



Particip !

Photos by young service users

Would you like to be involved in improving our mental health services for yourself and others? Your voice deserves to be heard!

We are a group of people with a personal interest in mental health for young people and a passion for improving mental health services.

Whether you'd prefer to be part of a group, have one-to-one sessions, or share your ideas and experience by email, Whatsapp or phone, we would love for you to join us.

You can be involved as little or as much as you would like and with the things that are important to you.

Using lived experience, we have led on projects such as: **What you said . . .**

- The language of letters and ensuring these are young person and carer friendly
- Interviewing staff
- Sharing our experience of crisis services
- Art projects
- Development of educational courses and many more

'It's a good way to be involved in making positive change and finally feeling like your voice is being heard'

'This has helped massively with anxiety and confidence'

To find out more, email Sophie.davies@nsft.nhs.uk.
You can also text or call 07342 066589 or use Whatsapp.

