

BRISTOL SURVIVORS NETWORK

Campaigning to improve mental health services & provide a voice for Service Users

Who we are

Bristol Survivors Network is a group of people who have lived experience of mental health difficulties. As survivors we seek to show solidarity with people who have experienced discrimination. We gather information about what is going on in mental health services and campaign to improve things.

We are an independent, unfunded voluntary organisation. Membership is free. People can join BSN by giving us their address and basic details on our website or at meetings. See www.bristolsurvivorsnetwork.wordpress.com

Who we can help

BSN welcomes anyone who uses or has used mental health services. Also anyone who has or has had mental health difficulties or emotional distress. We aim to hold social meetings & business meetings once a month and occasionally run workshops and away days.

Our social meetings are the best place to find out about our group and a chance to talk about concerns. We will respect confidentiality. We do not offer a counselling or crisis service. We have produced a **Crisis & Support leaflet** which can be seen on our website. We can offer peer support from others who will try to understand. You are welcome to bring a friend or carer to your first meeting. If you have special access needs, please let us know. We aim to hold meetings in wheelchair accessible places

Contact details

BSN, c/o Bristol Mind, 35 Old Market Street, Bristol, BS2 0EZ

Telephone: 0797 243 7586. Text if you can and we'll get back to you.
E-mail: bristolsurvivors@gmail.com This is looked at by a volunteer about once a week
www.bristolsurvivorsnetwork.wordpress.com

Business Meetings -

last Thursday each month (Not December) 6.30-8.30pm

Bristol Mind offices, 35 Old Market St. Bristol BS2 0EZ
Please phone (preferably text) 0797 243 7586 if you are interested in attending.

Our Main Aims

To promote the development & implementation of good mental health services in Bristol.

To promote meaningful user involvement in the above

To challenge and combat stigma and discrimination.

Activities

We organise and advertise social meetings

At our business meetings, we discuss mental health issues, and share information about services, meetings, conferences, etc.

We send out emails with information at least once a month.

To get to our business meetings, at Bristol Mind go through the black gate (shown with an arrow)

Please knock on the side door

The meeting room is wheelchair accessible and has a disabled toilet next door.

We provide refreshments at all our meetings.



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