



Expression of Interest Co-Chairperson – Multicultural Affinity Group

The National Mental Health Consumer Alliance (The Alliance) is the national mental health peak body for mental health consumers. We are led by, and represent, the voices of people with lived experience of mental health challenges.

The Alliance recognises the additional challenges facing migrants, refugees, and culturally and racially marginalised communities in Australia, particularly when it comes to mental health and wellbeing. We are seeking expressions of interest for a **Co-Chairperson** to co-lead The Alliance's **Multicultural Affinity Group**, consisting of people representing the mental wellbeing multicultural communities in their state or territory.

The Affinity Group provides high level advice to The Alliance and is developing a shared project and an accessible resource that forms a foundational guideline for supporting more meaningful engagement and leadership of people with mental health challenges from multicultural communities. You will come together with the existing Chair and group members to finalise the resource and collectively plan how best to make it accessible for mental wellbeing sectors across Australia.

The Co-Chair will be available four days a month on average to help co-chair monthly two-hour meetings, review draft policy input, liaise with members on community issues and collaboratively develop a policy project and pathway between The Alliance and Affinity Group. The group takes collective ownership over this work and will focus on building trust to ensure voices are meaningfully represented.

To take on this role you will have lived experience of mental health challenges, using, or trying to use, nationally funded mental health services* in the last five years. The NMHCA defines lived experience of mental health challenges as “experience of mental health challenges that have caused life as we knew it to change so significantly, we must reimagine and redefine ourselves, our place in the world, and our plans”.

You will be paid at the rate set by the National Mental Health Commission, currently \$123.20 per hour, maximum of \$616 per day, noting this does not cover reading time for meetings.



An indication of the tasks you will be responsible for include

- collaborating with the other co-chair to convene a group of multicultural mental health consumers once a month
- co-chairing the Multicultural Affinity Group meetings
- devising and preparing the agenda with the co-chair and The Alliance
- formally sign off on minutes
- translating discussions to develop multicultural mental health policy proposals
- supporting members of the group where required (out-of-session discussion with committee member, managing interpersonal issues)

Essential Criteria

You will:

- identify as a refugee, migrant, person of colour and/or from a multicultural or culturally or racially marginalised (CARM) background
- have personal lived experience of mental health challenges, and using, or trying to use, mental health services and supports funded or partially funded by the Australian Government* within the last five years
- have experience of actively and regularly sharing your lived experience in a safe and intentional way to contribute to the development of systemic policy advice
- experience of challenging systemic power in an advocacy movement, campaign and/or organisational hierarchy
- be strongly committed to acting in solidarity with, and alongside, First Nations communities
- have experience in:
 - building and maintaining respectful interpersonal relationships, including supporting constructive discussion, navigating different perspectives, and addressing interpersonal issues in a culturally safe and collaborative way
 - chairing meetings, including keeping discussion focused, supporting inclusive participation, managing time and ensuring clear decisions and follow-up actions are recorded
 - setting agendas and undertaking general administration of a committee
- have access to good internet access to facilitate online meetings
- proficiency with Microsoft Teams
- be available up to four days a month on average and attend other meetings as required



To participate on the Multicultural Affinity Group, you CANNOT be a Board member or a staff member of a State/Territory mental health consumer peak body, nor be a member of another State/Territory peak body national Consumer Advisory Group or another NMHCA Affinity Group.

If you meet these criteria and are interested in expressing your interest in Co-Chairing the Multicultural Affinity Group, please apply by **5pm on 2 October 2026.**

If you have any questions, please contact Stephanie Thompson at partnerships@nmhca.org.au

* Use mental health services and supports funded or partially funded by the Australian Government. This may include receiving services through the National Disability Insurance Scheme or at a Medicare Mental Health Centre or receiving a Medicare Benefits Schedule rebate under the Better Access initiative when using a general practitioner (including a mental health plan), psychiatrist, prescribed medical practitioner, psychologist, social worker and/or occupational therapist.