

Who am I?

1. Someone who has been hospitalised for delusional thinking?
2. A person with dyslexia?
3. A consultant doctor in Public Health Medicine?
4. Creator of a self help movement for people with unusual beliefs?
5. All of the above?



Answer: All of the Above

We are, each of us, our **challenges** and so much **more**.

Each of our **paths** is unique, but **many** have travelled the **road** to recovery, to a good life, before you. Many travel alongside you.

Your service employs people like you, 'Lived and Living Experience' Workers who are also on that road to their good life.

Talk to one of us sometime, hear about our journeys, and let's walk together for a while.

None of us are **just** our challenges.

"There are different types of knowledge regarding mental health – knowledge from professional training and knowledge from personal experience of mental health issues."

Dr Tamasin Knight, BSc, MBChB, MPH, FRSA