

Mental Health Voices Collaboration

MHVC



Lived experience driving real local change

The Mental Health Voices Collaboration brings people together to share real experiences of mental health support and help shape positive change locally.

By listening to the stories of those directly impacted by mental health, we can better understand what's working, what isn't, and what needs to change.

The campaign is
guided by our
principles:

ECHO

Experience-led

Lived experience is at the heart of everything we do. We believe the people who use services, face barriers, and navigate challenges every day are best placed to help shape better support. MHVC creates space for these experiences to be shared, heard, and used to influence meaningful local change.

Community voices

Mental health affects people in different ways, and every voice matters. By bringing these voices together, we can better understand how different communities are affected, build a clearer picture of local needs.

Honest conversations

Real change starts with open and honest conversations. MHVC provides a safe and respectful space for people to share their experiences, including the tough conversations about what isn't working and where people are facing barriers.

Open dialogue

This isn't a one-off conversation. MHVC is about listening, learning, and working together over time. By keeping communication open between communities, organisations, and decision-makers, we can continue to shape better mental health support informed by real experiences.



tcc-wales.org.uk/mental-health-voices-collaboration



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SCAN HERE!

THANK YOU!

1. People do not feel listened to or taken seriously
2. Waiting lists and delays are a major issue
3. Services are not person-centred or flexible enough
4. Lack of joined-up, consistent care
5. Need for early intervention and support for young people
7. Funding and resource limitations
7. Community-based and holistic support is valued
8. The system can feel harmful or traumatising
9. Access to support is too difficult and often only happens at crisis point



I was passed from pillar to post

You finally gather the strength to ask for help, wait months to be seen, and then leave feeling even more hopeless than before.

Most of all, I want services to understand that being listened to can save lives, and being ignored can destroy them.

Accessing mental health support in Wrexham has often felt impossible unless you reach crisis point

70% reference feeling unheard, dismissed, or not listened to

60% highlight lack of person-centred care or flexibility

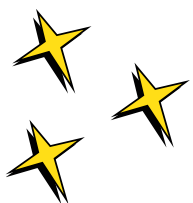
JOIN THE CAMPAIGN...

We know individuals and organisations will want to get involved with the MHVC campaign in different ways.

Some may want to **show support for the campaign**, while others may want to play a more active role in shaping and delivering the campaign itself and **form part of the collaboration**.

Here's a simple breakdown of the two ways you can get involved:

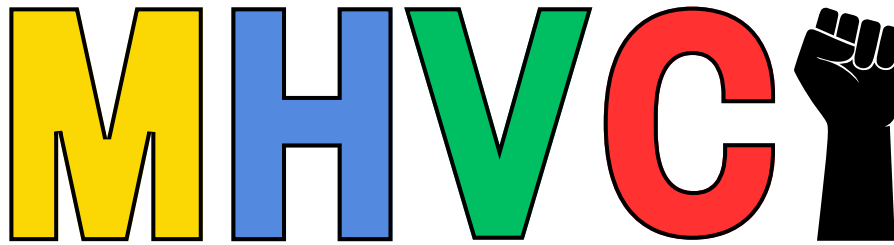
Supporters	Collaborators
Show support for the campaign and its aims	Work alongside us to help shape and develop the campaign
Share campaign posts, events and key messages	Attend planning meetings and contribute ideas
Actively encourage the people they support to get involved	Help organise activities, events or engagement opportunities
Attend events, meetings and activities when possible	Take an active role in delivering parts of the campaign
Help raise awareness in their communities or networks	Bring professional or lived experience to help influence change
Flexible involvement with no ongoing commitment	More regular involvement and shared responsibility



Supporters help amplify the campaign.

Collaborators help build and drive the campaign forward.

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The MHVC campaign was developed through an early collaboration between ABF and TCC. What began as initial conversations quickly grew into a joint effort to create a campaign that amplifies voices, strengthens engagement, and drives positive change across services and communities.



Advance Brighter Futures (ABF) is a local mental health and wellbeing charity working alongside people experiencing challenges with their mental health and emotional wellbeing, helping people move forward in a way that feels right for them.



Together Creating Communities (TCC) is a community organising charity helping local people come together to share their voices and create positive change in their communities.



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