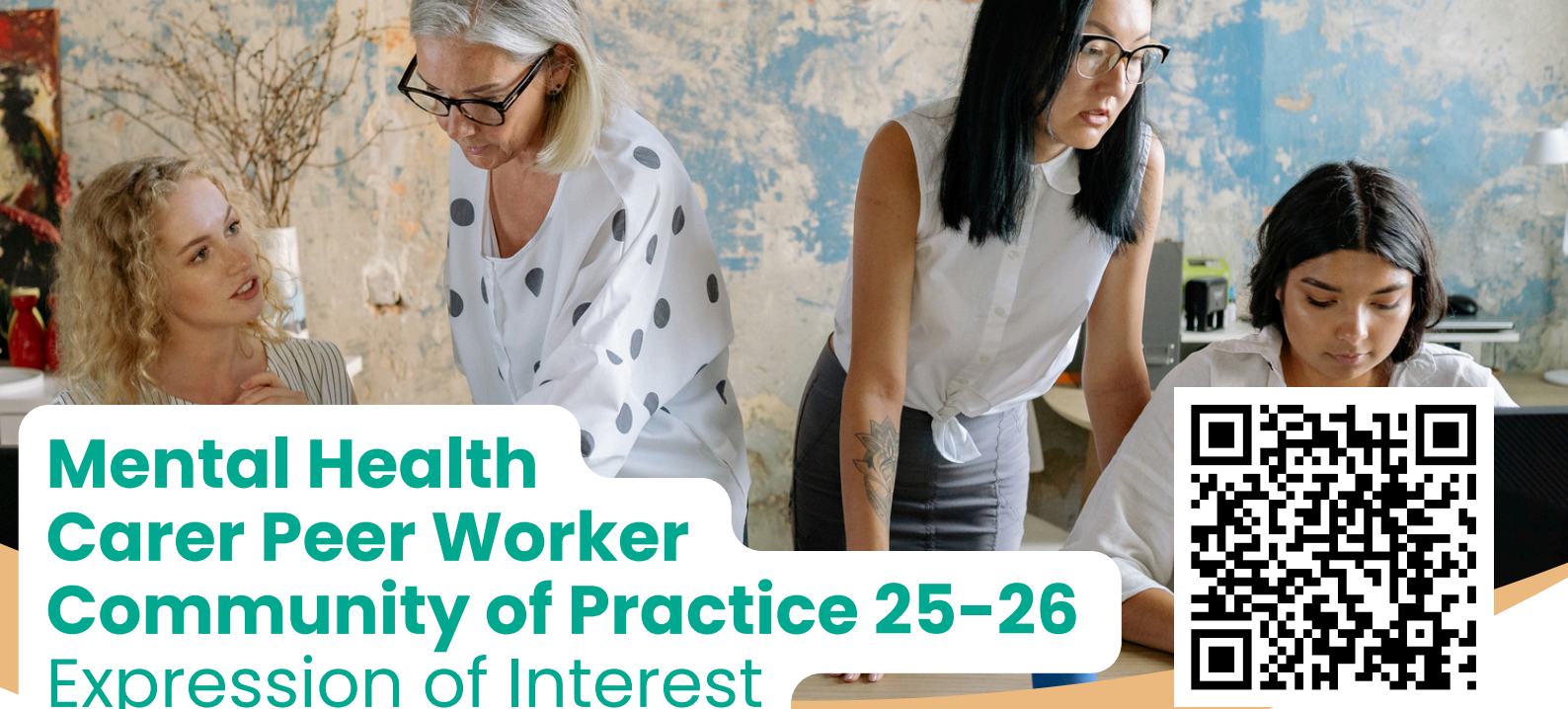
Contact Laura Knight from MHCN at:

mhcnadmin@mentalhealthcarersnsw.org

02 9332 0777



**Mental Health
Carers NSW**



Mental Health Carer Peer Worker Community of Practice 25–26 Expression of Interest



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About MHCPW Facilitator, Alex Li

Alex is a family member supporting loved ones with mental health challenges for over 20 years.

Alex has served as a Family & Carer Peer Worker in public health, and was involved in creating and facilitating the first community of practice for LHD carer peer workers.

Alex brings skills in peer facilitation, systemic advocacy, and lived experience ethos to this role.

About MHCPW Facilitator, Anne Stedman

Anne has been the Primary Carer for her son over the last 23 years and during this time has gained experiential knowledge of the complexity of issues regarding the care and support of people experiencing mental illness and AOD issues in the community.

Anne has been an active member of various Lived Experience Advisory Groups, and is currently President of the Board of Mental Health Carers NSW. Anne's experiences have led to her become a TAFE teacher, contributing towards training future mental health support workers. She also works at a community level, engaging with carers and people with a lived experience to support their recovery journey.



**Mental Health
Carers NSW**