

**The  
Advocacy  
Project**

**your voice   your right   your choice**

## **Help create better mental health services for people living in City & Hackney**

Have you  
experienced  
mental  
illness?

Do you want  
great mental  
health services  
that help people  
recover?

Do you want to  
influence local  
mental health  
services?



**Do you want  
to be part of  
a leadership  
group to make  
real change  
happen?**

We will be working with a leadership group of people who have experienced mental illness to help shape mental health services in City and Hackney.

**If you would like to be involved,  
please contact Bonnie Studd, at  
The Advocacy Project:**

 07934 298720

 [bonnie@advocacyproject.org.uk](mailto:bonnie@advocacyproject.org.uk)

 73 St Charles Square, London W10 6EJ



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**Become a City and Hackney**

# **Mental health peer mentor**

Have you  
experienced  
mental illness?

Would you like to help  
someone with mental  
health problems  
identify and achieve  
short term goals?

Do you want to  
empower people  
to make positive  
and informed life  
choices?



**To find out more please contact  
Sophie Hudson at The Advocacy Project:**

Sophie Hudson  
07934298719  
Sophie@advocacyproject.org.uk  
(Tuesday – Thursday)

Bonnie Studd  
07809 211 519  
bonnie@advocacyproject.org.uk

**Becoming a peer mentor  
is rewarding;** it will allow  
you to help people, develop  
new and existing skills,  
become more confident  
and improve your CV.