



The Mental Health Forum

is a Peer-Led Organisation
(The Independent voice of Mental Health Lived Experience)

**Peer-Led Professional
MH Wellbeing Coaching**

**Peer-Support Conversations
and wellbeing tools review
by appointment**

Peer-Led & Mentored Capacity Building Programme

Personal development, confidence Building, exploring wellness tools, life skills, and opportunities to be directly involved in coproduction with SHSCT MH

Members have direct access to our team for support & services

As well as
Information Exchange, Signposting, Advice.
Opportunities to add lived Experience Voice to the planning and development of MH services.

Community Volunteer Programme

Newsletter

Website



**Flights of Hope
Online Archive**

**Direct Information,
Signposting & Advice
to the General Public
about MH services
and supports**

**Peer-led Community
Drop-In MHF info Clinics**

**Health Fairs, Events &
Public Speaking**

**Survivor-Led
Suicide Awareness &
Prevention Training**

**Lived-Experience teaching
input at Queens University
& Local Colleges**

Take5 Ambassador

**Direct Community
Engagement &
Partnerships**

UCSIG

User & Carer service Improvement Group
Service users, carers, advocates, C&V partners, and HSC staff, embedded in the planning and improvement structures of Southern Trust. (Lived Experience Chair)

Leaders in Coproduction Practice
Facilitating and coordinating lived-experience activity in local and regional workstreams