

# FLIGHTS OF HOPE

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



**To celebrate what works well for you, and share with others who may be struggling to cope with illness or life challenges**



**Call: 0787 626 1033 or  
Email: [elainefogarty42@gmail.com](mailto:elainefogarty42@gmail.com)**



Our Editors can offer guidance or writing support to help you share.

**You can make a positive difference.**



- **Open to all - you don't have to have directly accessed mental health services**
- **You can have your piece listed anonymously or with first name only**
- **Share encouragement in one short sentence or phrase up to 15 words**
- **Share inspiration with others in a paragraph or poem up to 125 words**
- **Share hope with your story about mental wellness in 250 - 500 words**
- **Write about what helped get you to/maintain a place of positivity and wellness**
- **You can also send a photograph of yourself or something related to your message**

Our online archive will host these on [www.thementalhealthforum.co.uk](http://www.thementalhealthforum.co.uk) and you can choose whether or not you'd like your name or photo to be attached.

To support others, we will also feature selected content periodically on social media.