mieact

A safe space for mental health education

About MIEACT

Mental Illness Education ACT (MIEACT) is the primary local mental health and well-being education provider in the ACT, working to reduce stigma and increase literacy around mental health in the Canberra community.

For more than two decades, MIEACT has delivered evidence-informed programs and mental health education underpinned by our DoNOHarm Framework into schools, workplaces and community groups.

Through partnering with people with lived experience of mental illness and elevating their voices, we share stories that promote early intervention, reduce stigma, and emphasise recovery across the community in a way that is safe and inclusive.

SEE YOURSELF IN OUR STORIES

https://www.linkedin.com/company/mieact/ | https://www.facebook.com/MIEACT | https://mieact.org.au/
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HOW WE CAN HELP YOU TO HARNESS THE POWER OF LIVED EXPERIENCE

MIEACT's DoNOHarm Framework supports story tellers to share lived experience in a safe and positive way, allowing the authenticity and the power of the story to shine through while not overwhelming the teller or the audience with words or imagery that can be distressing.

> "THE BEAUTY OF DONOHARM IS THAT IT ALLOWS THE POWER OF LIVED EXERIENCE TO BE HARNESSED IN A SAFE WAY."
>
> - Beth, Volunteer Engagement & Development Manager

Guiding Principals

1. **Context and purpose**
2. **Recovery emphasis**
3. **Safe talking**
4. **Limits to helping**
5. **Respectful & inclusive language**
6. **Self care**

The DoNOHarm Framework underpins how MIEACT communicates about lived experiences and guides the development and delivery of MIEACT's programs. DoNOHarm focuses on hope, recovery and promoting help-seeking behaviours.

DoNOHarm exists to:

- keep audiences engaged, and protected from 'trauma overload'
- enrich peoples' stories with effective communicate effectively
- hold audiences' attention when talking about personal experiences
- ensure the message is heard
- leave listeners with helpful, useful and hopeful information
- keep story tellers safe and not overburdened by their sharing
- keep the space safe and inclusive.

Want DoNOHarm for your organisation? Visit mieact.org.au/contact

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