

Remember: You do not need a referral - You choose to join

Please ring or email for a membership pack

Telephone: **01243 869662**

Email: **enquiries@capitalproject.org**

All **CAPITAL** members

have experience of using mental health services.

**For a copy of this leaflet in large print
telephone 01243 869662**

The **CAPITAL** Project Trust

Head Office: Safe Haven, 32 Sudley Road
Bognor Regis, West Sussex PO21 1SF
<http://www.capitalproject.org>



Registered Charity No 1087420
Registered Company No 4157375



CAPITAL Project Trust

Opening Doors to Mental Wellbeing

CAPITAL a West Sussex Charity for people with mental health problems

Membership is **FREE and open to anyone who has accessed support for Mental Health problems in West Sussex**

We aim to help everyone reach their full potential in their own time.

If you need help we will support you to attend meetings by arranging transport, or we will pay your travel expenses.

Lunch and refreshments are provided **FREE** at all day events.

CAPITAL Offers mutual support between members through groups, social events and various meetings including our monthly locality meeting in your area and our county wide meeting every three months

Our in house meetings are run in a relaxed non judgemental supportive environment.

Opportunities for Members Include

An excellent Course for new members building knowledge, skills confidence and self esteem

Having your say in developing, planning and improving health and social care services

Feeding back your experiences of mental health and social care services

Evaluating, delivering and researching aspects of mental health care

Enabling 'inpatients' to have a voice about their care

A range of occasional training including vocational and creative courses

You can choose to be involved as much or as little as you like—Nothing is compulsory

You choose what you do and when you do it