

LET'S TALK ABOUT MENTAL HEALTH STIGMA



Your experiences matter. By sharing your views, you can help shape the way we talk about mental health in Leeds.

You are invited to join a small, supportive focus group to share your thoughts and experiences around mental health and stigma.

See the back for dates, times and how to sign up!



WHO CAN JOIN?

These sessions are open to anyone in Leeds. You don't need any professional experience or lived experience of mental health problems — just an interest in open, respectful conversation.

WHAT CAN I EXPECT?

A two-hour focus group where you will be asked to share your thoughts and experiences around mental health stigma. You can share as much or as little as you are comfortable with. Participants will be paid for their time alongside reasonable travel expenses and a free lunch provided.

WHEN AND WHERE?

23rd and 25th of February
Focus groups will be in person, in LS9 with both morning and afternoon sessions available.
Full details will be provided upon booking.

HOW DO I SIGN UP?

Get in touch on:
0113 248 4880
info@beingyouleeds.org.uk
Speak to a member of our friendly team who will book you onto a session.

