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COMMUNITY ADVOCACY

**A TOOL FOR SYSTEMS CHANGE AND
CRITICAL THINKING**

Funded by

MHLEP
MENTAL HEALTH LIVED EXPERIENCE PEAK
QUEENSLAND



**Queensland
Government**



SOME WAYS TO USE THE RESOURCE

Small group discussions enable deep listening we recommend breaking into pairs or small groups and discussing a key point. Feedback your learning and ideas into the bigger group, if you have one.

Cut out the key points with some people who are also interested in advocacy. Stick the key points however you like on to a large piece of paper or canvass. Create your own poster using themes and ideas that are important to your community while discussing your thoughts on the key points.





SOME WAYS TO USE THE RESOURCE

You could add your own key points and advice that are relevant to your community.

Focus on one key point that needs some community action to support for example find and discuss some information about the history of the human rights movement. Work out how to start and sustain a group to understand and advocate about issues impacting your community.





ARE YOU INTERESTED IN CREATING CHANGE THROUGH LIVED EXPERIENCE ADVOCACY?

**Talk with trusted peers, attend community forums,
and learn from others' stories.**

**Can you have a sense of humour about some of
the difficult ideas and experiences involved?**





CONSIDER THE IMPACT

**Will sharing my lived expertise benefit others
and support change?**

No?

**Reflect further. Support doesn't
always mean disclosure.**

Yes? Proceed.

**Listening, supporting peers, and
community building also matters.**

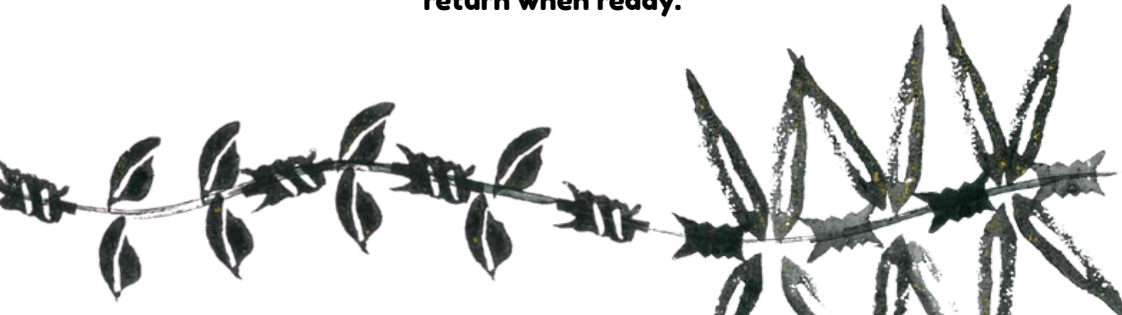


BE TRAUMA-INFORMED AND SAFE ENOUGH

Can you advocate without compromising your wellbeing?

Stay grounded and seek support as needed.

Prioritise your own supports. It's okay to step back and return when ready.



CHECK YOUR READINESS

Are you emotionally and culturally ready to share your story or advocate?

Yes? Proceed mindfully.

Not yet? That's okay. Focus on healing, connecting with peers in community, and building confidence.



KNOW THE SYSTEM

Do you understand how decisions are made in the system you want to influence?

Yes? Use that knowledge strategically.

Not yet? Seek info. Attend forums, read policy, speak to others in the space.



BUILD PEER CONNECTIONS

Are you connected to a network of lived experience advocates or peers?

Yes? Lean on them for wisdom and strength

Not yet? Consider joining or starting a local or online group

Connection builds courage and capacity.



ADVOCATE TOGETHER

Are you working in coalition with others?

Yes? Strength in unity.

Not yet?

Start building bridges - collaboration is powerful and protective.





STAY CURIOUS, KEEP LEARNING

**Are you open to feedback, growth,
and ongoing reflection?**

Yes? That's sustainable advocacy.

Not yet? Advocacy is a journey. Stay humble,
listen, evolve.



KNOW YOUR WHY

**What has been my experience with
the system?**

**Have you reflected on your personal
motivation for advocacy?**

**What change do I want to see for
others?**

Why does this matter to me?





KEEP IT REAL

REFLECT

Is the work shaping me or am I shaping the work?

Are you staying true to the movement - not just the system?

Lead with authenticity, understand the importance of human rights, social justice, and cultural competence.





UNDERSTAND THE DIFFERENCE

**Can you identify the difference between tokenistic
and meaningful advocacy opportunities?**

Yes? Engage with purpose.

No? Learn to ask:

- **Will I be heard and respected?**
 - **Is this influencing real decisions?**
 - **Who benefits from my input?**
- 



YOU'RE READY

ADVOCATE WITH PURPOSE. ACT WITH CARE.

BE BOLD, BE STRATEGIC, BE KIND.

TO FIND OUT MORE ABOUT THE PSYCHOSOCIAL PEAK BODY

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Or scan this QR code:



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