



Laura's story

Having experienced mental health issues over the last 20 years, different therapies and medications have helped me to varying degrees. The peer support I received has been the most effective for me. The staff and courses at Solent Mind's New Forest Wellbeing Centre have been very enabling, allowing me to feel in control of my own wellness. I would now like to be a part of helping other people to have the same positive experience.

Want to find out more?

Visit:
solentmind.org.uk/getinvolved

Or e-mail us:
serviceuserforum@solentmind.org.uk

Solent Mind
15-16 The Avenue
Southampton
SO17 1XF



023 8202 7810

Follow us on:



Full of ideas?

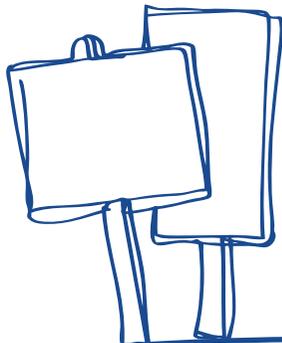
Get involved and
shape how we work



Help us shape how we work

At Solent Mind, we're always trying to improve how we work to make sure the people we support get the very best help.

If you have experienced mental health problems in the past or are still living with them, we'd love you to get involved to help us shape how we work and hear your views.



We have loads of opportunities

We have many ways to get involved:

- Participate in Solent Mind's governance, advise on boards, committees and subgroups
- Help us design our work and how we deliver our projects
- Ensure we get the very best staff and provide them with the best training
- Campaign with us locally and nationally
- Help us make fantastic communications and marketing materials
- Feedback through forums and focus groups
- Become a Solent Mind member

The benefits to you

Becoming more involved with us means you have the opportunity to learn lots of new skills, experience new things and meet new people. You'll also have the chance to share your knowledge and experience to help other people with their mental health. Through working with us we can work together to implement change.



To anyone wondering whether to get involved or not, I'd say do it, you won't regret it.