



Insights is a group run by members of the community that have firsthand experience living with and overcoming mental illness.

### **Words from our members**

“When I first found out I had Bipolar I was in hospital, then a care facility. I discovered that I wanted to paint. I enjoy painting and it helps me to relax. I have found the support I have needed at insights, and really enjoyed the art therapy nights.”

“There are social meetings where a theme is set; this is conducted in a relaxed way that focuses on having fun and not stressing about my mental illness. I have found that the support group assisted me with dealing with my social isolation and with engaging back into the community.”

“Through the Insights support group, I have found like-minded people. The monthly meet-ups are very friendly, casual and a great chance to share advice and stories. I especially look forward to the art nights. It’s nice to be there and to know they enjoy my company.”

# Insights



### **Insights Mental Health Support Group Ballarat**

A support group for anyone affected by mental illness, emotional issues and/or social isolation in and around Ballarat

## Why we meet

The aim of our group is to provide a warm and welcoming environment for those with a lived experience of mental health issues to come together. If you identify as having a lived experience you are welcome to join us.

At our meetings we aim to provide support and education but also acceptance and friendship. It is expected that group participants embrace our value of confidentiality.



All art work is by an Insights member

## Meetings

Our meetings take place once a month with a chosen topic for the evenings discussion.

We alternate between social, peer support & educational gatherings and gatherings led by a guest speaker.

Our past topics for the social gatherings have included

- Art and music
- Coping techniques
- Hobbies and interests

Visiting speakers have discussed

- Drugs and alcohol
- Medications
- Photography

**Time-** 7pm every 4<sup>th</sup> Thursday of the month.

**Place-** Wellways, Cnr of Mair and Humffray St, Ballarat Central.

## Weekend coffee

We also catch up for coffee every second Saturday of the month

**Time** - 11am

**Place** - The Eureka Centre Café, 102 Stawell St South, Ballarat Central.

Partners, friends and family, carers and workers welcome (upon invitation by the participant).

## Contacts

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