



## Theory of Change

**Our mission** is to create a mental health justice movement, led by those with lived experience, that fights harmful systems and builds better alternatives

**Our vision** is a world with a just approach to mental health, where we all have the freedom to give and receive care on our own terms

### What we do

#### Capacity building: resourcing the grassroots

##### Activities



##### Impact

Offering micro-funding to user-led groups and campaigns, as well as challenging exclusionary approaches of mainstream funders

Grassroots groups have access to vital funding without disproportionately burdensome application and reporting processes

Providing groups with support such as strategic advice, resources, training, networking, and fiscal or organisational hosting

Grassroots groups can develop their infrastructure and activities, enabling them to provide vital community-specific support

#### Communications and membership: building and sharing knowledge

##### Activities



##### Impact

Commissioning blogs and independent research to enable lived experience-led knowledge creation and sharing

Critical perspectives which challenge the status quo are platformed; lived experience is prioritised as a valuable form of knowledge

Collating and sharing information from the mental health space (such as events, campaigns, research projects, employment, and funding) and amplifying members' work to the network

Members have access to a wide range of opportunities to create change on an individual or collective level

Creating spaces for connection, solidarity, discussion and learning

Members feel part of something bigger, engaging with and learning from each other, building collective power and tackling forced isolation

#### Policy and campaigns: disrupting harmful systems

##### Activities



##### Impact

Strategic in-system influencing (e.g. within Government, legislative processes, healthcare providers, funders, and large mental health charities)

We expose harmful systems and build alternatives that work for us, while challenging mainstream policy-making practices that do not serve us

Sharing knowledge and building networks with those working on related issues (e.g. migrant justice, trans rights, housing, economic injustice)

Mental health is widely understood as an issue of social, political, and economic justice

Supporting those with lived experience to campaign on issues that matter to them through advice, funding, and education

Power is built among those with lived experience to create change; we reclaim authority as people who know and can speak about our own lives