

# STUDENT STORY

Offering degrees closer to regional, rural and remote Australia.



## Christine Middleton

### Qualification:

Diploma of Mental Health at TAFE NSW

### Why did you choose your course and what do you enjoy the most about it?

I wanted to change careers from Disability Support, and studying has allowed me to explore different opportunities. The course has been helpful in giving me direction and purpose, and moving towards my goal of becoming a representative in the community for mental health.

### How has the CUC helped you with our studies?

I come and use the co-labs so I can do online classes and roleplays for assessments. The facilities in the rooms allow me to chat to the teachers and work at the same time.

### Where have your studies taken you?

My first qualification was a Certificate IV in Mental Health, which has led me to bring the GROW mental wellness group to Mudgee. GROW is a peer-led support group for anyone with any mental health concerns, and we meet at the Cultural Workshops at Mudgee Arts Precinct every Wednesday from 6.30pm. You don't have to have a diagnosis or referral, you can just come along. It's gentle but it also provides adequate and appropriate challenges. I have been in Mudgee for 12 months and I would like to stay. I would like to create opportunities for a caring and sharing community. I'm really excited about working with people in Mudgee to help them find where they feel at home.