

MAKING MENTAL HEALTH

POSITIVE

@MAKINGMENTALHEALTHPOSITIVE

First edition

MMHP Here4u

AUGUST 2020

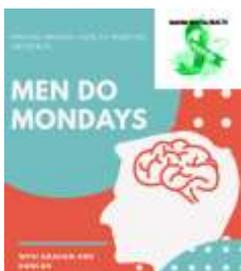
Welcome to you first edition of our e-newsletter

MMHP Here4u

MMHP are an innovative peer-led community group based in the UK. Set up in 2009 by Dawn Allen, after her experiences with social isolation as a young carer and accessing NHS mental health services.

We have created this newsletter in a response to Covid-19 as many of us are isolated. We have grown into a social media family and have been bringing our members weekly LIVE Facebook feeds, competitions, positive images and uplifting content! Each month we will bring you news from the MMHP team, mental health research and issues relating to mental health.

DON'T MISS... 'MenDo Mondays' is our new weekly feature on our Facebook Page!



Fundraising News



MMHP ribbons £3

Now available to order via email

Meet our team!

We want our members to get to know our team and what we do here at MMHP

Lauren



"I'd sat quietly in the background of this amazing online community for quite a while. I was struggling to connect with people in the real world and feeling lost with myself. I then realised this group was full of people like me so I started to engage and the rest is as they say, is history.

I joined the MMHP admin team because I wanted to help others not feel they are alone in their battle. I've been on my journey for almost 20 years and true understanding is hard to come by. I'll always talk honestly and openly about my anxiety without the jargon. I love live streaming on the page, I love sharing my experiences, my coping strategies but also my struggles. If I can help one person feel like they can survive this day, then my job is done.

Becoming an admin and being part of this wonderful community has truly been life changing for me, I've made lifelong friends and my confidence has grown beyond anything I could have imagined".

Research focus - Are you a research professional? Would you like to be part of this newsletter? Please get in touch.

Connect with us – we would like your ideas for the newsletter!

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