



UNDERSTANDING RECOVERY SEMINARS

The People Like You - Foundation for young people affected by mental illness

is a not-for-profit foundation that provides support, guidance and training to young people affected by mental illness. People Like You provides novel therapeutic activities such as horsemanship and horticulture, that allow young people to grow, rediscover their sense of self-worth and self-confidence whilst working toward recovery.

Understanding Recovery Seminar Outline:

The understanding recovery seminar is for anyone interested in gaining first hand insight into living with, and recovering from, mental illness.

The seminar will provide participants with:

- An intimate understanding of what it's like to live with a mental illness
- A range of novel skills, techniques and lifestyle changes that can assist in recovery
- An opportunity to learn from two individuals who are proof that mental illness has an end point and is not a life sentence

Who should attend: Clinicians, students and professionals as well as families, carers and those affected by mental illness.

Cost: \$60.00 per person or \$30.00 concession / student

Venue: 119 Cecil Street, South Melbourne VIC, 3205

Dates and Times: 14th April , 21st April or 28th April. Participants to arrive at 6.00pm; sessions run from 6.30pm to 8.30pm.

To register for this seminar please complete the registration form and return to People Like You or email training@peoplelikeyou.com.au / 0408 379 889. Bookings are essential as numbers are limited.

Seminar Presenters:

Cameron Ralph

Cameron is the founder and CEO/Chairman of the People Like You Foundation for young people affected by mental illness (People Like You). Cameron's journey through schizophrenia showed him that the mental health sector was not catering to the needs of young people. Cameron launched People Like You to address this huge gap in the mental health system.

Cameron has a BSc with Honours in Zoology and is currently a leading PhD candidate at Melbourne University where the focus of his doctoral research is stress physiology and management. He has publications in national and international journals together with a wealth of teaching, lecturing and public speaking experience. He combines these qualifications with his personal journey of living with and recovering from schizophrenia.

Catherine Bennett

Catherine was diagnosed with Borderline Personality Disorder, Complex Post-Traumatic Stress Disorder and Psychotic Major Depression at 29. After 6 years of treatment Cath has fully recovered. During this recovery period Cath completed the "Walk for Awareness", which involved walking 1000km's from Newcastle to Melbourne. She stopped at all the major towns and cities along the way to raise awareness of mental illness, in particular, mental illness in women.

Cath shares her experiences and the lessons she learnt along the way in an open and engaging manner. She brings a unique insight into recovery and the specific challenges a woman faces when on this journey.

All proceeds from these seminars go directly to People Like You and help us continue our projects.

