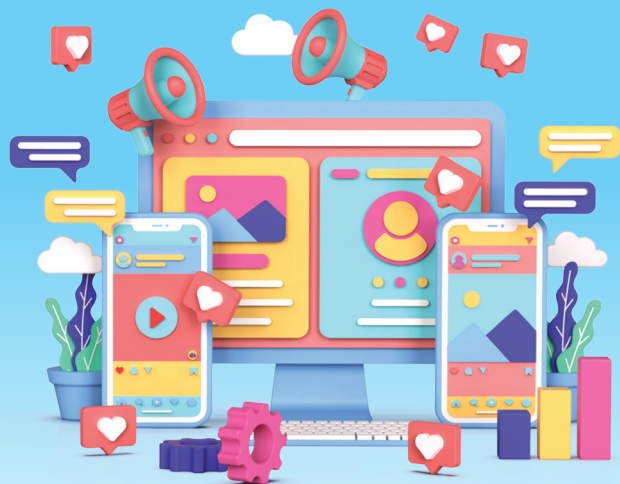




www.thementalhealthforum.co.uk

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

Facebook: @serviceuservice

YouTube: Mental Health Forum

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

Suicide awareness workshops
.....
Community information sessions and
focus groups
.....
Counselling
.....
Peer-Chat 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.



Website



Newsletter

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



MENTAL HEALTH FORUM

Be part of
something

Help Shape &
Improve Mental
Health Services

Get Information
and share
experiences

Build skills
and
confidence

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.

Mon-Fri 9am-5pm | Elaine: elainefogarty42@gmail.com T: 078 7626 1033 | Karl: lobby@mentalhealthforum.co.uk T: 028 3025 2423



**MENTAL HEALTH
FORUM**