



Rhwydwaith
Ymchwil Iechyd
Meddwl Cymru | **MHRNC** | Mental Health
Research
Network Cymru

"Delivering the studies that matter for mental health"

Mental Health and wellbeing in times of trouble

- Key Speakers (plenary sessions):
 - **Professor Richard Warner:** *Is Mainstreaming Always the Answer? The Importance of Service User Mutual Support*
 - **Dr Rachel Perkins,** *Judi Chamberlin's "On Our Own"*
 - **San Leonard,** *The role of Inclusive Enterprise, Supporting Mental Well-being for all*
- Workshops and showcases from community organisations supporting mental health and well-being in Wales and the UK

If you would like to attend please complete and return the registration form by Friday **24 February 2013**.

Please contact the MHRNC for full programme and more information: info@mhrnc.org, +44 (0) 1792 606464 or visit <http://www.mhrnc.org/conference.htm>



ANNUAL CONFERENCE 2013

Thursday 7 March 2013
The Ramada Plaza Hotel
Wrexham



www.mhrnc.org

Who should attend?

- *General public and users of mental health services*
- *Academics, Researchers, and Mental Health Practitioners/Students*
- *Occupational Health Professionals*
- *Organisational Development Professionals*
- *Employment Agencies*
- *National and Local Administrations*
- *NGO, Charities and Community Organisations with an interest in Mental Health*
- *Psychosocial Research Centres*
- *Psychiatric Organisations*
- *Social Workers and Social Services Officers*
- *Welfare Rights Organisations*

Why attend?

To gain an insight into the work of social organisations which support service users in Wales and nationally.

To consider how to improve mental health and well-being in the community

To hear about practitioners' perspectives on mental health in the current economic and environmental climate.

To raise awareness of mental health and well-being and share best practice in research from the public and the private sector

To showcase your organisation and its contribution to mental health and well-being in Wales

For an opportunity to network with leading mental health researchers in Wales and the UK

The Venue



The Ramada Plaza Hotel, Wrexham



OVERVIEW

In the face of economic, environmental and social upheaval how can we expect to meet the increased demand on, and stresses faced by, individuals, families and communities?

This conference will present ideas and practical examples of how users and professionals can join together to weather the current turbulence, through their interpersonal and community support networks. Central to the theme is the creation and operation of services, in whatever sector, that can meet the needs of individuals, families and communities.

Questions that arise:

Will the times of trouble lead to increased life events leading to increased stress reactions and to an increased risk of long-term illness? What can be done to intervene early and effectively?

Can primary care really fulfil the aims of the Mental Health Measure Wales?

Will the times of trouble lead to an increase in the rates of self harm or suicide, as it did in Northern Ireland? According to BMJ, national help line calls are on the increase in England and Wales.

What mechanisms can be put into place to support hard pressed workers in all sectors to prevent burn out, illness or relapse? Should social inclusion and recovery efforts always be aimed at mainstreaming for people, and how far should peer support enterprises be considered an appropriate form of social inclusion, and if so for whom and under what circumstances?

Examples will be presented of organisations aimed to address some or all of these questions.

Plenary session speakers (please visit our website for full biographies)

Richard Warner : Director of Colorado Recovery, Colorado, USA

Rachel Perkins: Consultant with the English Implementing Recovery through Organisational Change Programme

San Leonard: CEO of Social Firms Wales

Professor Peter Huxley