

# Lived Experience Engagement Checklist - Further Resources

## Publications and resources

- [Royal Commission into Victoria's Mental Health System](#)
- [Driven by lived experience framework and strategy](#) - MHCC
- [Mental health lived experience engagement framework](#) – Department of Health
- [Working Together: Mental Health and Alcohol and Other Drug Engagement Framework 2018-2025](#) - Mental Health Commission (Western Australia)
- [Co-production: putting principles into practice in mental health contexts](#) – University of Melbourne
- [Co-Design in mental health policy](#) – Mental Health Australia
- [Guidelines for trauma informed family sensitive practice in adult health services](#) – The Bouverie Centre
- [Authentic engagement: A conceptual model for welcoming diverse and challenging consumer and survivor views in mental health research, policy, and practice](#) – International Journal of Mental Health Nursing
- [Paper on the lived experience consumer perspective](#) - VMIAC

## Example of an acknowledgement of lived and living experience

- “We recognise the strength of people living with mental illness, psychological distress, Alcohol and other Drugs and their families, carers and supporters.” - [Royal Commission into Victoria's Mental Health System](#)

## Example of Acknowledgement of Country

- We recognise and acknowledge the traditional custodians of the land on which we live and pay respects to elders past and present. We recognise the colonial structures of power, control and dispossession and acknowledge that first nations people have been subjected to differing forms of trauma as a result.

## List of support services

For situations that are harmful or life-threatening, contact emergency services immediately on Triple Zero (000).

- For crisis support, contact [Lifeline](#) on 13 11 14.
- For phone-based support contact [Beyond Blue](#) on 1300 224 636.
- [Suicide Helpline](#) 1300 651 251
- [Rainbow Door](#) is open 10am - 5pm, every day. Call: 1800 729 367 Email: support@rainbowdoor.org.au. SMS: 0480 017 246

- [VMIAC 'CHECK IN'](#) is for everyone with a lived experience of emotional distress looking to connect with a peer. Mon- Thursday 9-5pm 1800 845 009
- [Tandem Support and Referral Line](#). The Tandem Support and Referral Line provides support, information and referral to the family members, friends and carers of people living with mental health challenges. 1800 314 325.
- For more resources, visit <https://www.mhwc.vic.gov.au/resources-consumers-carers-and-families>