

# IF YOU ANSWERED 'YES' TO ANY OF THESE QUESTIONS, THE BROMLEY MENTAL HEALTH FORUM IS FOR YOU!

Do you Want to improve Mental  
Health Services and Support in  
Bromley?

Are you struggling to  
cope with your  
mental health issues  
and don't feel you are  
getting the support  
you need?

**DO YOU WANT TO SPEAK UP FOR  
PEOPLE LIVING WITH MENTAL  
HEALTH ISSUES?**



X by X are looking for volunteers who have lived experience of Mental Health issues and Carers of people with Mental Health issues, to join our NEW revamped Bromley Mental Health Forum. We want to work together to find out what are the biggest barriers to getting the support you need, when you need it the most.

As a forum we will share what works and what doesn't. Identify the issues and exploring the solutions. The Bromley Mental Health Forum will meet x3 times per year with an annual themed event open to the public.

The forum will then feed relevant information to key decision makers locally and Nationally; through consultations, Bromley Adult Care and Health Policy Development and Scrutiny Boards and (where possible) London wide Mental Health meetings.

If you would like more information, contact [justine@xbyxbromley.com](mailto:justine@xbyxbromley.com)

or 0208 650 2102

**Run and Funded by:**

