



A good mentor can help you understand, navigate, explore and reflect on your role as a lived experience representative.

✓ Make you feel understood and validated in your role

✓ Help you understand your role and your expectations

✓ Get you familiar with the language and knowledge needed

✓ Show you links between triggers, being active and being on a recovery journey

✓ Provide you with honest feedback

✓ Share additional resources with you

✓ Check in and help you reflect on your involvement

✓ Help you understand other perspectives

✓ Motivate you and renew your energy

Find out more

Visit our [website](#) to read **Section 6** of the Guide.



Australian Government
National Mental Health Commission