

Changing Minds

Mental health service users and carers

The Changing Minds Mental Health Group was set up in October 2007 to provide a meeting place for people with all kinds of mental health issues. We mostly live in the west area of Glasgow. Our meeting is held once a month to discuss any concerns we have as service users.

We offer invitations to speakers to come along to discuss various issues. We have had a wide range of speakers including a Psychiatrist, Social Work Managers, a Community Psychiatric Nurse, Voluntary Sector Projects, Health Promotion, Mental Health Pharmacist and recently the Head of Mental Health services in the North West.

It's not all heavy discussion and does have its lighter side. We've moved on to the point where it's a relaxed, supportive, friendly and constructive group, not forgetting confidentiality. We can see small areas of progress whilst being aware there are still many issues still to be addressed.

We would like to extend an invitation to anybody with some spare time and who might be interested to come along to our group. We meet on the

Third Tuesday of the month from 2pm until 4pm in

**Room 10, Partick Burgh Halls
9 Burgh Halls Street
Partick
G11 5LW**

(We always have a comfort break with tea and biscuits)

Contact Anne-Marie Gorman on 07880 176 547 for further information.