

EXPRESSION OF INTEREST

Help us shape a new mental health service for the Mackay region!

Have you experienced distress, mental health challenges or overwhelm with life stressors - either personally or as a supporter for someone else?

Your **lived experience** is powerful, and it can drive **real change** to help design mental health services that truly work for people who need it most.

WHY YOUR VOICE MATTERS

A brand-new, free, walk-in Medicare Mental Health Centre is coming to Mackay - no referrals, Medicare card, or appointments needed, just immediate support when people need it most.

We are designing for the future, and we want to make sure the service is welcoming, effective, and truly helpful. We need insights from people who have been there - people like you.

- » Turn your experience into impact - help create a service that meets real needs.
- » Be heard and valued - your insights will directly shape how the centre operates.
- » Receive expert training in leadership and advocacy from Roses in the Ocean.
- » Be part of a passionate, supportive group making a real difference.

What is lived experience?

'Lived experience' is a broad term that refers to a person's first-hand experiences with something. We define Lived Experience as people who either have:



personal experience of mental health challenges or a mental illness, experienced thoughts of suicide, survived a suicide attempt, been bereaved by suicide, or lived with alcohol and drug related troubles.



personal experience supporting someone who lives with a mental health challenge, suicidal distress, or drug and alcohol related troubles.

What will you do?

- » As a LEAG member you will meet monthly over a 12-month period from May 2025. Meetings will be 1-2 hours and held in person in Mackay city and online.
- » Prior to commencement, members will be supported to attend lived experience capacity building training provided by Roses in the Ocean. The training will be a half-day session.
- » The LEAG work will focus on providing advice about engagement methods for codesign, informing the types of questions and processes used, reviewing documents and feedback, and will help to guide the establishment of the service in early 2026. More details about expected engagement will be provided once the LEAG is finalised.



We acknowledge the Aboriginal and Torres Strait Islander peoples as Australia's First Nation Peoples and the Traditional Custodians of this land. We respect their continued connection to land and sea, country, kin, and community. We also pay our respect to their Elders past, present, and emerging as the custodians of knowledge and lore.

We also acknowledge the lived experience of those with mental illness, those impacted by suicide or substance use, and those in crisis and the contribution support persons and staff make to their recovery. The strength, resilience, and compassion they demonstrate is at the heart of the work we do and a constant inspiration.



ISO 9001
QUALITY



WE ARE LOOKING FOR PASSIONATE INDIVIDUALS WHO...

- » Reside in the Mackay region
- » Are aged 18 years or older
- » Have lived or living experience with mental health, suicide, or alcohol, and drug issues - either personally or as a supporter/carer
- » Want to use their story to help others and design future mental health services
- » Are committed to creating positive change in the Mackay community.

If this sounds like you, we would love to hear from you!

Complete the Expression of Interest form by scanning the QR code of [click here](#).



EOI CLOSES: Monday 21 April at 2pm.

Remuneration

Members will be remunerated for their time. NQPHN may consider reimbursement of expenses for mileage incurred, public transport, or taxi fares at rates prescribed by the Australian Tax Office.

Background

Northern Queensland Primary Health Network (NQPHN) and Mackay Hospital and Health Service (MHHS) are partnering to commission Mackay Medicare Mental Health Centre, a new service for the region.

For more information about Medicare Mental Health Centres visit [here](#).