

Speak Out

to improve mental health services in Kingston.

Join in our discussion groups and workshops. Tell us about your experiences and how you think services can be improved.



Loads of information and support from our

STALLS

Please phone 020 7840 3147 or email champions@rethink.org
Places are limited. Lunch and refreshments will be provided.

Wednesday 11 December, 10am to 3pm

The event is taking place in central Kingston upon Thames.

For those unable to attend the main event, an extra discussion group to gather views and experiences will take place from 5.30pm to 7pm. Please let us know if you'd like to take part.

The Speak Out events are being run by the MiC Project, which brings together local people and representatives from the Royal Borough of Kingston and Kingston Clinical Commissioning Group. The MiC Project is facilitated by the charity Rethink Mental Illness.



Kingston Clinical Commissioning Group