



orygen

CHCMHS008

Promote and facilitate self-advocacy

This unit of competency focuses on developing the skills and knowledge required to support people experiencing mental ill-health to build self-advocacy skills. It emphasises empowering individuals to understand their rights, express their needs, make informed choices, and actively participate in decisions that affect all aspects of their lives.

What you'll learn

- Understanding the principles and importance of self-advocacy and empowerment.
- Supporting individuals to identify their strengths, goals, needs, and preferences.
- Providing information about rights, responsibilities, and available services.
- Encouraging participation in informed decision-making and goal setting.
- Working collaboratively using a person-centred and recovery-oriented approach.
- Recognising and responding to barriers that may limit a person's ability to self-advocate.
- Operating within legal, ethical, and organisational requirements.

This unit is one of three short-course units offered by Orygen, designed to assist students who want to pursue further education or a career in the mental health sector. This unit is used in mental health and community services settings. It supports workers to promote independence, dignity, and recovery by strengthening individuals' capacity to self-advocate, exercise choice, and have their voices heard.

How will it be delivered?

The unit is delivered online in a classroom setting which includes group discussion and activities to enhance the learning experience. Students are also provided with Learner Guides that provide additional content and learning activities which are undertaken in a self-paced mode to reinforce learning.

How am I assessed?

The assessment process includes written questions, case studies, the use of a reflective journal and developing promotional material for self-advocacy. These assessment tasks provide students with the opportunity to demonstrate their understanding of the knowledge and practical requirements of the unit regarding self-advocacy.

To be deemed competent for this unit, students will be required to provide evidence of having encouraged, supported and promoted self-advocacy when working with at least three people experiencing mental ill-health.

For more details on the unit of competency, refer to [training.gov.au](https://www.orygen.org.au/training)



Orygen acknowledges the Traditional Owners of the lands we are on and pays respect to their Elders past and present. Orygen recognises and respects their cultural heritage, beliefs and relationships to Country, which continue to be important to the First Nations people living today.

GET IN TOUCH

IF YOU'D LIKE MORE INFORMATION ABOUT ORYGEN, PLEASE CALL **+61 460 432 745** OR SEND AN EMAIL TO **RTO.STUDENT@ORYGEN.ORG.AU**

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