

# We All Have Mental Health Conference



Sunderland People First are working closely with an organisation called Time to Change.



Time to Change help people think and talk about mental health.



People with learning disabilities and or autism may find it difficult to talk about mental health or find out about support.



Sometimes professionals and services don't listen to people or make it hard for people to get good support.

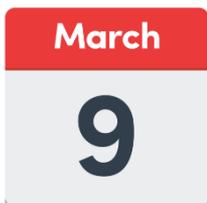


We want to listen to people with learning disabilities and autism about mental health. We would like to use people's experiences to change how others think and talk about mental health.



There will be lots of activities and ways that people can share their thoughts and experiences during the day.

Our event is on 9<sup>th</sup> March - 10-3 at Leechmere Training Centre. Lunch will be provided.



If you would like to book a place, please phone **5214123**