

Empowering people, family and community with Open Dialogue

Open Dialogue creates a safe space of support that is empowering for anyone experiencing mental health difficulties. It enables people to be connected to a social network of support in their community.

How it works:

Open Dialogue brings people, family, mental health and community services together to collaborate and connect.

It is a way for people who are struggling with their mental health and wellbeing to get the support they need by bringing people together from different areas of their life.

This means that instead of people talking to a therapist alone – family, friends, peers, leaders or mentors can meet where and when the person needs, with support from services.

Instead of a focus on diagnosing a problem, the emphasis is on what is needed right now, and how the group of trusted supporters can help.

The social network:

Social network meetings create a collective sense of support for the person experiencing distress.

The person has a strong voice and choices.

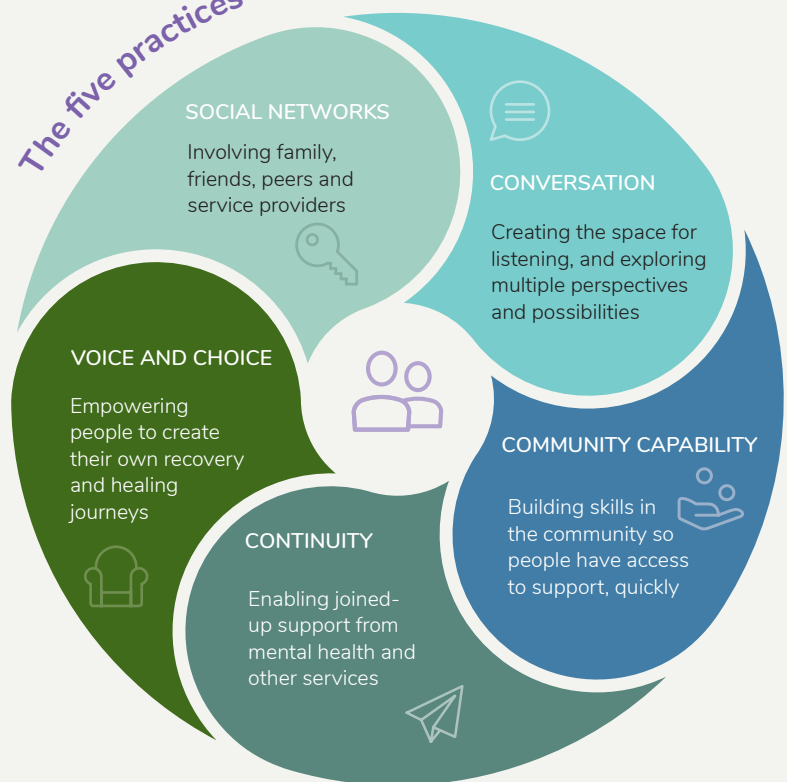
They are the drivers of their recovery and care.

Everyone talks openly and honestly together.

Nothing happens without the person being part of the conversation.

People don't have to continuously repeat their story, which can be frustrating or even traumatising.

The five practices of Open Dialogue



Open Dialogue is gaining interest in Australia and globally. It can prevent hospital stays and enables support to fit with a person's life and needs. Evidence shows that it also supports those who work in mental health related fields and this has flow-on benefits to people and their families.

'With Open Dialogue, people say they feel respected, less anxious and like their services and supporters are interested in what is going on in their life.'