

Content headnote - this mailout contains or links to webpages or files with mentions of the following topics: *mental health services, suicide, nhs, peer support, PTSD, depression, rape, trauma, survivors, emetophobia, vomit.*

If this email is not displaying correctly, click the link below to view it in your internet browser.



Independent Mental Health Network
Newsletter - July 2023

Dear Reader,

Hello!

I hope you are well and have been enjoying the (mostly) lovely weather in the last few weeks. It's that time of the month again where we keep you up to date with everything we've been up to!

As always, please email me if you have anything you'd like to be advertised in future iterations of this newsletter! You can reach me on lauren.davison@imhn.org

Take care,

Lauren Davison (Communications Officer)

**IMHN's Mel Anderton on Fearne Cotton's Happy
Place Podcast**

It was great to hear IMHN's Mel Anderton share her story with Fearne Cotton on the Happy Place Podcast. If you'd like to listen, you can do so [here](#)

Content Warning - this episode contains a frank discussion of suicide



PeerFest 2023



Peer Support – Funding, Awards & PeerFest 2023!

PeerFest 2023 & The Marsh Awards are coming to Greater Manchester this September and would love to hear from you!

There are opportunities for everyone running peer support to:

- Apply for funding (£7.5K to distribute between 15 community led groups) /awards
- Showcase and promote your work
- Shape and become part of a long-term network

What is PeerFest?

PeerFest is a national annual event celebrating the importance, power and diversity of peer support- lead by people with lived experience. It's a welcoming, inclusive, and inspirational event that brings peers together to network, share knowledge and best practice through workshops, creative activities, debate and The Marsh Awards.

PeerFest 2023 will take place at The Lowry Theatre, Manchester on Thursday 7th September 2023.

For a brief video on PeerFest 2023, please click [here](#).

If you have any further questions, please email: peerfest@mind.org.uk

You might find interesting...

[PTSD affects 300,000 young people in England and Wales, Channel 4 finds | Mental health | The Guardian](#)

[Mind responds to announcement of series of measures to improve mental health inpatient care - Mind](#)

[Concern as a third of NHS mental health treatments shift online | Depression | The Guardian](#)

[Rethink Mental Illness - Garrick Prayogg - 75 Year Anniversary of Windrush \(.rethink.org\)](#)

EVENTS

Saturday, July 22nd, 10am - 2.30pm. Dr. Kelly Savery and Ulrike Meister from Greater Manchester Rape Crisis are running a training session titled: *"When the person you love was abused"* which is for friends, partners and family of survivors. It is free to attend and will be in person. [CLICK HERE](#) TO SIGN UP TO ATTEND

Saturday, 7th October - OCD Action National Conference - stay tuned for further updates.

Dele Alli - "Now is the time to talk"

Premier League footballer Dele Alli has done a brilliant and candid interview with former Manchester United Player, Gary Neville - in which he discusses his experience with mental health and trauma.

It has never been more important to start a dialogue on mental health - and it's very brave of Dele to do so. You can watch it below!



Keep in touch!

Have a story you want to share? Running an event that you want help promoting? Have any questions about the Independent Mental Health Network? Then get in touch! Drop us an email or send us a message via social media:

Email: engagement@imhn.org

Twitter: twitter.com/GManchesterIMHN
twitter.com/BristolIMHN



Have you been forwarded this email?

Someone thinks you might be interested in IMHN's work in mental health in Greater Manchester.

[Click here for more information about our network, and to join as a member today.](#)

*You are receiving this email because you have opted to receive news and updates about the Independent Mental Health Network's work. If you have any questions about membership of IMHN, please email **membership@imhn.org**.*

This email was originally sent to Reader.



You can change how the Independent Mental Health Network communicates with you, or unsubscribe from our emails, by clicking the links below.

Independent Mental Health Network, Unit 50, Equinox South, Great Park Road, Bristol, Bristol BS32 4QL

[Unsubscribe](#) [Manage preferences](#)