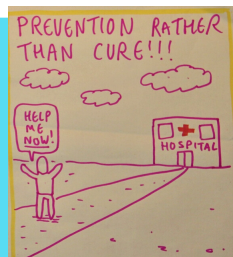


1.) Room for Development

Some immediate concerns of the Forum relaunch:

- Prevention still remains better than the cure!
- Social Prescription still needs explanation & promotion.
- The urgent need to feel like empowered individuals - whatever the 'diagnosis.'
- That we are treated as autonomous individuals - not simply passive recipients.
- Early intervention in homes and schools to outline the warning signs still needs work.
- The 'invisible' nature of mental health illnesses still restricts identification & treatment.



2.) Room for Growth

What can we do to help ourselves?

- Social prescribing must come before medication!
- Person centeredness works so well so should be used in all instances; as a way to communicate between professional and service users.
- That isolation and a lack of grassroots community connectedness can directly harm your mental health.
- **"Ownership where possible - advocacy where not!"**



3.) What did we learn from *The Dreamers*?

That not all dreams should need a massive budget to realise:

- Person centered approach to services within the NHS - not just the voluntary sector.
- *"My own Support Worker or trained voluntary support worker who actually cares!"*
- A thorough and detailed explanation about how my medication will effect us.
- A real choice and explanation about the efficacy of each therapy on offer.
- Effective and active communication between services.
- A world without shame and stigmatisation where you belong and are of use.



4.) What did we learn from *The Survivalists*?

Resilience, communication and self-care remain paramount

- Community activism & compassion would be re-imagined & Self-help groups would flourish; faith & community rooms would naturally provide a more supportive role.
- Person-centred Peer support groups are the key to community and individual survival.
- Develop *Self-help Toolkits* to maintain motivation to get and stay well: to talk, to exercise, to be mindful and spiritual - all for free!
- *"Doing for ourselves & not depending on services or made to feel we are dependent on those services..."*



5.) ...and from *The Realists*?

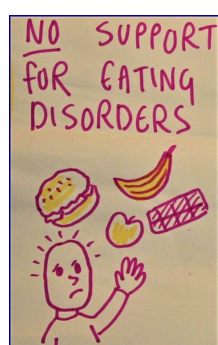
That personal well-being requires a *"Collaborative Community"*

- That functioning communications between families, community groups & services that identity and target individuals must remain effective and expand.
- There are positive moves to person-centred types of provision: to understand:
- *"It's not about the diagnosis but about the person..."*
- There needs to be a more comprehensive and user-friendly *list* available to all that explains how each medication and therapy works and why.

6.) Opportunities for Case Studies:

There were also lots of ideas for case studies that can be an effective tool for highlighting serious shortfalls in services.

- The fear of recovery because all benefits and support may be lost; dual diagnoses not being treated properly; that eating disorders are being left out; the threat social media places upon self-esteem on a daily basis.



The work of The Forum can now begin again...

Over the next few weeks we will start organising the first meeting of 2019 and our first focussed discussions. Please share your thoughts and ideas to Jonny Morrison: forum@healthymindsalderdale.co.uk

info: www.facebook.com/Healthymindsforum

www.healthymindsalderdale.co.uk/healthy-minds-forum.html