



# Information Sheet

## Yarning Sessions Program

This information sheet is to inform Aboriginal and Torres Strait Islander people about the Yarning Sessions Program developed by the Mental Health Review Tribunal (Tribunal).

The Tribunal acknowledges the valuable contribution support persons bring to a patient's care and recovery and have developed this program to assist support persons.

### What is the Yarning Sessions Program?

The Yarning Sessions Program is an informal information session. It is intended to provide information about the Tribunal's roles and functions.

### Who is it for?

If you are a support person for a family member, partner, or friend and would like to know more about helping that person at a Tribunal hearing, this is the session for you.

### What is the objective of the Yarning Sessions Program?

The objective of the Yarning Sessions is to bring together support people that have similar experiences, to learn about the Tribunal, and to have a yarn.

### Why do I need to go?

If you are a support person, or are interested to know more, it would be good for you to attend to learn about what you can do to help someone at a Tribunal hearing and to be informed about the Tribunal process and your rights.

### Will there be other people like me there?

Yes, the program is designed for between 2 and 5 people to attend at the same time.

### Will anyone else outside the program know about what we are talking about?

The Yarning Sessions is a closed, confidential, meeting place where people can share experiences and have a yarn. If you are uncomfortable sharing information you can still come to the program to get information.

### What will I learn?

You will learn about the Tribunal, what it does and doesn't do, your role as a support person, and what you can do before, during and after a Tribunal hearing. You will also learn about the hearings process and the appeals process. You will also get an information kit with information related to the Tribunal which contains forms, information sheets, brochures, checklists and other relevant information.

### How long does a Yarning Session go for?

Yarning Sessions usually go for one hour.



#### Where will the session take place, and when?

The Yarning Sessions venue will be determined by the support people attending. It could be at a library, at a park, café, or hospital. The Yarning Session will be delivered on Thursdays or Fridays.

#### What do I need to bring?

Bring a small bag to collect the information kit.

#### Will I get in trouble by coming to the program?

No. You will not get in trouble from anyone for attending a Yarning Session.

#### Is it casual dress or do I have to dress up?

The Session is casual so come in comfortable clothing.

#### How much does it cost?

The Yarning Session is totally free.

#### Who will run the Yarning Sessions Program?

The Yarning Sessions will be facilitated by the Tribunal's Indigenous Liaison Officer.

#### Will there be food and drinks?

Yes, there will be tea, coffee, and light refreshments for people attending the program.

#### What are some of the other things I get to know if I go to the Program?

You will learn about:

- What you can do as a support person
- What it means to represent and support a patient
- Who you can contact
- Who can appeal a Tribunal decision

If you are interested in attending a Yarning Session please feel free to contact Lynten Johnson, Indigenous Liaison Officer at the Mental Health Review Tribunal.

Ph.: (07) 3338 8300 or Freecall: 1800 006 478 (1800 00 MHRT)

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