

The Power On Program

About Women's Health West

Women's Health West is not a mental health service. We work to improve the health, wellbeing and safety of all women across the Western Region.

One way we do this is by providing services to women, including community education activities like Power On.

About Power On

This project aims to support you and other women to work together and explore new ways of dealing with issues in your lives. For example, we hope that the Power On program will help you to:

- Think more positively about your body
- Find the health information you need
- Get involved in different social activities, or
- Talk to your GP about what you want.

What is peer education?

The Power On program is a peer education program. This means that women who have experienced mental illness have been involved in planning, designing and implementing the program. A peer educator (a woman who

has experienced mental illness) will run the workshops alongside a facilitator.

What will we be talking about?

When asked what matters most to them, women identified ten topics.

The topics are self-esteem, assertiveness, body image, access to information, communicating with your GP, menopause and your menstrual cycle, nutrition and healthy weight, positive thinking, exercise and wellbeing, and having a social life.

Each week we will explore one of these topics through interactive workshops. You will have a chance to have your say, and share your knowledge and strengths with the other women in the group.

Workshops for carers and service providers

The Power On project recognises that many things that influence how women feel about themselves and their lives. For example, friends and family can support you to stand up for yourself and take care of your health needs. Workers in different services can also do this.

As part of this program, Power On will share what we learn in workshops for both carers groups and service providers. We will also offer you the choice to involve important people in your life.



Where did Power On come from?

Power On started as a trial program, established by Women's Health West, at two mental health support services.

Through this learning process we developed a twelve week wellbeing program. We are now in a position to encourage mental health service providers to deliver the program to other women in the west.

Your rights as a program participant

You have the right to:

- Be treated with dignity and respect
- Have your views heard and respected
- Participate at whatever level you feel comfortable
- Receive the support you require to participate
- Withdraw from the program at any time
- Speak openly, and have your privacy respected
- Be treated equally to anyone else
- Tell us what you think of the program at any time

Your responsibilities

We ask that you:

- Participate in the evaluation process
- Respect that we all share the rights listed above.

For more information

Ring the Power On Team at Women's Health West on 9689 9588 or online at www.whwest.org.au



women's health west

Power On!

peer education program for women
who have experienced a mental illness