



# YOUNG ADULTS WORKING TOGETHER GROUP

DO YOU HAVE EXPERIENCE OF ACCESSING MENTAL HEALTH SERVICES OR SUPPORT IN EAST LONDON?

HELP US ENSURE THAT COMMUNITY MENTAL HEALTH SERVICES PROVIDE WHAT REALLY MATTERS TO YOU



## Why join?

- Eligible participants will receive £20 for attending
- Develop new skills and build your confidence
- Access training opportunities (e.g. lived experience trainer, interview panel skills)
- Use your experience to influence new and existing services for young adults in Tower Hamlets, Newham or City & Hackney
- Make new connections and meet other young adults with similar experiences

Join us on Zoom on Monday 27 June, 6:00-7:30pm

Register at: <https://tinyurl.com/ELFTyawtg>

or email Kate at [kate.stewart2@nhs.net](mailto:kate.stewart2@nhs.net) for details



SCAN ME