Our Collective Vision

of a future when we replace the mental health system with something WONDERFUL

This vision is a DECLARATION of our dreams for the future.

It was co-created by people with lived experience of:

- Emotional distress
- Trauma
- Neurodiversity
- Mental health challenges

This is a living document.

We call for mental health policy that acts on our vision.
OUR DREAM IS FOR MORE CHOICE

ACCESS
The ways we need to access support

Streamlined
One-Stop Number
Self-Referral
Walk In Access
Help When We Ask

PLACES
The places & services we need

Drop In
Retreats
Home
Community spaces
More PARCs
Peer support groups
Day trips
Small places
Quiet

PEOPLE
The people, staff & values we need

GROUPS
choice

trauma
therapy
NATURAL
ART
LISTENING
choices

MUSIC

OUTCOMES
How our lives will be different when these changes happen

JustCe
Meaningful
Accepted
Caring
HAPPIER
Employment
Human Rights

LISTENERS
Lived Experience
Empowering
Friendly
Positivity
Empathy
Respectful

Peer Workers
Compassionate
Kind
Helpful
Psychologists
Trauma Experts

THERAPISTS
Compassionate
Kind
Helpful
Psychologists
Trauma Experts

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