

The Voice of People with Experience of Schizophrenia or Psychosis

Join us on Wednesday 21 March in London

We want to hear from people with experience of mental health issues. The focus of the work of the Schizophrenia Commission is care, support and treatment for schizophrenia or psychosis.

We know psychiatric diagnostics labels are often difficult – because they change, they maybe unhelpful to recovery, they don't emphasise the full experience of managing serious health problems but tend to focus on problems and symptoms. Individuals manage their distress in many different ways – and we want to hear from you about your experiences.

The Schizophrenia Commission was set up in November 2011 by Rethink Mental Illness. It is an independent commission – chaired by Professor Sir Robin Murray. The commissioners are volunteers from multi-disciplinary fields; including mental health service users, a family member, psychologist, retired social care practitioner, CEO from mental health trust, journalist, psychiatrist, pharmacist, economist and voluntary sector management.

So far, lots of views have been shared via an online survey, some events and visiting specific services set up to support recovery. The commission now specifically wants to listen to your views and experiences.

- What are your experiences of the mental health system?
- What needs to change to improve how the system is run and how people feel within it?
- What innovations or core practices are good? What is not good and needs to change?
- What are the barriers to supporting people experiencing psychosis – within and beyond the mental health system?

If you would like to take part in our discussion on 21 March 11am-2pm or are interested in finding out more please contact:

**Vanessa.pinfold@rethink.org
or 0207 8403 088.**

We will reimburse travel and provide lunch. Full details of location will be announced shortly.

**More information about us can be found online:
www.schizophreniacommission.org.uk**