Better Together

Take part in research

Have you experienced a mental illness?

Talking about our experiences with mental illness can be challenging. But deciding how we want to tell our story and who we want (or don’t want) to tell can be empowering.

The Honest, Open, Proud program can help you decide if, how, and when to tell your story.

We would like to find out the effects of the program on people’s wellbeing, and get your feedback on it through a research project.

Who can participate?

We are looking for participants who:

- Have experience of a mental illness
- Are enrolled in Honest, Open, Proud at the ACT Recovery College
- Are at least 18 years old

What is involved?

Participate in four sessions of the Honest, Open, Proud program. You can choose between a one-day workshop or weekly 2-hour sessions.

Fill in surveys about your experiences and wellbeing before and after the program. You can also participate in a focus group about your experiences with the program.

Participation is completely voluntary and you can take part in the program but not the research.

The ethical aspects of this study have been approved by the ACT Health Human Research Ethics Committee (2019/ETH/00105) and the ANU Human Research Ethics Committee (2019/411).

Want to find out more?

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Honest, Open, Proud is a peer-led mental health program.

It can help you consider the costs and benefits of disclosing your experience of mental illness to other people.

It also teaches you how to talk about your experiences effectively, if you choose to share them.