



MEETINGS

we meet on the last Thursday
of each month (except December)
between 6.30 and 8.30 p.m. at

Bristol Mind Meeting Room,
35 Old Market Street
Bristol, BS2 0EZ

5-10 minutes from Broadmead

Members

- ⌘ Membership is free for survivors. If you have used mental health services and/or had drugs prescribed for emotional or mental distress, you can be a member.
- ⌘ Non-survivors can become ally members by invitation.
- ⌘ We specially welcome members from Black and other minority ethnic communities.

Activities

- ⌘ At our meetings we discuss mental health issues, and share information about the services in the area and about meetings, conferences, training etc.
- ⌘ We hold social meetings –usually a Monday afternoon at different places around Bristol.
- ⌘ We comment about documents and reports that are sent to us for our ideas, as far as we can. We also send representatives to mental health meetings when we can. We campaign where appropriate.
- ⌘ We sometimes have days when we get together to learn about mental health issues and to get to know each other better.
- ⌘ Occasionally members from other service user groups will visit us, or we might visit other survivors.
- ⌘ We have a small library of books and articles.
- ⌘ We produce a newsletter most months.
- ⌘ We support the use of Crisis Cards and can send these out with information. Send us an A4 s.a.e.



PHONE CONTACTS

FOR INFORMATION

Susan: 0117 923 1796

Pauline: 0117 9248124

Aims of Bristol Survivors' Network

- ⌘ **To** promote self-advocacy by mental health service users and ex-users in Bristol and district, contacting other recipients of mental health services to break down isolation and to work together to improve our lives.
- ⌘ **To** promote the development and implementation of good practice in mental health services in Bristol and district.
- ⌘ **To** promote meaningful user involvement in the management, development and planning of local mental health services and organisations.
- ⌘ **To** provide educational opportunities on mental health issues to both mental health workers and recipients of mental health services. This includes training opportunities to enable Bristol Survivors' Network members to gain skills to provide workshops, seminars and other presentations.
- ⌘ **To** challenge and combat stigma and discrimination that those who use mental health services experience.
- ⌘ **To** act as an informal network of support through group meetings and individual contact.



**A group of people who have used
mental health services and/or had
drugs prescribed for our emotional or
mental distress**

P.O. Box 2505, BRISTOL, BS6 9AJ

www.bristolmind.org.uk/bsn

Information on resources, support, benefits and BSN meetings etc.

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