



Birmingham Mind

Associate Group

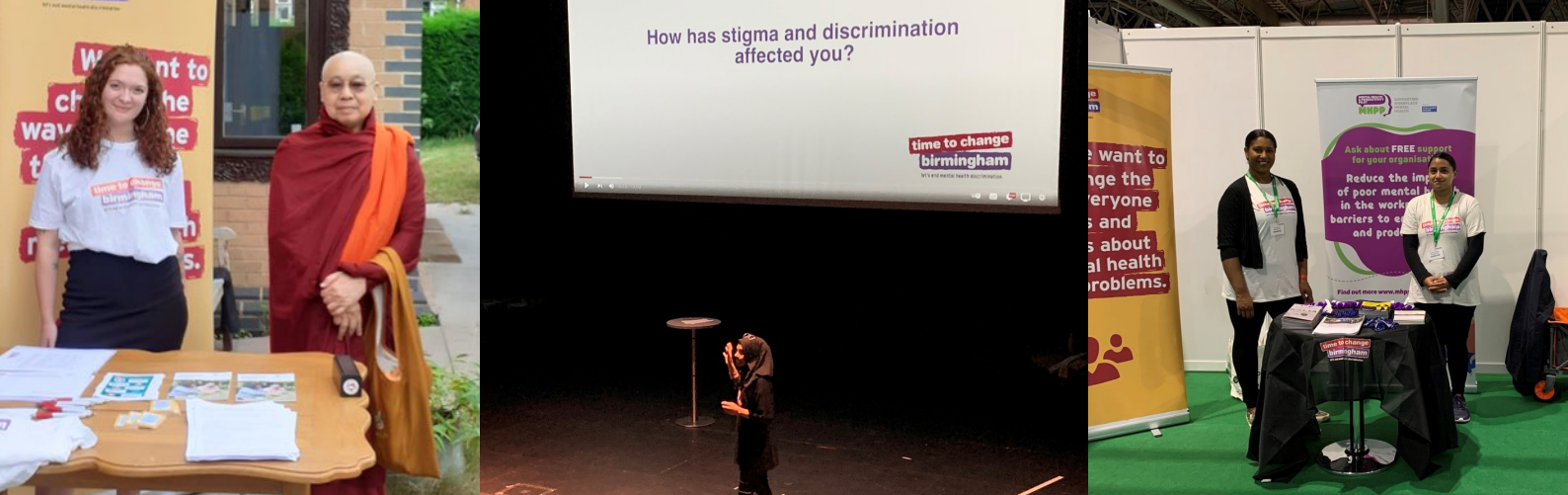
Stamping Out Stigma

**No-one should be made to feel ashamed
about a mental health problem**

The Birmingham Mind Associate Group use
their experience of mental health
problems to change the way people think
and act about mental health.

Being an associate is flexible and
voluntary. You can do what you have time
for and what you're comfortable doing.





"Being an associate has helped me to rediscover who I am and gave me a voice which I had lost.

Vocalising my lived experiences has reignited my fire, empowered others and played a part in reducing mental health stigma in the city. We are positive that with our dedication and commitment will bring change."

Sabika, Chair of the Birmingham Mind Associate Group

By working as Birmingham Mind Associate you can help lead the way in tackling stigma and discrimination across the city, this might include;

Running a
Birmingham
Mind Associate
activity

Telling
your
story

Receive funding
to support your
campaign or
project

Having a
conversation

Speaking up
against hurtful
and damaging
comments
about mental
health

Interested?

You can apply to become an associate by emailing
andrewnicholls@birminghammind.org



Registered Charity No. 1003906 Company Limited by Guarantee No. 2024372