Our Mental Health Forum is a chance for carers and families of people with a mental health condition to come together in a safe and informal environment. Together, we have the opportunity to:

- Answer each other’s questions
- Exchange knowledge, tips and ideas
- Attend occasional “expert” question and answer sessions
- Cover a different topic each month

Future Topics
Medications | Taking Time for Me | Mental Health Research | Relationships

Meets Tuesday 7-9pm on the following dates:
28th Jan | 31st Mar | 26th May | 28th Jul | 29th Sep | 24th Nov 2020
Recovery Resource Centre, Royal Cornhill Hospital

For more information please contact Arlene Malcolm
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#VSA150
#ChangingLives