

*Bedfordshire
& Luton*
mental health and wellbeing services
provided by ELFT



Let's Be Open About Mental Health To **Break The Stigma**



Bedfordshire NHS
mental health and wellbeing service
provided by ELFT

Let's Be Open About Mental Health To
Break The Stigma

Being open about all
my mental health
problems means I never
have to face them alone
anymore.

 East London NHS Foundation Trust  NHS_ELFT www.efft.nhs.uk



Just because I LOOK OK
on the outside
Doesn't mean I FEEL OK
on the inside.

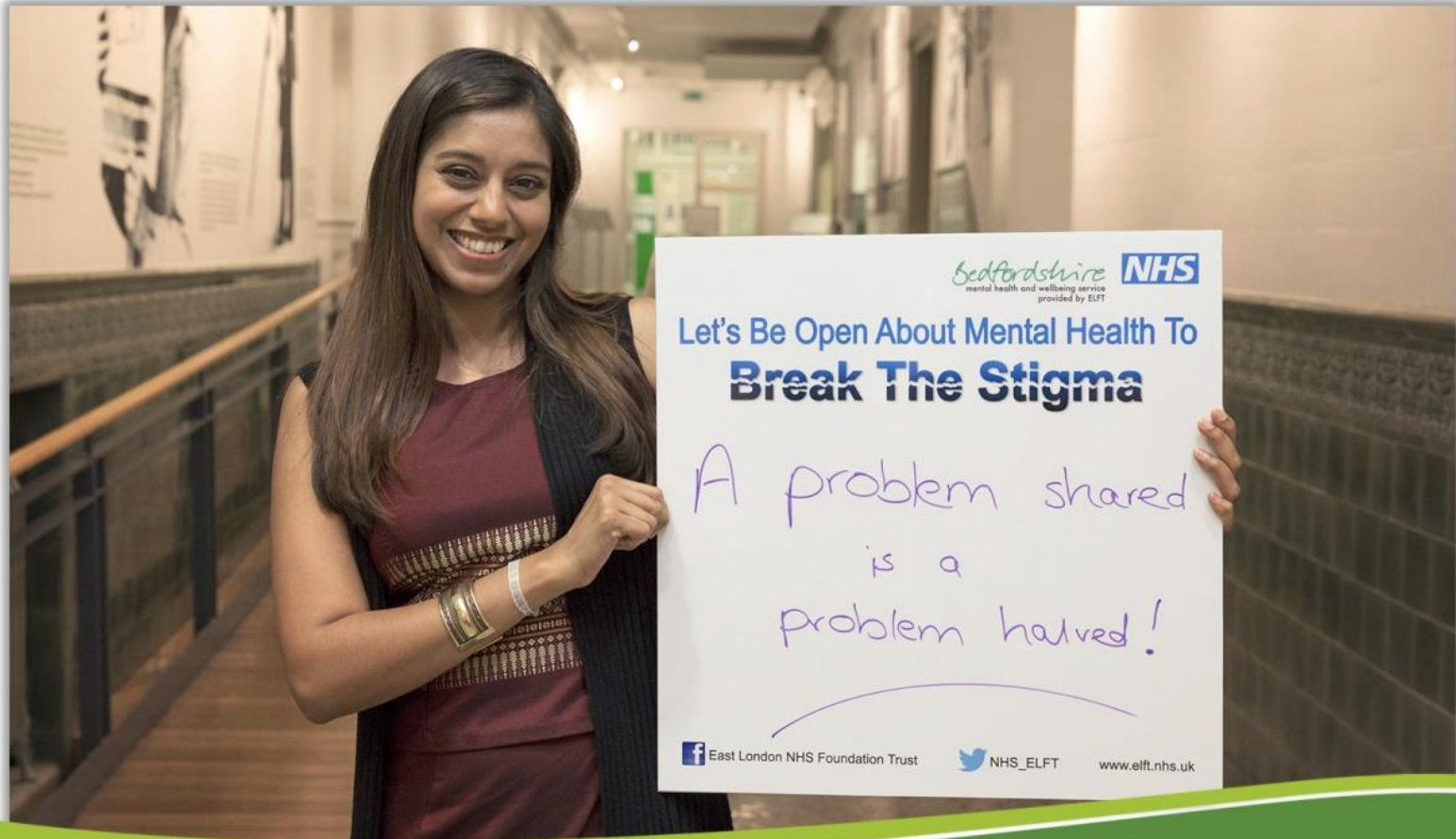
ADMISSION OF MENTALLY DISORDERED PERSONS FOUND IN A PUBLIC PLACE

(Section 136 of the Mental Health Act 1983)

1. Patient's name	Ben Salmons
2. Name of hospital and ward	Weller Wing

Why am I in hospital?


You have been brought to this hospital by a police officer because they are concerned that you may have a mental disorder and should be seen by a mental health professional.




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A problem shared
is a
problem halved!

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 NHS_ELFT

www.elft.nhs.uk







DON'T
be ashamed of your
story it will inspire
others...♡♡♡





BEN SALMONS
Break The Stigma campaign lead
BBC LOOK EAST



Be Kind Because you
Never know who is
Fighting a silent Battle

