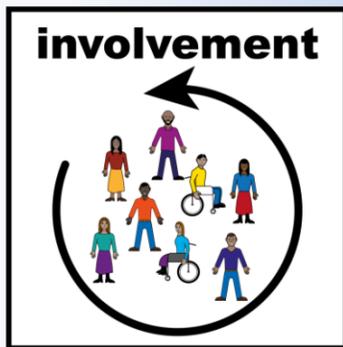


The SCALE Network

The word SCALE stand for Sussex **Coproduction** And **Lived Experience**.

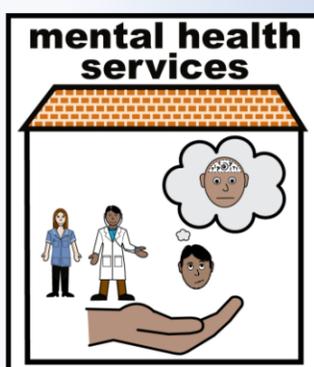
The SCALE network will work with **mental health services** in West Sussex.



Coproduction is when support services staff work together with patients, their families, friends, carers, and the public to make mental health services better.



Lived Experience is when a person with poor mental health, works with mental health services. They talk about what life and support feels like for them, and for other people like them.



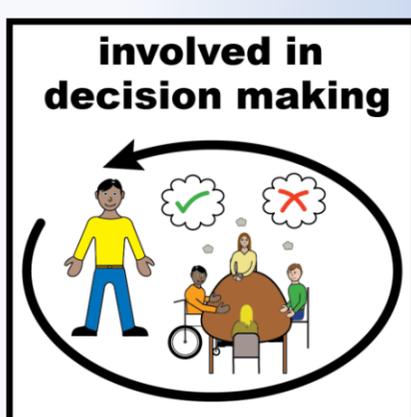
Mental health services help people with poor mental health. Mental health is being able to cope with the stresses of life, use our abilities, learn well and work well. Poor mental health is when we have problems with these.



If you have had poor mental health, or do now, and you live in West Sussex, then you can join the network to have your say about changes.



If you look after or help someone who has poor mental health or have in the past, and they live in West Sussex, then you can join the network to have your say about changes..



The network will work with people who fund mental health services in West Sussex, and the staff of those services.

The network and those people will work together to make our mental health support services better.

How do I learn more about the SCALE Network?



To learn more you can email Catherine:

Catherine.McGill@capitalproject.org

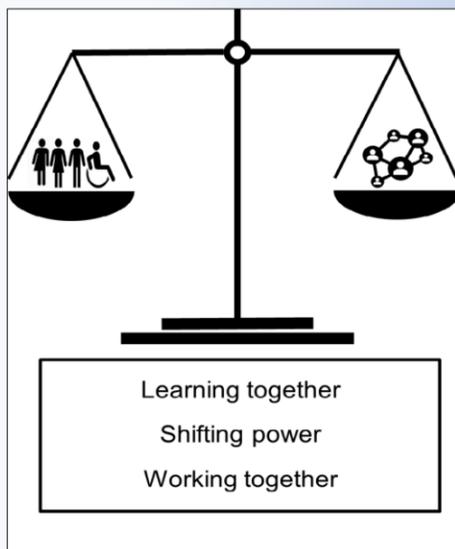
You can also contact them on 07821 659 575

by phone, text message, or WhatsApp



Find more information here:

<https://www.capitalproject.org/introducing-the-scale-network>

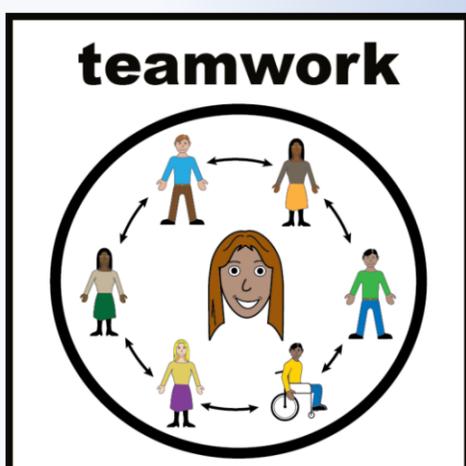


This is the logo for the network.

It shows that people with ill mental health are as important as the people who work in mental health services.

The lines of text explain what the network will do.

People in the network and people who work in support services will learn from each other.



The network makes the ideas of people who need support an important part of changing support services. This is shifting power to the people who need support.

People in the network and people working in support services will work together to make support services better.

You can fill in an easy-read registration form here: <https://forms.office.com/r/QVsNA0UR72>