

**WHAT YOU NEED  
TO KNOW ABOUT**

**...**

**Join  
the  
DOTS**

## **What it is**

Join the Dots is a young people's mental health involvement group.

The group can have a direct influence on local mental health services, find out more about what's available, learn new skills, share experiences with others, and lots more.

## **Ways to get involved**

There are many ways to get involved with Join the Dots;

- Events, open days, workshops, surveys and focus groups
- Put yourself on our mailing list
- Represent the views of other service users to services

# **Our Aims**

Join the Dots aims to;

- Enable young people to have a voice in the planning and delivery of mental health services
- To receive feedback from planners and commissioners on young people's views and recommendations
- To share information and news

# **Who can join?**

Young people aged 11 to 25 years of age, as well as services that support young people, are all welcome to get involved with Join the Dots.

If you wish to find out more come along to one of our monthly meetings held at Grassroots on Charles Street, or contact Linda Newton using the details overleaf.

# For more info:

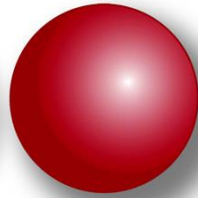
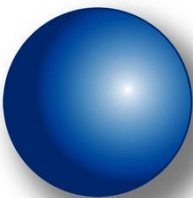
Or to join the mailing list,  
contact Linda Newton

By phone: 02920 222 000

By e-mail: [linda@cavamh.org.uk](mailto:linda@cavamh.org.uk)

By post: Unit 11  
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## Join the Dots



helping young people understand mental health