

HEAR US REACHOUT CHALLENGE



**Change your thinking about
mental health for the better**

**The Hear Us Reachout
Project challenges
perceptions and helps
reduce the stigma associated
with mental illness by
training, supporting and
informing the wider
community.**



WHO ARE HEAR US?



Hear Us are a mental health charity, unique in that all our staff, volunteers and trustees – around 50 people in total – have our own lived experience of mental health.

We offer a safe space for people with severe and enduring mental health conditions to engage with service providers to obtain and influence the services they receive.

We help to relieve the needs of people living in the London Borough of Croydon and surrounding areas who have mental health problems through advice and practical services.

We help to educate the wider public about mental health to improve their awareness and reduce the stigma attached to mental health, through the Reachout Challenge

WHAT IS REACHOUT?

The Reachout Challenge is an anti-stigma campaign, raising awareness of mental health issues amongst public sector employees and the wider public. We do this through information sharing and talking about our lived experience of mental health, so that the wider community has a better understanding of the realities of living with mental health conditions.

We use different methods to communicate our message, including information stalls, formal training and dialogues. We provide a myth busting sheet to educate and inform people.

We have worked with over twenty-five different organisations that people with mental health problems often come into contact with. We regularly deliver service user-run training as part of the internationally recognised Crisis and Hostage Negotiator course at Hendon Police College.

WHY VOLUNTEER?

We need volunteers who have lived experience of mental illness to join our team of Reachout Volunteers. If you feel you could have a ten minute conversation and encourage people to talk about mental health we would love to hear from you. You will be helping challenge the myths and stigma surrounding mental health.

Please contact us if you would like to know more.

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