



Making a difference around mental health



About MHELO

WHY does MHELO exist?

MHELO is a group of people with lived experience of mental ill health.

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



“We want to build up recognised partnership working to strengthen and improve services and lives that are touched by mental ill health.”

“By coproducing with people with lived experience, we can work as a team to make things better and find the gaps. There needs to be action so we don’t go around in circles, together we can produce things that are valued by us all.”

We coproduced a **Self-care Toolkit** so that people can support their own wellbeing. You can get a copy here: [https://](https://www.inclusiongloucestershire.co.uk/engagement/mhelo/mental-health-expert-led-opportunities/)

www.inclusiongloucestershire.co.uk/engagement/mhelo/mental-health-expert-led-opportunities/



Ways to get involved

Steering Groups

Bringing people together to talk about important issues on a broad range of topics and to decide on our priorities.



Expert by Experience opportunities

Have your say at decision making meetings and help shape mental health strategies. Your experience of services matter and we'd love to hear from you.



MHELO Network

Stay connected – head to our website to join the network!

Keep up to date with what MHELO is doing and how you can have your say. Receive our quarterly Newsletter's too.



How to get involved



Follow us on social media



You can listen to Denise talk about MHELO here:



Meet our team:

MHELO Coordinator **Joanna**, Chair **Denise**, Project worker **Amy** and Manager **Sam**.



Joanna



Denise



Amy



Sam

For more information, contact

Office 01452 234003 **Joanna** Joannal@inclusion-glos.org

Email mhelo@inclusion-glos.org