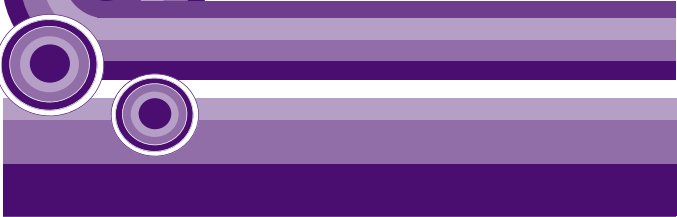




What is Service User Involvement?

Would you like to get involved ?



Merthyr Tydfil & Rhondda Cynon Taf Mental Health Service User Involvement Project



Service user involvement gives you the opportunity to voice your opinion on how local mental health services are run.

The Service User Involvement Project can support you and other service users to put forward your views on local services in the way that you find most comfortable. We can also arrange free training opportunities and refund your travel expenses.

Why is Service User Involvement Important?

Service user involvement can benefit you in lots of different ways. It can help you:

- Boost your confidence
- Develop new skills
- Meet like-minded people

It can also help to improve services. Your experiences can:

- Highlight key areas for change
- Help services to meet people's needs.
- Raise awareness and challenge stigma about mental health

- Do you use mental health services in Rhondda Cynon Taf or Merthyr Tydfil?
- Do you care for someone who does?
- Would you like to have a real say in how mental health services are run in your local area?

If the answer is 'YES' to any of these questions, then please fill in the short form overleaf and send it to us at the address indicated.

Once we have received your completed form, we will contact you to tell you a bit more about the project, and find out how you would like to become involved.

The information that you provide will be treated with strict confidentiality and will not be shared with any other agencies.

This leaflet is available in Welsh

Registered Charity Number: 1141143
Company Number: 07549533

**Working together to improve
local Mental Health Services**

www.interlinkrct.org.uk

**To find out more contact
the HelpDesk on 01443 846200**

Register your interest in Service User Involvement

Name:

Address:

Post Code.....

Tel No:

Email:

I am a
Service User Carer

Provider Other

Please return your completed form to:

Service User Involvement Project
Interlink

6 Melin Corrwg
Cardiff Road, Upper Boat
Pontypridd CF37 5BE

Or you can contact Helen Rees or
Rachel Wyatt on 01443 846200

Email: hrees@interlinkrct.org.uk
rwyant@interlinkrct.org.uk

How can I become involved?

Service User Network

Join the Service User Network to receive (and contribute to) a free 'SUN' Newsletter. This will keep you informed about events, training and opportunities to contribute to the planning of local mental health services.

Service User Groups

People often find it really helpful to meet as a group to discuss issues. By joining a group, you can share your experiences and decide together what you want to do. Guest speakers can be invited to give talks on topics of interest to the group.

There are also opportunities for you to give talks about your experiences of using mental health services and mental ill health. This can help to raise awareness and challenge stigma in the community.

Become a Service User Representative

As a service user representative, you can find out what other service users think about mental health services and represent their views on planning meetings with the health board and the local authority.

How can I become involved?

Consultation Events

Consultations give you the opportunity to voice your views on services, good or bad, to people who plan and develop those services.

Help Recruit Mental Health Staff

Come to free training in recruitment skills. You can then join the group of service users and carers who sit on interview panels to choose new mental health nurses, social workers, support workers and other mental health staff.

Feedback Over The Internet

You can share your experiences of mental health services on the internet by visiting www.patientopinion.org.uk and click 'Share your story'.

You can also call **0845 113 0012** (local rate) during working hours and tell your story over the phone.

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