

A Psychology in the Real World Group

## Toxic Mental Environments

The Toxic Mental Environments group offers people opportunities to think about aspects of our world that might be harmful to our well-being and to link up with other people with the aim of bringing about change in our local environment.

*Each session will include a talk from a speaker followed by space for group discussion. Group members will be encouraged to draw on their own experiences and exchange ideas about what is toxic to our well-being and what might be helpful.*

*There's no need for any prior knowledge of the subjects, and the talks will use everyday language. All we hope is that you come with an open mind and an interest in doing something to help bring about changes in our environment.*

***When: Fortnightly on Wednesdays***

***1- 4pm***

***15<sup>th</sup>, 29<sup>th</sup> May, 12<sup>th</sup>, 26<sup>th</sup>***

***June and 10<sup>th</sup> July***

***Where: Room F8, The Gateway,  
Shrewsbury***

Why are so many people being medicated, and self-medicating, in current society? Are we all looking for the ultimate quick fix?

What makes us prejudiced?  
What are the impacts on people of suffering prejudice?

What is inequality and how does it affect us all?

How do our surroundings impact us?

Are we living in a 'speeded-up society' and if so is this damaging to us?

What do you feel are toxic mental environments?

### Who are we?

The group will be facilitated by trainee psychologist John Cartmell and Nicki Evans who has extensive experience in planning and running psychology in the real world groups.

Talks will be provided by psychologists Guy Holmes, Paul Moloney, Carl Harris and Zounish Rafique, all of whom are interested in how our world impacts on us.

### How do I sign up?

Please email John at: [john.cartmell@nhs.net](mailto:john.cartmell@nhs.net)

Or see website: [www.psychologyintherealworld.co.uk](http://www.psychologyintherealworld.co.uk)

or phone: 01743 255 830 and ask for Emma