

BIMHN Annual General Meeting Report – 11th October 2016 – Treasurer – Jamie

This year has flown by – but it’s been so good to see BIMHN develop to the stage that it has. I came into the role with an involvement with the Improving Access to Psychological Therapies (IAPT) working group. This has been excellent to get to input and shape the future of our services. Some other highlights include:

I have sat on the Time To Change Steering Group. This has been really positive and has been amazing to bring so many passionate individuals around a table to discuss new and exciting ways to tackle mental health stigma. The Time To Change Village was a great idea – we brought this to UWE Bristol – Frenchay Campus and it sparked up so many conversations with students about mental health, helping to bring down the stigma.



I helped out with the LGBT+ Suicide Prevention Conference, which was a real success. It was really great to see so many people turn up to the event with an interest to help the LGBT+ community within Bristol and beyond! Our workshop had some real thought provoking discussions which helped to bring out some useful feedback. I feel that from this we will start to see services shaped to be inclusive of those from the LGBT+ community, and hopefully other communities too!



I attended the Bristol Mental Health Seminar last October. This was really useful and provided some food for thought. It was good to hear success stories from different services and to celebrate. It was also good to pick out the bad practice and to discuss how we can take it forward. It was great to hear from Bristol Mental Health and what their plans and projects for the year.