

Facilitator case study: Jenice

As a Mental Health Promotion Co-ordinator I take an active role in raising awareness of, and promoting, positive mental health in our community. I work in collaboration with other health workers and service providers.

Our service knew there was a gap in what we were providing. *Partners in Depression* offered an evidence-based program to specifically support families, friends and carers of our clients experiencing depression.

The resources, content and support provided by the *Partners in Depression* project team is invaluable. Participants realise that they are not alone and have the opportunity to share their personal stories and experiences with others in similar situations. People involved in the program also acquire practical skills and learn the basics of how to implement self-care strategies in their daily lives.

When you see someone in the program “get it” – whatever “it” is for them – is the most memorable part of the program for me as a facilitator.

For some participants, it's recognising and accepting the value of self-care, for others it's a realisation that they are not alone or it may be learning a particular communication tip that they can see will work for them. Sometimes it's when the person gains a better understanding of depression and how it's affecting the person they care for. It can also be as simple as seeing them accept that depression isn't a choice.

Participants who complete the *Partners in Depression* program have a better sense of hope for the future and an improved understanding of the impact of depression on their family members or friends.

It is an exciting process to watch people develop their skills and capabilities and have a renewed sense of positivity about their role in caring and supporting someone with depression.



For more information on the workforce development benefits of the *Partners in Depression* program please refer to the summary report titled: **Developing a workforce to support those who care: *Partners in Depression* Workforce Development Analysis** at www.partnersindepession.com.au/evaluation