**R****aising awareness of Mental Health issues & supporting positive social change**

The Black Dog Theatre Creation strongly believes in using performance techniques as a positive tool to raising awareness of Mental Health issues and supporting positive social change.

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| Aim(s): | Intended outcomes: | Current activities and achievements:  |
| To use performance techniques to raise awareness of mental health issues affecting society and to support positive social change.  | 1. People from across the community to participate in activities which raise awareness of mental health issues affecting society.
2. To encourage opportunities for people to talk about mental health.
3. People who are excluded, vulnerable or facing other forms of hardship to have access to community-based services that support positive lasting change.
4. To support the building of a stronger, active, more engaged community.
 | 1. We offer a programme which uses performance techniques in workshops to raise awareness of mental health issues, discussions and explore possible solutions to combating these issues affecting society.
2. Our performances raise awareness of mental health issues and offer ideas of ways to support those affected.
3. Our audiences regularly feed back praising our work for raising awareness and for demonstrating positive ways in which support can be given.
4. We have worked with local mental health organisations to offer support.
5. We have worked in Primary Schools creating performances which explore mental health in young children and teaching children how to cope with having a bad day.
6. Our performances always end with a talk back session or a meet and greet session to encourage talk about mental health issues.
7. Our programme supports those affected by mental health issues, giving them a safe place to rebuild their lives and gain support whilst not being judged.
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People we work with:

We will work with any individual and we do our best to keep our work free. Below are some examples of the groups of people whom we have supported:

-Sufferers of poor confidence, anxiety, depression and low self-esteem.

-Those diagnosed with specific mental health conditions.

-Family members including siblings and those who care for mental health sufferers.

-Older people

-Victims of abuse

-Those suffering from long-term illnesses

-Lone parents

-Victims of hate crime

-Refugees and asylum seekers

- Those affected by unemployment and homelessness.

-Those with a physical disability.

-Those from ethnic minority groups.

Links with other organisations and individuals:

We are committed to working alongside other local organisations and individuals to support our projects and participants. We have worked with:

-Rethink Mental Health Groups incl. London Sibs

-Mind

-Together organisation

-Open Road

-Colchester Night Shelter

-Fresh Beginnings

-London ELMS

-Local medical practices