

CROSSWAYS COMMUNITY is a Christian charity that supports people with mental health difficulties. Started in 1967, Crossways runs three residential schemes for people whose needs range from acute/chronic to those moving towards independent living. We are also dedicated to reaching out to the community.

The purpose of this course is to help explain basic mental health and how to relate to people, including those without mental ill-health.

The more each of us understands about mental health, the better equipped we are to help both ourselves and others.

Who do you see in this picture?

Do you see a young woman looking into the distance or an old woman looking to the left?



It's easy to see what we want to see and forget that a real person is involved.

"Being diagnosed with Schizophrenia was hard....but being dropped by one of my oldest friends was really painful"

Jenny Lewis

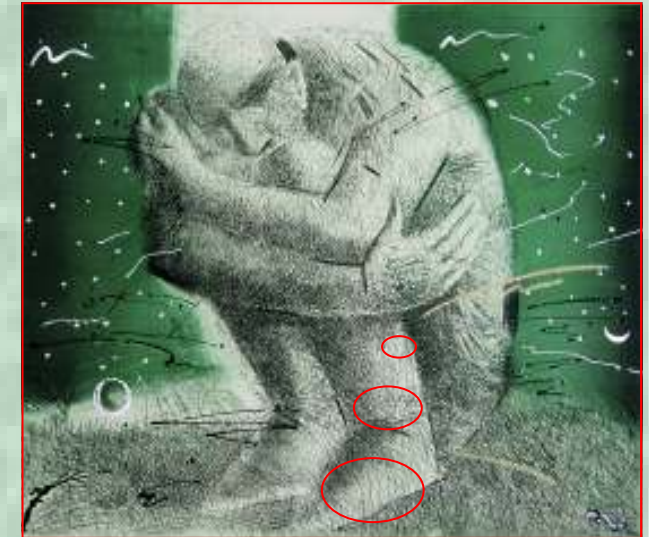


For further details about courses/ sessions that we can offer please contact.....

Mrs Carole Wicks
72 Powdermill Lane,
Tunbridge Wells
TN4 9EJ.
01892 529098
carole.wicks@crosswayscommunity.org.uk

Mr Steve Howcroft
8 Culverden Park Road,
Tunbridge Wells
TN4 9QX.
01892 540843
steve@crosswayscommunity.org.uk

Mental Health Awareness



If only someone would listen to me

In the time it takes you to read this sentence, 7 prescriptions for anti-depressants have been issued.

Helping to Remove the Stigma of Mental Ill Health

Most people will know someone with a mental health difficulty (even if they are unaware of it).



1 in 4 adults experience at least one diagnosable mental health disorder in any one year and **1 in 6** at any one time.

Most will be able to live in the community; by removing the stigma of mental ill-health, they can be accepted and encouraged to live more productive lives.



"This is an excellent workshop. Thank you"

Challenging Ideas and People's Perceptions

What Crossways Can Do To Help

The 2½ - 3 hour course is divided into several parts:

- Looking at our perceptions of reality.
- See how labels are used to "pigeon-hole" people
- How listening is important in valuing people.
- Understanding how we communicate.
- Theoretical models explaining how we relate to people so as to better understand and support them.

Each session includes interactive elements which help people explore their own attitudes.

"The illusions were good, they helped me realise everyone thinks differently"

Helping to Promote Good Mental Health

If you told people you were seriously depressed, how many of them would cope?

Our approach is to help people understand why labelling can be harmful and by listening and accepting, they can help support their friends.

"It was a good way of raising awareness"

"It was good because it wasn't just sitting and listening"