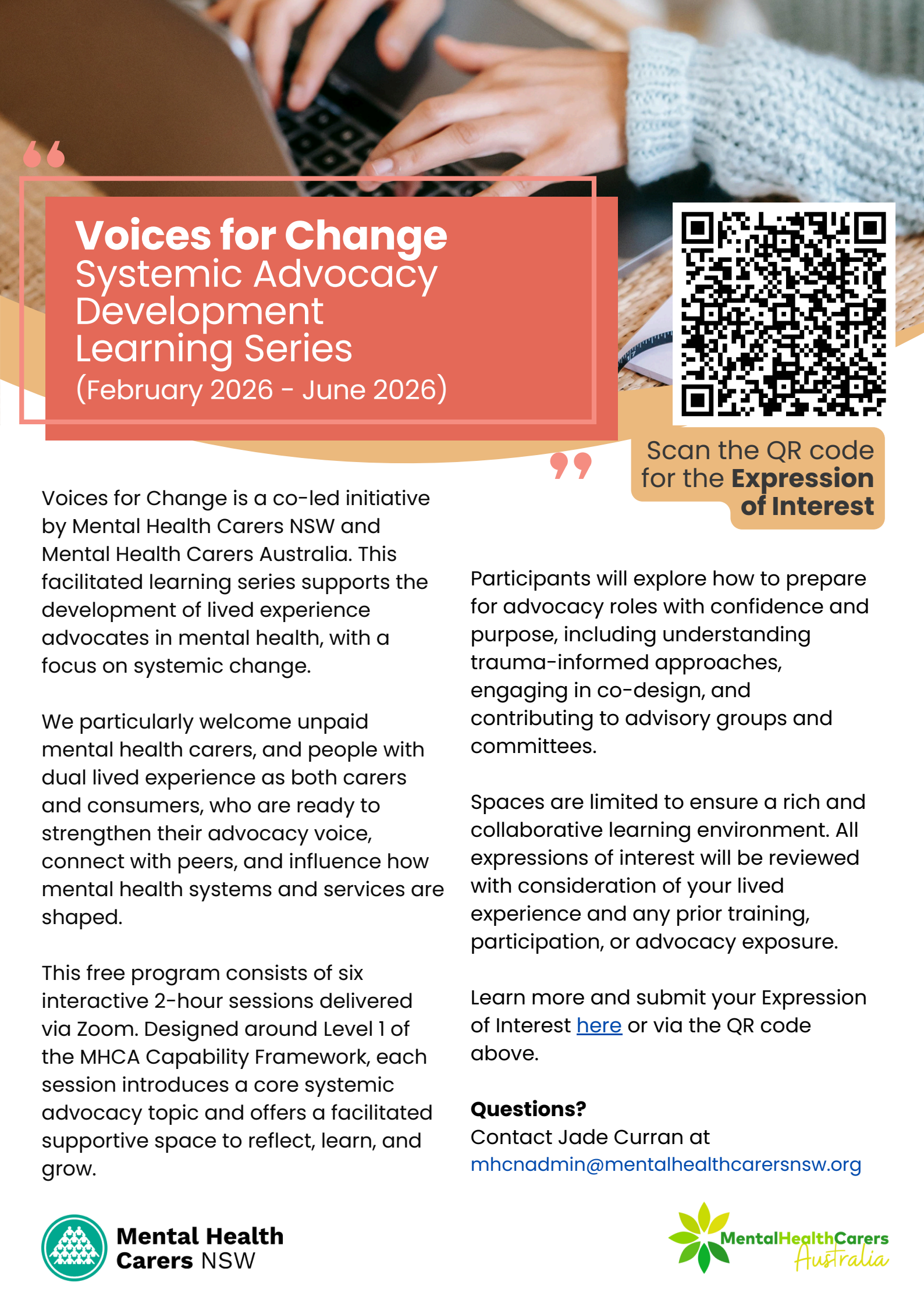




Voices for Change

Systemic Advocacy Development Learning Series

(February 2026 – June 2026)



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

Voices for Change is a co-led initiative by Mental Health Carers NSW and Mental Health Carers Australia. This facilitated learning series supports the development of lived experience advocates in mental health, with a focus on systemic change.

We particularly welcome unpaid mental health carers, and people with dual lived experience as both carers and consumers, who are ready to strengthen their advocacy voice, connect with peers, and influence how mental health systems and services are shaped.

This free program consists of six interactive 2-hour sessions delivered via Zoom. Designed around Level 1 of the MHCA Capability Framework, each session introduces a core systemic advocacy topic and offers a facilitated supportive space to reflect, learn, and grow.

Participants will explore how to prepare for advocacy roles with confidence and purpose, including understanding trauma-informed approaches, engaging in co-design, and contributing to advisory groups and committees.

Spaces are limited to ensure a rich and collaborative learning environment. All expressions of interest will be reviewed with consideration of your lived experience and any prior training, participation, or advocacy exposure.

Learn more and submit your Expression of Interest [here](#) or via the QR code above.

Questions?

Contact Jade Curran at mhcnadmin@mentalhealthcarersnsw.org



**Mental Health
Carers** NSW

