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RESOURCE CENTRE FOR MENTAL HEALTH CONSUMERS

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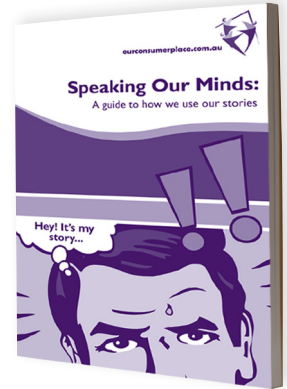
"Speaking Our Minds: A guide to how we use our stories"

A new resource, written entirely by mental health consumers.

This booklet is all about mental health consumers' stories - how we use them, why we might not use them, and how we can best make use of our stories when we do share them.

This isn't just another book written by "mental health experts" telling us what's good for us; instead it's 84 pages all written from the perspective of those of us who have been there and have the stories to tell! And it includes some fabulous new cartoons from Merinda Epstein.

Cost \$10 including postage and handling



"So, you've got a 'Mental Illness'? ... What now?"

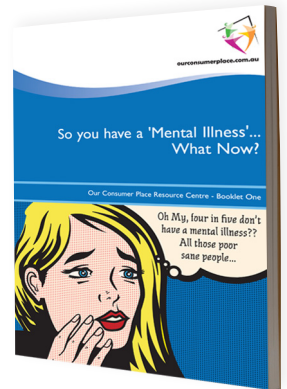
A resource written entirely by mental health consumers

Finally! A resource written by those who have been there. This booklet is an introduction to the mental health system, to "consumer perspective" and to some of the diversity of how consumers respond to a diagnosis of 'mental illness,' written entirely by a team of mental health consumers.

It provides information ranging from what "consumer" means to how diagnoses work; from where to find help to human rights frameworks. It is brimming with useful information, all from the perspective of people with lived experience of 'mental illness.'

Beautifully illustrated with cartoons by batty cartoonist and 2004 HREOC Human Rights Award winner, Merinda Epstein, and punctuated throughout with thoughts about madness, creativity, power, language and the human condition, this resource will appeal on many different levels.

Cost \$ 10 including postage and handling



ORDER FORM:

Please send me Speaking Our Minds book/s x \$10 each = \$

Please send me So you have a 'Mental Illness'? book/s x \$10 each = \$

TOTAL COST:

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CHEQUE: Cheque payable to Our Community Pty Ltd EFT: BSB: 033 132 ACC: 146221 CREDIT CARD: Enter details below.

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NOTE: TAX INVOICE:
Where a payment is for less than \$1000 (inc GST) this document becomes a Tax Invoice for GST purposes upon completion of payment.

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