

Leeds Mental Health Lunchtime Forum



Wednesday 25th January

12.00-1.00

Roundhay Road Day Centre

79 Roundhay Road, LS7



Coping with Coming Off

Terry Simpson (mental health system survivor, currently working for Leeds Involvement Project, who took part in the research himself.)

Many people who want to stop taking psychiatric drugs do not get enough information and support. Mind have just published the findings of major new research, carried out with more than 200 people, about their experience of trying to come off medication. This session will examine the findings, and look at the implications for us here in Leeds.



- ❖ **Leeds Lunchtime Mental Health Forum** is an informal information and discussion session.
- ❖ We aim to encourage discussion and debate about current issues in mental health.
- ❖ The lunchtime forum is open to anyone with an interest in mental health, including service users, survivors, carers, volunteers, students and professionals.
- ❖ Just turn up – you don't need to book a place.
- ❖ You can bring your lunch to have while taking part.



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