

You are
not alone.

For many years, people using mental health services have been exposed to sexual violence.

This has been a particular issue in inpatient units, where it is not always possible to escape or be safe, and where people are not always believed.

This trauma can impact our mental and emotional health and make it harder to recover.

ABOUT US

VMIAC is the peak Victorian non-government organisation for people with lived experience of mental health or emotional issues. We're run by consumers, for consumers.

WHAT WE DO

Individual advocacy: Working alongside people to ensure their rights are protected and choices honoured.

Systemic advocacy: Campaigns, and advice to government and the mental health sector, to promote human rights improvements in mental health.

Education: Providing information and education about mental and emotional health, and services, from a consumer perspective.

NDIS: Information and support for people trying to access the National Disability Insurance Scheme.

Peer Support: Specialist peer support programs, like the Phoenix Project, and Royal Commission support.

Consumer community building: We host talks, conferences and events to connect, support and celebrate the consumer community.



VMIAC, 1/22 Aintree Street, Brunswick East, Vic, 3057

Phone: 03 9380 3900

Email: reception@vmiac.org.au

www.vmiac.org.au



Please dispose of thoughtfully

Have you experienced, or witnessed, sexual assault, sexual harassment, or not feeling sexually safe, while in a mental health inpatient unit?



**PHOENIX
PROJECT**

Trauma informed peer support



PHOENIX PROJECT



Have you experienced, or witnessed, sexual assault, sexual harassment, or not feeling sexually safe, while you were in a mental health inpatient unit?

We may be able to help.



Our trauma-informed peer support workers can provide one-on-one support (approx. 2–6 sessions), and a safe place for you to tell your story and be believed.

This service is called the Phoenix Project.

ABOUT THE PHOENIX PROJECT

The Phoenix Project is a pilot project offering a new, safe space that's been developed by consumers, for consumers

Peer support



- Short term peer support (approx. 2-6 sessions, depending on personal need)
- Tell your story of what happened and be believed
- Talk about the personal impact of sexual violence in a mental health inpatient service

Advocacy



- Make a record of what happened to you, in the way you want (e.g., in writing, using art...)
- Explore if there are supports or services you need (e.g., counselling, victims of crime support, formal complaints)
- Be supported to access the services you need (including 'warm' referrals)

Peer workers



The program is provided by VMIAC peer support workers, Jane and Sharon.

These workers have expertise in peer support, and a lived experience of trauma, mental health problems, and using mental health services.

Possible benefits



It's our hope that participants in the Phoenix Project might experience:

- Feeling understood, believed and validated
- Feeling connected to peers and less alone
- Understanding the impacts and personal needs
- Developing a plan for what you want
- Feeling supported to access services you want and need
- Feeling you have contributed to positive change and social justice.

Who is eligible?



The program is open to any person over 18 who has used Victorian mental health inpatient services, and experienced sexual assault, sexual harassment, or a fear of not being sexually safe, while using that service.

HOW TO ACCESS THE PROGRAM

Make a booking



Contact reception to make a booking (Mon—Fri)

Phone **(03) 9380 3900**

Or email reception@vmiac.org.au

Appointments are available 10am—3pm Monday, Tuesday and Wednesday at VMIAC's office in Brunswick East.

Find out more about the program



Contact Jane or Sharon (Mon—Wed) on:

Phone **(03) 9380 3900**

Or email phoenixproject@vmiac.org.au

It's FREE to access the Phoenix Project.