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**During the  
Covid-19  
pandemic, the  
forum is meeting  
online via  
Microsoft Teams.**

Borders  
Care  
Voice



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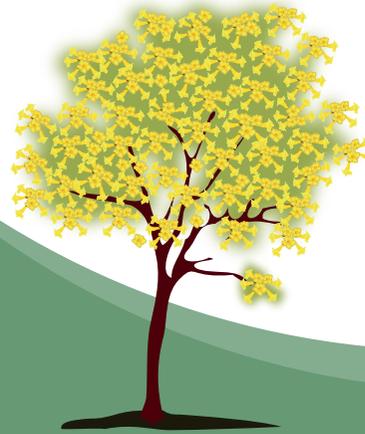
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Published January 2021

A safe space to  
share your  
experience of  
mental health

Mental Health  
and Wellbeing  
Forum



Scottish Borders

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Do you have experience (past or present) of using mental health services in the Scottish Borders?

Maybe you are caring for someone who does.

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### The Mental Health and Wellbeing Forum

aims to give a voice to people with lived experience - and their carers and families - to improve services and the outcomes of the people who use them.

You can raise concerns and share information and experiences.

At the Mental Health and Wellbeing Forum you can:

- have your say
- lobby for change
- influence services
- make friends
- get support

Come along, chat with others and tell us what you think about local mental health services.

You can hear from guest speakers including local mental health providers who will give updates on developments in services.

There is no pressure to take part if you just want to come and listen. And you don't have to attend every meeting. Feel free to ask a friend, family member or support worker to join in.

The views of the Forum are raised with NHS Borders, Scottish Borders Council and the Mental Health Board.

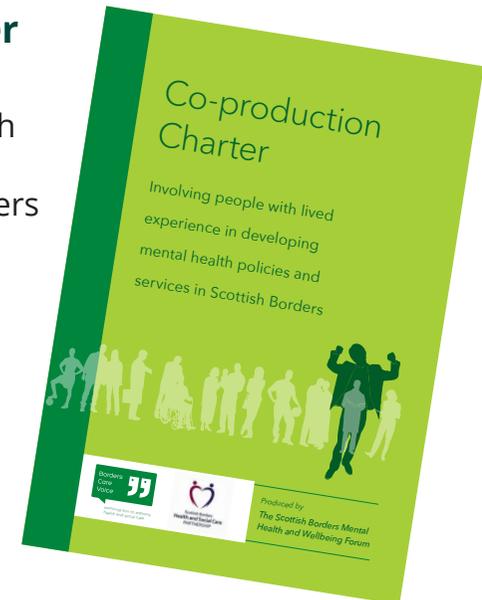
Our work helps others to access the support they need.

### Welfare Benefits

We were instrumental in setting up a petition to Scottish Borders Council following changes to its Welfare Benefits Service

### Co-production Charter

We produced a document setting out how people with lived experience of mental health issues and their carers would be involved in co-production in relation to mental health policies and services.



### Transforming services

We were influential in developing mental health transformation work.

### Transport

We lobbied over transport issues and concerns.