



Stigma Free Lanarkshire

Lanarkshire Recovery Network would like to invite you to the Lanarkshire Movement for Change Gathering: Towards a Stigma Free Lanarkshire

working together to end mental health stigma and discrimination

1 in 4 people in Lanarkshire will experience a mental health problem at some stage in their life so most people will know someone who is or has experienced mental health issues. But mental health stigma remains a significant barrier to achieving a mentally flourishing Lanarkshire, preventing people seeking support, hindering recovery, limiting opportunity, and negatively impacting on the quality of life of people, families, and communities.

LRN believes no-one should ever be made to feel like this.

Lanarkshire has a strong reputation for our commitment to the national See Me programme, taking action to challenging stigma and discrimination. Through working with See Me and following an extensive period of listening we are building on progress to date with a refreshed commitment and approach. A key part of our programme has seen over 412 organisations in Lanarkshire make a pledge to work with us. We will be reintroducing the pledge programme at the event with a further focus on facilitation, sustainable action and impact, under the umbrella of 'Stigma Free Lanarkshire'. LRN invites you to join a movement for change to work with and learn from people with lived experience of mental health problems, combining our individual assets for collective impact to bring about real change where stigma is left in the past. With others, combine your skills, knowledge and experiences and a shared passion to end the injustice of mental health stigma and discrimination, promoting rights for all.

Date: Friday 18th November

Time: Registration 10am ~ start 10.30am, finish 3pm

Venue: The Alona Hotel, Strathclyde Country Park, Motherwell ML1 3RT

If you would like to attend please complete the **registration form** and then return it to:

Avril Cutler, Development Officer - Lanarkshire Recovery Network

Email: Avril.LRN@lanarkshirelinks.org.uk

Post: Lanarkshire Links, Rooms 3.5/3.6, Dalziel Business Centre, 7 Scott Street, Motherwell ML1 1PN

Telephone enquiries: 01698 265232

Please note that registrations should be received no later than Wednesday 9th November and we will confirm your place by Friday 11th November.