



The Independent Mental Health Network (IMHN) is for adults who have experienced mental ill health or care for someone who has.



IMHN helps people share their stories and support each other. They work to make mental health services better for everyone.



Join IMHN activities and share your experiences to help improve mental health care. And you can meet new friends.



There are many projects you can join. These projects aim to improve mental health services and support people in need.



Join our Get Together Wellbeing sessions. The sessions can be a sport, gallery visit or art class.



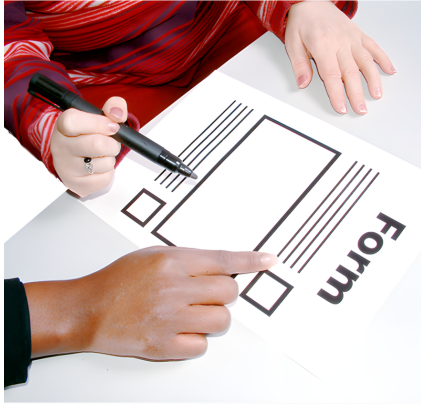
The IMHN meetings happen online on Zoom every two months and are two hours long.



IMHN encourages people to join the conversation. This means talking about mental health, sharing ideas to help others and improve services in Surrey.



The group work together with the NHS to improve care.



To join IMHN, you need to fill out a form with your details. They promise to keep your information safe and only use it for your membership.



To join IMHN or for help with the form contact Guy:  
Call or text 0730 500 9869 or email:  
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