


Twitter summary (3 pp) of a presentation at #VMIAC2019 by Janet Karagounis that discusses peer workers. Tweeted by Marie McInerney for Croakey Conference News Service.




#VMIAC2019 @WePublicHealth · Nov 1

"I believe we peer workers do make a difference. We must stand united. We have a voice, we must use it. Above all, love and hope can make and create change." Janet Karagounis says she's not sure if the #NDIS will deliver but she's "not prepared to give up the fight". #VMIAC2019

1 1


[Show this thread](#)



#VMIAC2019 @WePublicHealth · Nov 1

Hearing about what the love of a dog meant to Janet Karagounis- "it keeps us going in the chaos. When I couldn't love myself, I could love him." #VMIAC2019

1 1 1




#VMIAC2019 @WePublicHealth · Nov 1

Q: If you could do one thing to change the broken mental health system, what would it be? "No them and us," says Janet Karagounis #VMIAC2019

1

[Show this thread](#)




#VMIAC2019 @WePublicHealth · Nov 1

"Unacceptable behaviour is unacceptable behaviour. You can't use your illness as an excuse to harm/hurt others." Janet Karagounis #VMIAC2019

1 1

[Show this thread](#)



#VMIAC2019 @WePublicHealth · Nov 1

Q: How do you know as a peer worker if you're helping someone, not just yourself? Janet Karagounis says it's not about yourself, but you have to learn to forgive yourself when you make mistakes. "Be you. Learn to listen." #VMIAC2019

1 1



#VMIAAC2019 @WePublicHealth · Nov 1

After a road accident ended her elite sports hopes, a close friend suicided, she lost her job and was diagnosed with serious mental illness. 'I was hallucinating, my voices we're 24/7, I was mad as hell and nothing was helping.' Janet Karagounis **#VMIAAC2019**



1



2



[Show this thread](#)



#VMIAAC2019 @WePublicHealth · Nov 1

"Hearing voices wasn't scary to me (as a child), I was v lucky I had positive voices. For those who don't, we try to work with them to try to change the relationship with one of their voices to make it more positive." Janet Karagounis **#VMIAAC2019**



1



2



[Show this thread](#)



#VMIAAC2019 @WePublicHealth · Nov 1

Our final **#VMIAAC2019** speaker Janet Karagounis who won **@VMIAAC's** Lifetime Achievement award last year for her work with Victorian Voices - here with **@VMIAAC** Ceo Maggie Toko





#VMIAAC2019 @WePublicHealth · Nov 1

"You have to find your passion. In peer work I find meaning and purpose"
#VMIAAC2019 Janet Karagounis talks about how she had to tackle lack of faith in herself to become a leader at VoicesVic.



[Show this thread](#)



#VMIAAC2019 @WePublicHealth · Nov 1

"My journey wasn't about getting rid of my voices, but changing the relationship I had with them, found some of them went away of their own accord. Still say you can't medicate against one's personality."

#VMIAAC2019



[Show this thread](#)



#VMIAAC2019 @WePublicHealth · Nov 1

Attended the first Hearing Voices conference in Australia two decades ago, learnt "if you wanted change you had to make that change in yourself, you had to be that driving force for change." Janet Karagounis
#VMIAAC2019 "The journey was long and hard but worth every minute."



[Show this thread](#)



#VMIAAC2019 @WePublicHealth · Nov 1

"Here I am (20 years later) in an auditorium talking to you. I do believe recovery is possible for everyone." Janet Karagounis **#VMIAAC2019**



[Show this thread](#)



#VMIAAC2019 @WePublicHealth · Nov 1

After a road accident ended her elite sports hopes, a close friend suicided, she lost her job and was diagnosed with serious mental illness. 'I was hallucinating, my voices we're 24/7, I was mad as hell and nothing was helping.' Janet Karagounis **#VMIAAC2019**