

REIMAGINING

MENTAL HEALTH



SATURDAY

22 OCTOBER

10AM - 5PM

A DAY OF TALKING,
READING,
VIEWING
AND MAKING

GREGSON CENTRE
33-35 MOOR GATE
LANCASTER LA1 3PY



Hosted by
Critical and Creative Approaches
to Mental Health Practice
in association with MadZine research
and Asylum Magazine
ccramhp.org.uk

Funded by the Eric Wright Trust

*Just turn-up
Everybody WELCOME!*

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MENTAL HEALTH

Critical and Creative Approaches to Mental Health Practice (CCrAMHP) has been meeting in Lancaster since 2011. Through reading and doing things together, watching films and chatting – with each other and with other people – we've been sharing our understandings about mental health, our experiences of mental health problems (which some of us talk about in other ways – for example as madness or distress) and our knowledge about how such experiences can be responded to.

There are so many ways of thinking about mental health, and of *understanding* and *experiencing* madness and distress. There are so many ways of *responding* to mental health problems too. Why is it then that, for many of us in need of support, the choices feel so limited?

In the face of the distress arising from the Coronavirus pandemic, we have all been reminded of the power of our communities, of the arts, of nature, of movement, of touch, of kindness, love and of friendship. We have all been reminded too that - despite loud voices that try to tell us otherwise - there is much that is uncertain or unknown.

Despite those limitations, we have knowledge we would like to share with others. We know too that so much more knowledge is held locally than we've connected with so far. We'd like to broaden our own networks, and to help other people to link up too.

Together with Asylum Magazine, the Madzine Research project at UCLAN and the Mental Health Zine Library, we have planned a day of activities and opportunities to share knowledge.

We hope to increase our collective confidence to: contribute to consultation processes, shape existing services and support each other in new and creative ways.

There will be opportunities for talking, making zines (and other things), watching films and reading – including our extensive collection of mental health zines. LDCVS will be on hand to help map existing activity and consider how ideas might be funded.

Pop in for an hour or stay all day!

Contact: ccramhp@gmail.com

