

# Pricing Guide

Understanding Mental Health Recovery		Qty Seats	Per Seat Price (GST FREE)
<p>This course takes learners on a journey through the key concepts of mental health recovery.</p> <p>Participants will explore the myths and realities of recovery through a range of learning activities and video components, including consumer perspectives on recovery as a unique and individual journey.</p> <p>This course will fundamentally change the way you view the experience of living with a mental health condition and the importance of supporting hope, connectedness and a meaningful life.</p> <p><b>Level:</b> Introduction    <b>Duration:</b> 30 minutes    <b>Delivery:</b> Self-paced</p>	1-15	\$35.00	
	16-30	\$33.00	
	31-99	\$31.00	
	100+	<a href="#">Ask us</a>	
<p><b>Who is this for</b></p> <ul style="list-style-type: none"> <li>• New mental health workers</li> <li>• Consumer or carer peer workers</li> <li>• Professionals from non-mental health sectors</li> <li>• People with lived experience of mental health conditions</li> <li>• Families, friends and carers of people experiencing mental health conditions</li> </ul>	<p><b>Course Topics</b></p> <ul style="list-style-type: none"> <li>• Mental health recovery myths</li> <li>• What is mental health recovery?</li> <li>• What does mental health recovery look like? 13 characteristics of recovery</li> <li>• What does mental health recovery involve? CHIME</li> <li>• Different approaches</li> </ul>	<p><b>Learning Outcomes</b></p> <ul style="list-style-type: none"> <li>• Improve interactions with people living with a mental illness through awareness of basic mental health recovery concepts.</li> <li>• Develop an understanding of the difference between contemporary recovery approaches to mental health compared to more traditional approaches</li> </ul>	

Supporting Mental Health Recovery		Qty Seats	Per Seat Price (GST FREE)
<p>This course is designed for people who already have a basic understanding of mental health recovery and want to learn more about how to support people in their recovery. If you would like to learn more about recovery, check out Understanding Mental Health Recovery (above).</p> <p>Recovery is often described as a unique and individual journey. Participants will learn how they can walk alongside and support someone on their recovery path. Explore tools for promoting recovery learning, wellbeing and hope as well as supporting choice, through a range of learning activities and videos, including personal stories of recovery.</p> <p><b>Level:</b> Introduction    <b>Duration:</b> 30-45 minutes    <b>Delivery:</b> Self-paced</p>	1-15	\$40.00	
	16-30	\$38.00	
	31-99	\$36.00	
	100+	<a href="#">Ask us</a>	
<p><b>Who is this for</b></p> <ul style="list-style-type: none"> <li>• New and existing mental health workers</li> <li>• Consumer or carer peer workers</li> <li>• Professionals from non-mental health sectors</li> <li>• People with lived experience of mental health conditions</li> <li>• Families, friends and carers of people experiencing mental health conditions</li> </ul>	<p><b>Course Topics</b></p> <ul style="list-style-type: none"> <li>• Why is recovery important?</li> <li>• Recovery as a journey</li> <li>• Supporting wellbeing</li> <li>• Recovery tools for consumers and supporters</li> <li>• The importance of supporting choice</li> <li>• Self-reflection</li> </ul>	<p><b>Learning Outcomes</b></p> <ul style="list-style-type: none"> <li>• Improve ability to identify a person's or a supporter's tools that are important to recovery</li> <li>• Improve learners interactions when supporting a person living with a mental illness</li> <li>• Develop learners skills in supporting choice in mental health recovery</li> <li>• Encourage learners self-reflection on practices when supporting mental health recovery</li> </ul>	

Information correct as at 29 September 2015.

# Pricing Guide

Language of Mental Health Recovery		Qty Seats	Per Seat Price (GST FREE)
<p>This course explores how language is used within mental health settings and the broader community. How can your language limit or exclude others? How can it challenge, empower and inspire?</p> <p>Participants will explore the use of language through a range of learning activities and videos, including consumer, carer and worker perspectives on language and mental health.</p> <p><b>Level:</b> Introduction    <b>Duration:</b> 30 minutes    <b>Delivery:</b> Self-paced</p>		1-15	\$35.00
		16-30	\$33.00
		31-99	\$31.00
		100+	<a href="#">Ask us</a>
<b>OR</b> Get Language of Mental Health Recovery FREE as part of the Mental Health Recovery Suite			
<p><b>Who is this for</b></p> <ul style="list-style-type: none"> <li>New and existing mental health workers</li> <li>Consumer or carer peer workers</li> <li>Professionals from non-mental health sectors</li> <li>People with lived experience of mental health conditions</li> <li>Families, friends and carers of people experiencing mental health conditions</li> </ul>	<p><b>Course Topics</b></p> <ul style="list-style-type: none"> <li>What is language?</li> <li>The power of language</li> <li>Intent vs impact</li> <li>Recovery-oriented language</li> <li>Person-first language</li> <li>Preferred language</li> <li>Language and stigma</li> </ul>	<p><b>Learning Outcomes</b></p> <ul style="list-style-type: none"> <li>Develop awareness of intention and potential impact of choice of words when speaking about, or to, a person or group of people.</li> <li>Demonstrate respect by using a persons' preferred terms.</li> <li>Improve use of language by avoiding terminology that could be discriminatory or stigmatising.</li> </ul>	
Mental Health Recovery Suite		Qty Seats	Per Seat Price (GST FREE)
<p>This suite consists of Understanding Mental Health Recovery, Supporting Mental Health Recovery and Language of Mental Health Recovery.</p> <p>This suite will fundamentally change the way you view mental health recovery and what it takes to support your own or another's recovery. Explore concepts and tools and challenge preconceptions through a range of learning activities and videos, including personal stories of recovery.</p> <p><b>Level:</b> Introduction    <b>Components:</b> 3 x 30-45 minute courses    <b>Delivery:</b> Self-paced</p>		1-15	\$75.00
		16-30	\$72.00
		31-99	\$69.00
		100+	<a href="#">Ask us</a>
<b>3 for the price of 2</b> Get Language of Mental Health Recovery FREE as part of the Mental Health Recovery Suite			
<p><b>Who is this for</b></p> <ul style="list-style-type: none"> <li>New and existing mental health workers</li> <li>Consumer or carer peer workers</li> <li>Professionals from non-mental health sectors</li> <li>People with lived experience of mental health conditions</li> <li>Families, friends and carers of people experiencing mental health conditions</li> </ul>	<p><b>Course Topics</b></p> <ul style="list-style-type: none"> <li>See course topics for Understanding Mental Health Recovery, Supporting Mental Health Recovery and Language of Mental Health Recovery</li> </ul>	<p><b>Learning Outcomes</b></p> <ul style="list-style-type: none"> <li>See learning outcomes for Understanding Mental Health Recovery, Supporting Mental Health Recovery and Language of Mental Health Recovery</li> </ul>	
Mental Health Recovery - POSTER SET		Qty Seats	Price (Inc GST)
<p>So what does recovery look like? Recovery research has identified 13 common characteristics of recovery (to read the research <a href="#">click here</a>). This is a complete set of the recovery characteristics, used in Understanding Mental Health Recovery, as A4 sized downloadable posters.</p> <p><b>Resource type:</b> Poster    <b>File type:</b> PDF    <b>File size:</b> 7.9MB</p>		Set of 13	\$27.50

Organisations wishing to purchase Capacit-e training products to deliver on their Learning Management System (LMS) should email [sales@mhcc.org.au](mailto:sales@mhcc.org.au)

# ORDER FORM

Mental Health Coordinating Council  
ABN - 59 279 168 647

**(Organisations Only)**

By completing and returning this form, you agree to be invoiced.

Date (dd/mm/yy)

First name  Last name

Position

Organisation

Organisation is an MHCC Member  Yes  No  Don't know

Street Address

Suburb/Town

State  Postcode

Phone

Org Email (for invoice)

Items to be invoiced:

Please note, minimum 16 seats per course product required for invoice payment(s)  
See bulk pricing guide over page.

Select product(s) using drop down menu	QTY/Seats	Per seat price	Item total
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Please return your completed order to:  
Fax - 02 9810 8145 or  
Email - sales@mhcc.org.au

Total \$

For more information about *Capacit-e mental health e-learning*:  
Call - 02 9555 8388 ex 106  
Web - [www.mhcc.org.au/learning-and-development/online-learning/capacite](http://www.mhcc.org.au/learning-and-development/online-learning/capacite)