



**[www.thementalhealthforum.co.uk](http://www.thementalhealthforum.co.uk)**

**Newsletter:** <http://eepurl.com/gfoah9>

**Facebook:** @serviceuservice

**YouTube:** Mental Health Forum

## Get in touch today to learn about our **FREE peer-led**

- Suicide awareness workshops
- Community information sessions and focus groups
- Counselling service
- Capacity building programme
- Volunteer programme
- Wellbeing and resilience building discussions

### Connect now for

- Up to date mental health information
- Wellbeing & Recovery resources & links
- Public awareness & suicide prevention
- Opportunities to get involved
- Helpline & Support contacts
- Peer support & information
- News about learning opportunities
- One-stop shop for info & downloads
- Forum FAQ, News & Resources
- Confidence, skills, & capacity building
- and much more*

## Your voice matters

### Our website

**[www.thementalhealthforum.co.uk](http://www.thementalhealthforum.co.uk)**

will answer many of your questions and you are welcome to get involved and see for yourself how empowering it can be to find your voice.



Website



Newsletter

Office: Ballybot House, Corn Market, Newry, BT35 8BG



## MENTAL HEALTH FORUM



The voice of lived experience  
for service users & carers

**Information, Signposting & Opportunities**



# THE MENTAL HEALTH FORUM

- Is the independent voice of everyday service users and carers in the Southern Trust Mental Health Division
- Focuses on an individual's strengths, abilities, and possibilities
- Acts as a pathway for the exchange of mental health information
- Participates equally in Trust workstreams and groups
- Provides access to support and advocacy services
- Promotes the concept of personal recovery and recovery focused care
- Provides opportunities for mutual support and discussion
- Is directly involved in programmes for learning and building resilience
- Works closely with other community and voluntary organisations to plan and improve services locally and regionally

"the Mental Health Forum has supported, encouraged and inspired me"

"Activity with the Forum has boosted my confidence and connected me to the support of my peers"

"It feels great to be part of it"

"We don't just keep up with developments, we're part of them! It's so worthwhile"

"It's nice to be able to contribute, to know your voice gets heard"



**Getting involved is good for your mental health**  
**Get in touch today. Service Users & Carers are welcome to join us.**

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**MENTAL HEALTH  
FORUM**