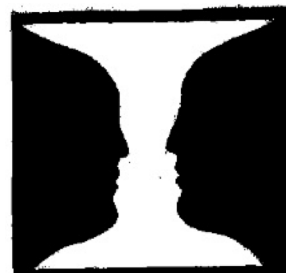


EXPERTS BY EXPERIENCE

People qualified to teach through our life experiences and use of services.



We are a diverse group of local people who use or have used mental health services as well as people with experience of supporting friends and family. Our aim is to share our experiences to promote positive public awareness, to improve mental health services and to increase access to a wide range of understandings about mental health.

As experts as we can offer our unique experiences of and insights into:

- what it's like to have experiences, beliefs and feelings sometimes labelled as mental illness
- what it's like to experience mental health services
- What's it's like to support a friend or family member
- what it's like to be on medication
- alternative approaches
- coping strategies
- client/professional relationships
- social stigma and discrimination
- how services can empower and disempower people
- how loss of liberty affects us
- highlight helpful and unhelpful practice
- point to positive ways forward

Our individual and collective insights offer an opportunity for mutual learning. We are offering our workshops to any groups or organizations who wish to know more about mental health issues from people with personal experience

Paid and voluntary opportunities are available for people to participate as a speaker. If you are an 'expert by experience' and would like to join us or to find out more contact:

Experts by Experience

Email: ebye@bridgecollective.org.uk

Tel: Gill - 07939 991035, Sarah - 07939 991051

Or come along to our **Experts by Experience Monthly meeting**

On the first Tuesday of the month 11am-1pm.

At the Bridge Collective, Unit 4, King Street Business Centre, Exeter, EX1 1BH. All welcome to find out more.

