



# Helping your voice be heard

VMIAC provides advocacy and support for Victorians with a lived/living experience of mental health challenges and/or emotional distress.

## General and NDIS Advocacy

We help consumers work through issues with mental health services like complaints and appeals.

## Membership and Consumer Representation

We support the centering of consumer voices in system reform and the building of our consumer community.

## Lived/Living Experience Workforce Development

We are developing training, communities of practice, and research grants for the LLE workforce.

## Research and Policy

We help to shape ideas around mental health through developing research and policy responses from a consumer perspective.

## Find out more via our website:



## Or Contact VMIAC directly:

**Opening Hours:** 9.30am - 4.30pm, Mon - Fri

**Phone:** [03] 9380 3900

**Email:** [reception@vmiac.org.au](mailto:reception@vmiac.org.au)

**Website:** [www.vmiac.org.au](http://www.vmiac.org.au)

