

**WHAT YOU NEED
TO KNOW ABOUT**

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**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

By post: 84 Glebe Street
Penarth
CF64 1EF

Join the Dots



Supporting Young People to have a voice
in Mental Health Services