

## Want to have your say about mental health and wellbeing?

Are you using or have you ever used mental health services? Do you feel that mental health services are approachable and easy to access? Tell us more!

Do you want to hear from people with lived experience of mental health conditions and services? Lots of groups exist in Bristol, read on to find out more!

### Healthwatch Bristol

#### Consumer champion for people using health and social care services

Healthwatch Bristol gives children, young people and adults across Bristol a powerful voice locally and nationally and works to help people get the best out of their local health and social care services through influencing the delivery and design of them.

We get out into the community to listen to your experiences and pass them on to local services. Why? Because we really want to reduce inequalities in health and social care services and to do this we need to listen to every part of the community. We want equal access, treatment and outcomes for all communities in our local area.

Critically, Healthwatch Bristol is independent from the services you use and it represents an opportunity for you to ensure health and social care services in your local area really meet your needs.

W: <http://healthwatchbristol.co.uk/>

### People in Health West of England

#### Public involvement in research and evidence-based service improvement

People in Health West of England (PHWE) is promotes innovative and effective public involvement in research and evidence-based service improvement. Find out about public involvement opportunities, training and events on a wide range of health related topics via PHWE.

W: [www.phwe.org.uk](http://www.phwe.org.uk)

Read on for organisations that focus on mental health and wellbeing....

Healthwatch Bristol works with other **patient and public involvement groups** in Bristol to champion the voices of people using health and social care services. There are several organisations and groups in Bristol which focus on mental health services. *The organisations given below all focus specifically on mental health and include service user and public voice as part of their work. (The list is in no way exhaustive!)*

### **Bristol Independent Mental Health Network** (BIMHN)

**User involvement and campaigning in and for mental health services**

Bristol Independent Mental Health Network (BIMHN) represents a diverse community of past, current and future users of Bristol's mental health services, as well as those with lived experiences of mental health that may not be accessing mental health services.



We provide a safe space for people to confidentially share their needs and experiences of services, while we campaign for change by holding local providers to account and monitoring the performance of their services.

BIMHN also acts against discrimination, and promotes a positive understanding of mental health through education.

We hope that by challenging current practice, we can increase parity of esteem and instigate worthwhile change, allowing people to access the care that they deserve.

W: <http://bimhn.org.uk/>

### **Bristol Health Partners Health Integration Teams**

**Bringing together research, service provision and commissioning; developing innovation; tend to be 'condition' specific.**

Health Integration Teams (HITs) work to integrate primary, secondary and tertiary care with community service provision, public health, education, training innovation and research. They aim to deliver healthier lives, earlier prevention of illness and disease, and better integration of healthcare across Bristol. All the HITs need input from members of the public. Below are details of just some of the HITs which have a mental health focus:

- [Addictions HIT](#)
- [Improving Care in Self-Harm HIT](#) (STITCH)
- [Improving Perinatal Mental Health](#) (IMPROVE)
- [Psychological Therapies in Primary Care](#) (InPsyTe)
- [Psychosis HIT](#)
- [People with Eating Disorders HIT](#) (EDHIT)

W: <http://www.bristolhealthpartners.org.uk/health-integration-teams/>

### Time to Change

Raising awareness of mental health and illness; reducing stigma around mental health and illness.

Time to Change Champions are people with lived experience of mental health problems who campaign to end mental health discrimination in their communities. The Champions network is an opportunity to meet like minded people and campaign together to change attitudes and behaviour.

W: <http://www.time-to-change.org.uk/champions>

### Freedom of Mind

Generating conversation, education and change on the topic of mental wellbeing.

We all have mental health, yet often we ignore it unless we start to struggle. Emotional difficulties can affect anyone at any time in their life, and we believe that everyone should have the tools to help themselves and others improve their emotional wellbeing, whatever the state of their mental health.

Freedom of Mind Festival is a two week series of events taking place across the whole city. These events will encourage conversation, offer practical tools and influence change, to make Bristol a happier, healthier city.

W: <http://freedomofmind.org.uk/get-involved/>

### Mentality (Off the Record)

Young people challenging stigma and discrimination surrounding young people's mental health.

Mentality is our award winning youth led social action project that aims to challenge the stigma and discrimination surrounding young people's mental health. Oh, and they're also really interested in improving mental health services for young people, including at OTR!

Mentality is made up of young volunteers aged 13-21 who have lived experience of mental health problems. The project offers training, support and accreditation, and supports volunteers to find their individual and collective voice.

W: <http://www.otrbristol.org.uk/what-we-do/>

### **More information**

For details of **mental health services** in Bristol, visit [Bristol Mental Health](#).

W: <http://bristolmentalhealth.org/>

For details of **mental health support groups** and a range of **community groups**, visit [Well Aware](#).

W: <http://www.wellaware.org.uk/>

the care forum



anniversary

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