

## **Mental Health Service User Involvement Project- What Is It?**

Mind in Kingston wishes to promote the views and wishes of past or present mental health service users. It will also strive to put service user's at the fore front of the decision making process, at all levels.

As a past or present user of mental health services you have a wealth of experience that could be used to shape and change existing mental health services for the better.

In order to develop effective mental health services, the views and experiences of the people who use those services must be heard, valued and acted upon.

### **Why Should I Get Involved?**

Your experiences make you an expert and your views count and should help shape the future of mental health services in Kingston.

Simon is our Service User Representative and he holds Patient's Council meetings on the wards at Tolworth Hospital, Kingston Eco-op groups and regular meetings at the MIK cafes. If you are not keen about meetings - then you can feed into the project in a variety of ways. You can contact us through the internet or by telephone. Whatever your experiences, good or bad, your involvement is invaluable in creating better mental health services for tomorrow.

The project is independent and your views, beliefs and opinions will be held in the strictest of confidence.