



Circles of Support

Expression of Interest Form



NORTHERN
TERRITORY
LIVED
EXPERIENCE
NETWORK

Name: _____

Phone: _____ Email: _____

1. Why are you interested in the Circles of Support program? *(Tick all that apply)*

- | | |
|---|--|
| <input type="checkbox"/> To meet other people with a loved one who experiences issues related to mental health, alcohol or drug use | <input type="checkbox"/> To learn about mental health, alcohol and drug related misuse and co-occurring issues |
| <input type="checkbox"/> To understand recovery and ways to support recovery | <input type="checkbox"/> To learn ways to support your own wellbeing and practice self-care |
| <input type="checkbox"/> To manage overwhelming emotions and responses | <input type="checkbox"/> To learn how to identify and respond during a crisis |
| <input type="checkbox"/> To learn how to respond to stigma and discrimination | <input type="checkbox"/> To learn ways to effectively communicate your needs and rights |
| <input type="checkbox"/> To learn how to set boundaries | <input type="checkbox"/> To access support for myself |
| <input type="checkbox"/> To understand how to navigate the mental health and alcohol and other drug service system | <input type="checkbox"/> Other: _____
_____ |

2. Which Information Session and/or Circles of Support program do you wish to attend? Write name and date below:

If you wish to attend an Information Session and a Circles of Support program, write details for both.

3. Please confirm the following background information: *(Tick all that apply)*

- I am over 18 years of age
- I have a loved one who experiences an alcohol or other drug problem
- I have a loved one who experiences a mental health problem
- At this point in time, I can commit to attending most/all of the sessions I have indicated above

Signature: _____

Date: _____

Submit your expression of interest to
contact@livedexperiencenet.net

We will contact you to confirm receipt and your enrolment. We are also interested to talk to you about ways we can support you to participate and feel comfortable.

