

Liverpool Living Library 2020

Information sheet

Each October, NSW celebrates Mental Health Month to promote positive mental health and wellbeing and to reduce the stigma associated with mental illness. To celebrate, local organisations have organised the annual *Living Library* program.

SAVE THE DATE

LIVERPOOL LIVING LIBRARY

**Where: Filmed at Liverpool Library - 170 George St,
delivered through a digital platform**

When: Wednesday 14 October 2020

What is a Living Library?

- The *Living Library* program helps the community understand the lived experience of mental illness, it tackles stigma and normalises how and where to seek help. Instead of borrowing a book, a story is borrowed through a speaker. Speakers talk to and take questions from an audience.
- A *Living Library* setting provides an opportunity for individuals to connect with people they may not normally have the occasion to speak to within their community

I would like to share my story, what do I need to know and do?

- We are not looking for perfect stories. Stories could be of recovery from personal distress and resilience through life's challenges. Stories would be what others can relate to, is hopeful and encourages people to seek support.
- This year, we are looking for speakers from diverse groups and communities to share their stories including but not limited to:

➤ Young people	➤ Older people
➤ LGBTIQA+	➤ Refugee and migrant communities

- Previous *Living Library* program speakers discussed their lived experience of mental illness, being a carer for family members with mental illness and professional expertise in the mental health sector.
- Please consider that you will be in front of a digital audience and the audience may remotely ask you questions about your story. You will be supported by staff during your talk who will guide and moderate the session and manage questions.
- If you would like to share your story at the *Living Library*, complete online form at <https://mylibrary.liverpool.nsw.gov.au/forms/share-your-story-with-living-libraries>
- Expression of interest close: 17 July 2020

Please note the form requests the below information. All personal information submitted through the expression of interest will remain confidential.

Name:

Tell us your story using some key points, the prompts below can help you:

- My journey: beginnings, challenges, turning points and where I am now
- What and who has helped me (family, friends, local services, groups)
- Why I would like to tell my story? What could the audience learn from listening to me?

If speaking publically is not for you, would you be prefer to share your story on a local podcast series? YES/NO

For more information, contact Brendan Bennett (02) 8738 5983 or Brendan.Bennett@health.nsw.gov.au