

Harow User Group



The voice for mental  
health in Harrow

# FREE Harrow Mental Health Champions 3 day Training

Build your confidence!  
Make new friends  
and meet people.



**Tuesdays 13<sup>th</sup> & 20<sup>th</sup> March  
and Thursday 29<sup>th</sup> March  
10.30am to 3.30pm.**

Free lunch provided.

Location of venue on back.

**Contact Raksha Pandya, Coordinator,  
on 020 8515 7868 or email  
r.pandya@mindinharrow.org.uk**



[www.mindinharrow.org.uk](http://www.mindinharrow.org.uk)

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Harrow

## What is the Mental Health Champion role?

You will campaign to improve mental health services and have Paid and volunteer activities!

## What is Harrow User Group?

The Harrow User Group (HUG) is a collective of mental health service users seeking to improve mental health services in Harrow in a way that reflects their needs, wishes and expectations. HUG also actively promotes a positive image of mental health in the community to push for equal rights and opportunities for people with mental health needs. The Harrow User Group reflects the diversity of our community.

## Why the Harrow User Group?

The Harrow User Group is based on the principle that service users, through their contacts with mental health services, have become **experts by experience**. In this respect, it promotes the idea that service users have a valuable contribution to make to services and society.



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### How to get here

**By Bus:-** Harrow bus station is served by the 114, 140, 182, 183, 176, 223, 258, 340, 395, H9, H10, H11, H17, H18 and H19 bus routes and is less than 3min walk away.

**By Underground or Train:-** Harrow-on-the-Hill station (London Underground Metropolitan Line and National Rail) is 3 minutes walk away.

**By Car:-** Parking is available at the St George's (4min) and St Ann's (5min) shopping centres close-by.