



Expression of Interest

General Members – 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 from people to join the National Multicultural Affinity Group as general members, representing the mental wellbeing of multicultural communities in their state or territory. There will be two people representing each state or territory – one currently sitting member, and one new member who will be selected through this process.

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 existing group members to finalise the resource and collectively plan how best to make it accessible for mental wellbeing sectors across Australia.

Available for up to one day a month on average, members will attend a monthly 2-hour meeting and may be required to contribute, as needed, outside of meeting hours to review draft policy input or connect with other members about issues raised in their own communities. 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, and using, or trying to use, nationally funded mental health services* in the last five years. The Alliance 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 set rate of \$95.60 per hour, noting this does not cover reading time for meetings.



An indication of the tasks you will be responsible for include

- attending the 2-hour Multicultural Affinity Group meeting once a month
- sharing your lived experience and community perspective to inform discussion
- reviewing and providing feedback on draft agenda items and policy input between meetings
- raising issues and concerns from collective learnings and your own multicultural and intersectional communities for consideration with the Affinity Group
- contributing respectfully to group discussion, including where views may differ

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, using (or trying to use) mental health services and supports funded or partially funded by the Australian Government* within the last five years
- previous experience of actively and regularly sharing your lived experience in a safe and intentional way to contribute to the development of systemic policy advice
- be strongly committed to acting in solidarity with, and alongside, First Nations communities
- previous experience on committees or Boards
- have good internet access to facilitate online meetings
- proficiency with Microsoft Teams
- be available for up to one day a month on average and attend other meetings as required
- experience of challenging systemic power in an advocacy movement, campaign and/or organisational hierarchy

Members 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 joining 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 obtaining a mental health plan), psychiatrist, prescribed medical practitioner, psychologist, social worker and/or occupational therapist.