

**Do you have experience of using
adult mental health services?**

**Maybe you are caring for someone who
does?**

People with lived experience and professionals in the Scottish Borders are working together to improve local mental health services. #EqualExperts

The Mental Health and Wellbeing Forum (MHWF) is peer-led and aims to give a voice to people with lived experience and their carers, friends and families.

“The forum gives us a platform to make a difference: we have direct access to the Mental Health Board”.
Forum Member.



**We need your input!
This is your chance to improve services.**



SCAN ME



For further information or to get involved,
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Scottish Borders

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