



SEEKING CONSUMER ADVOCATES TO APPEAR IN FILMS ON LIVING WITH ANXIETY

Mental Health First Aid (MHFA) Australia has engaged a film company to produce two short films, focused on people with lived experience of an anxiety disorder who have sought treatment, that will be used in our forthcoming 4th edition Youth and Standard MHFA Courses.

The general structure of the film will be in three parts with sections on:

1. The person's lived experience of anxiety disorder, including early symptoms and impact their lives
2. Things that people in their lives did that helped them (friends, family, health professionals)
3. Things that people in their lives did that didn't help them.

The focus of the film is to encourage discussion in the MHFA course about things that helped /didn't help in relation to the MHFA Action Plan: (mhfa.com.au/about/our-activities/what-we-do-mental-health-first-aid)

We are looking for **3 people aged 18-25** (for the Youth film) and **3 people aged 18 or older** (for the Standard film) who:

- have lived experience of having sought treatment for an anxiety disorder and are now experiencing a good level of recovery.
- have experience talking about their experience of an anxiety disorder, and able to reflect on what others did to help or could have done to help.
- are comfortable with the idea of potentially thousands of people seeing them talk about their experience in a training video within MHFA Courses.
- are able to travel to Melbourne for a few hours of shooting around November 2016 (we will aim to film in November 2016 but are flexible as to the time and date of shooting).

Note we are not able to extend this opportunity to current MHFA instructors or people that are planning to become MHFA instructors. Please note that MHFA Australia will retain all copyright and intellectual property rights over this film. The film may be used by international organisations, which have been licensed by MHFA Australia to deliver MHFA training in their countries.

An honorarium of \$250 is offered to individuals who are filmed for this project (as well as reimbursement of parking or public transport costs).

If you are interested please email Maddison Watts with a couple paragraphs about your experience along with your phone number so we can get in touch!

Maddison Watts, Program Coordinator
Ph: (03) 9079 0200
E: maddisonw@mhfa.com.au