

- Accessible by the general public
- Open to Adult MH Service Users or Carers in SHSCT area (past or present)
- Self-referral by General Public (adults) in SHSCT area, but subject to clinical criteria
- Open to Businesses, Groups, Organisations, Services, HSC Teams
- Forum Members

Information, signposting & advice about mental health issues, services and supports.	■ ■ ■ ■
MHF Website Information, Facebook Page, YouTube channel	■ ■ ■ ■ ■ ■ ■ ■
MHF Monthly Newsletter	■ ■ ■ ■
Forum Members meeting with peer-mentorship Monthly meeting by Zoom with info exchange, wellness discussion, and learning	■ ■
MHF Capacity Building for service users & carers 18yrs+ Peer-Mentored Programme to build skills and confidence for Involvement & Coproduction and sharing of Lived Experience. (with weekly group zoom sessions and 1:1 sessions via zoom)	■ ■
PeerChat... 18yrs+ Peer-Led Service offering Peer-Support by appointment to any member of the public or service user/carer experiencing low level challenges or worries about their mental wellbeing or coping tool options	→ → ■ ←
Peer-Led Workshops, Talks, Awareness sessions or Info Stands Suicide Awareness, MH & Wellbeing, MH Lived Experience, etc (subject to availability.) (Bespoke workshops can also be created for a small fee)	■ ■ ■ ■
MHF Community Volunteer Programme 16ys+ Opportunities for members of the public to support the varied activity of Mental Health Forum services (with 'office-based' and 'work-from-home' options as available)	■ Placements (work preparedness, experience, university or college, volunteer element of youth programmes)