

Get in touch

Talking about Mental Health

GAMH

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Talking about Mental Health

Would you like to know about mental health issues, recovery & wellbeing? We would like to work with you. Come along and get information in a friendly session. Available for BME community groups and BME organisations.



*'Mental health is
for all. People
are the experts.'*

GAMH Talking about Mental Health

GAMH and Co-trainers from a range of backgrounds including black and minority ethnic communities (BME) are working together to design and deliver mental health awareness sessions. Bringing diverse voices and experiences of mental health issues and recovery into training.

People are the experts

We are Co-trainers who want to promote mental health and recovery in our communities, reduce stigma, have our voices heard, influence services and help reduce health inequalities.

We bring the powerful voice of people with lived experience of mental health issues and recovery into sessions through film and discussion, and work with Lived Experience trainers.

‘Film was very powerful.’

We would like to work with you

- 🌐 Organisations that work directly with BME Communities
- 🌐 BME Community Groups
- Information about mental health, stigma & recovery.
- Watch a film – minority ethnic communities talking about mental health and wellbeing.
- How to help others and ourselves.

Your views

We would like to hear your views about how mental health services can work better with BME communities.

‘Use what I have learnt in my work situation & also life situations.’

‘Workshop was very helpful, a great way to make a change to mental health.’

Diverse voices in mental health services

We are a team who want to work with mainstream mental health services to contribute to more inclusive mental health services for our communities and others.

This could be sharing personal knowledge and learning from workshops about what is helpful/unhelpful in services; what helps in recovery; providing bite-sized inputs for staff meetings to help with action planning for events or raising awareness.

