

Ever wanted to ask a book a question? Now you can.....

Living Library Event on Thursday 6th February 2014
2pm – 4.30pm, Level 2 Croydon Central Library

Mind in Croydon, Hear Us and Time to Change, are bringing books to life by putting 'Living Books' on the shelf to borrow as part of national time to talk day.

This free event gives people a chance to find out more about mental health. Visitors will have the chance to 'borrow' people from different backgrounds and experiences when the Human Library visits Croydon Central Library. Books available for 'loan' will include people who have experienced mental illness and people who work in the mental health sector.

Volunteers, who all share a significant personal experience, will act as books that visitors can loan from the library for up to 20 minutes and talk to about their lives. Part of the Time to Change's Time to Talk day, the Living Library aims to tackle prejudice about mental illness.



For any further information please contact: Dora

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