

www.thementalhealthforum.co.uk

Newsletter: http://eepurl.com/gfoah9

Facebook: @serviceuservoice **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

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.





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





The voice of lived experience for service users & carers

Information, Signposting & Opportunities



THE MENTAL HEALTH FORUM

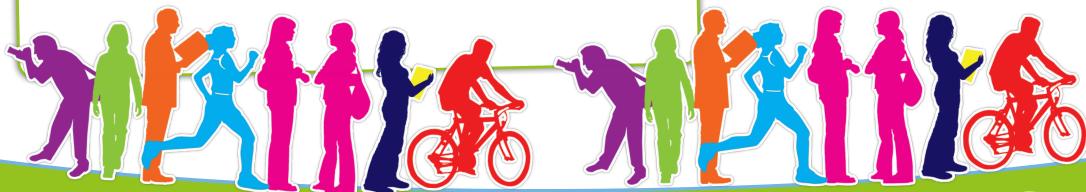
- Is the independent voice of everyday service users and carers in the Southern Trust Mental Health Division
- Focuses on an individual's strengths, abilities, and possibilities
- Acts as a pathway for the exchange of mental health information
- Participates equally in Trust workstreams and groups
- 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.

