

# INCLUSION GLOUCESTERSHIRE

BIGGER DREAMS ► BETTER LIVES ► BRIGHTER FUTURES

 [inclusion-glos.org](http://inclusion-glos.org)



## Making a difference around mental health



Registered Charity Number 1171559

# About MHELO

---

## WHY does MHELO exist?

### Mental Health Experience Led Opportunities

However good services and doctors might be, they are not experts by experience. People with lived experience can offer others something that is quite different, more empowering, and makes a difference to individuals and systems.

*We aspire to be the people who can help change mental health services for the better.*

*We want to build up recognised strengths in groups and individuals whose lives are touched by mental illness.*



---

**We want to improve existing services, shape new services and develop training and workshops.**



# Ways to get involved

---

## Focus groups

Bringing together members to talk about important issues on a broad range of topics.



## Expert by experience opportunities

Have your say at decision making meetings and help shape mental health strategy.



## Feedback line

Contact us to give feedback on services so we know what the important issues are for people.



## Network meetings/MHELO socials

Come together for an informal coffee and chat, and meet other MHELO members



# How to get involved



- **Follow us on social media**



- **Become a member, to find out more:**
- **Email** mhelo@inclusion-glos.org
- **Call the office on** 01452 234003

## Meet our team:

Volunteer MHELO Chair **Denise**, Coordinator **Clare**



Clare



Denise

**For more information, contact**

**Office** 01452 234003 **Clare** clarel@inclusion-glos.org

**Email** mhelo@inclusion-glos.org