

We're supporting

time to change

let's end mental health discrimination

Free Training & Workshops

To help challenge mental health discrimination in Lancashire free training places are available to people with experience of mental health conditions, to empower them to lead the campaign to end mental health discrimination.

14th September 1-3pm: Co-production workshop

19th October 1-4pm: 'Speak out' Training

9th November 1-4pm: Stigma & Discrimination

30th November 1-4pm: Events & Campaigning

(see overleaf for training overviews)

All sessions held at the Harris Museum Education Room

Market Square, Preston PR1 2PP

**To register a place contact
admin@lancashiremind.org.uk or call 01257 231660.**

Book early to avoid disappointment

Training Overviews

Co-production Workshop

An opportunity to get involved in shaping a Lancashire guide to end mental health discrimination. Share your ideas and views to help bring the guide to life.

'Speak out' : Be confident talking about mental health

Talking about mental health helps to break down negative stereotypes. Listening to people's individual life stories as well as sharing our own also helps us to make sense of our own distress. 'Speak Out' training has been designed to equip people with experience of mental health conditions with the skills, information and confidence to speak publicly about their experiences of mental ill-health and to illustrate why a campaign to challenge stereotypes is so important

Challenging Stigma & Discrimination

- Explain what stigma and discrimination are in relation to mental health
- Describe their impact and consequences
- Identify effective strategies to challenge stigma and discrimination in a group or individually
- Apply these strategies in practice

Events & Campaigns

- Explain key elements that need to be considered when planning an event
- Demonstrate an ability to put together a basic project plan for your own event
- Identify ways of promoting your event
- Identify ways of evaluating your event
- Identify ways of keeping safe

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