

The 'Flights of Hope' online archive of real-life stories can be seen at www.thementalhealthforum.co.uk

Periodically we also feature shared pieces on our Facebook page or in a booklet.

Thank you for submitting your story to help celebrate the things that keep us well, and to spread Hope and Inspiration for those who may be struggling to cope with illness or life challenges.

Informal peer-guidance or writing support is available. For your piece to be considered for inclusion, you must complete ALL of the sections below. On receipt, we will contact you to explain the process and potential editing needs, secure a consent form, and answer any questions you may have. Your information will be handled with confidentiality.

Name _____

Email (Please use BLOCK capitals) _____

Phone _____



MENTAL HEALTH FORUM

Getting involved is good for mental health

Download your copy of our latest booklet at www.thementalhealthforum.co.uk



CONTACT INFORMATION

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FLIGHTS OF HOPE
Stories of Hope and Inspiration with the Mental Health Forum
in partnership with Southern Protect Life Implementation Group

Read real wellbeing and recovery stories on our online archive at www.thementalhealthforum.co.uk and download your FREE booklet

Help others by sharing some of YOUR stories anonymously

We can support each other with:

- Short messages of encouragement
- Single paragraphs of inspiration
- Photos and stories of hope
- Expression through poetry and art

Contact us today to learn more.
elainefogarty42@gmail.com
or phone on 07876 261033



Charity Number: NIC104166

Please write your message of hope up to 15 words in the speech bubble and your story below in up to 500 words

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Please scan your submission and email the file to: elainefogarty42@gmail.com. Alternatively, you can post to the address on reverse of this leaflet. (You can include additional sheets if needed)