



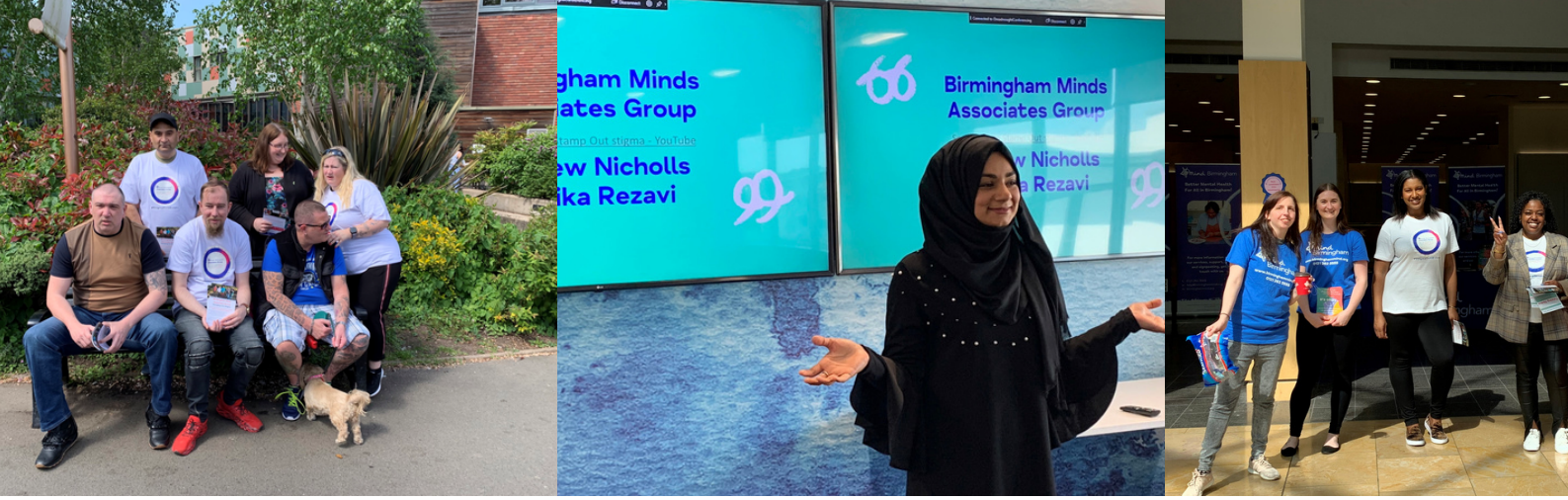
Birmingham Mind Associate Group Stamping Out Stigma

**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

 **mind Birmingham**

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