

HELEN DAY

Senior Lived-Experience Executive, Qualified Counsellor & Peer Workforce Leader



**TRANSFORMING
POSITIVE VIBES**
COUNSELLING | COACHING | CONSULTING



Have you ever thought you knew where your life was going until a single event completely derailed you? For Helen Day, that profound turning point arrived in 2012 following the tragic loss of her son. Navigating deep grief and her own lifelong mental health challenges from extensive childhood trauma, Helen made a radical and intentional career pivot. She stepped away from corporate accounting to become a qualified counsellor and transformation coach, dedicated to proving that life does not end with a diagnosis.

Helen navigates the world with mental health lived experience and identifies with an acquired neurodivergent identity. This combination forms the foundational dual perspective behind her systems design. She firmly believes that our working environments must be engineered to support the unique mechanics of our brains, removing the heavy cognitive cost of masking in traditional corporate spaces.

As the former Chief Executive Officer of the Top End Mental Health Consumers Organisation (TEMHCO) from 2018 to 2024, Helen took a peer-led organisation and transformed it into a powerhouse of community support. Under her leadership, she successfully secured and managed over \$1 million AUD in highly competitive grant funding, grew consumer financial membership by 95 per cent in a single year, and launched the groundbreaking NT Peer Workforce Project. This multi-tiered project provided a comprehensive wrap-around support system for individuals living with mental health challenges—partnering with local RTOs to help them enrol in training, mentoring them with hands-on work experience at TEMHCO's Drop-in Centre, assisting with resume writing and job interviews, and directly educating employers to ensure safe, accessible workplaces.

Her high-level contribution to sector reform earned her a **special medallion from the Administrator of the Northern Territory**, official acknowledgement in **Parliament by the Attorney-General**, the 2020 NT Human Rights The Fitzgeralds Social Change Award, and the 2023 NT Mental Health Excellence in the Workplace Award.

At a national level, Helen has served as the **National Executive Consumer Co-Chair** for the National Mental Health Consumers and Carers Forum (NMHCCF). In this capacity, she actively advised senior Commonwealth representatives on mental health reform, co-chaired the national Psychosocial Disability Working Group, and directly contributed to the NDIS Review and the Disability Royal Commission.

Today, through **Transforming Positive Vibes**, Helen combines her clinical counselling expertise with her rigorous executive governance background. She designs structural, low-friction, and neurodivergent-informed operational blueprints that help high-achieving professionals eliminate cognitive drag, drop the mask, and build sustainable, high-impact careers on their own terms.

FORMAL CREDENTIALS

- Master of Counselling (AIPC)
- Bachelor of Commerce (Accounting)
- Diploma of Counselling

CHAIRS & ACCLAIM

- Former Executive Consumer Co-Chair (NMHCCF)
- Former CEO, TEMHCO Inc.
- NT Human Rights Social Change Award Winner
- Medallion Recipient from the NT Administrator



EXPERIENCE. EMPATHY. IMPACT.

Building systems that empower
neurodivergent potential.