

WANT TO GET INVOLVED?

If you'd like to find out more about the **TALKBANK**, please fill in your details and send to the Freepost address at the bottom of the form.

Name _____

Address _____

Town _____

Postcode _____

Telephone _____

Email _____

Particular interest and/or experience:

Please detach and return to:

South Warwickshire User Forum

FREEPOST MID 22851

WARWICK

CV34 5BR

HOW TO CONTACT US

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**SOUTH WARWICKSHIRE
USER FORUM (MENTAL HEALTH)**

WWW.SWUF.ORG.UK

SWUF: Registered Charity No. 108048

SHARE YOUR STORY!



**JOIN OUR
TALK
BANK**

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AM I INTERESTED IN TALKBANK?

What is **TALKBANK**?

TalkBank is the name of a group of volunteers who have agreed to talk to the media about their experiences of mental distress. Volunteers have been diagnosed with a whole range of things; bi-polar disorder, depression, anxiety, schizophrenia, and want the chance to tell the media what these labels really mean.

Why is **TALKBANK** needed?

The media can be guilty of discrimination and negative reporting, meaning people who experience mental distress are still stigmatised within society. We want to tell our stories to the media to dispel the myths and reduce the stigma and discrimination we all face.

How will **TALKBANK** work?

If you sign up to join TalkBank, we will provide media training to give you the skills and confidence to talk to journalists and reporters. We will then work on your behalf to get your story into the media.

Who can get involved?

If you are a user or survivor of mental health services, you can get involved. You just have to be prepared to talk to the media and share your story of experiencing mental distress—it's as simple as that!

What if I'm scared of talking to journalists?

Don't worry! We will provide you with the relevant training, skills and knowledge to be able to confidently talk to journalists. We can even arrange for somebody to be with you when you are interviewed.

Why should I join **TALKBANK**?

If you feel discriminated against or are angry at the stigma surrounding mental health issues, this is your chance to take action! You'll work with like-minded people to monitor and challenge media reporting and have the chance to tell *your* story.

So why not join with others to help make a difference in your community?

Either fill in the form overleaf, or contact Heather Payne on 01926 335569 heather@swuf.org.uk for more information

Make Mental Health Stigma a thing of the past!

