



Mission Statement

CAPITAL exists to offer peer led training and mutual support for people who experience mental distress, to improve the services we access and to educate professionals and the public about the experience of mental distress

Values

1. High quality services and peer support are the cornerstones of self esteem and empowerment for people who experience mental distress
2. We all have the right to be supported to reach our full potential in managing our own lives
3. Everyone who joins CAPITAL brings their own expertise and strengths
4. CAPITAL members lead in establishing the ethos and direction of the organisation
5. CAPITAL offers its services free to all members and is committed to ensuring that access is open to all.