



## Membership Form

The Bangladeshi Mental Health Forum (BMHF) is a registered charity that has been in existence since 1999 and has the following core objectives and aims:

- To raise awareness of mental health within the Bangladeshi community (also other BME groups such as Somali, new migrants)
- To challenge stigma; stereotypes and prejudicial views
- To educate and advocate the importance of mental well-being
- To organise mental health awareness events and workshops
- To promote and campaign for better accessibility to mental health services
- To work in collaboration with service providers to meet the needs of Bangladeshi service users and carers
- To highlight the concerns of families, carers of service users and the community to the commissioners and service providers
- To represent the Bangladeshi community in formal mental health strategic meetings and forums
- To facilitate activities and signposting services in the community

Membership is open to anyone that interested in supporting the core objectives of the BMHF. We would like our members to actively promote our work, support our activities and attend meetings and events.

If you are interested in joining the BMHF please fill in the details below and email (electronic copies) your completed form to: [shamsur@bangladeshimentalhealth.org](mailto:shamsur@bangladeshimentalhealth.org). If you need a hard copy please let us know by email or calling **07716 078840**. You can also download this form by visiting our website: [www.bangladeshimentalhealth.org](http://www.bangladeshimentalhealth.org)

### Membership Details

<b>Name</b> (include title e.g. Mr.)							
<b>Organisation &amp; Role</b> (if applicable)							
<b>Address</b>							
<b>Telephone</b>							
<b>Email</b>							
<b>Are you interested in any of these involvement opportunities?</b> Please put <b>X</b> in the appropriate box	<table style="width: 100%; border: none;"> <tr> <td><b>Attend Monthly Meetings</b> ( )</td> <td><b>Support events/ workshops</b> ( )</td> </tr> <tr> <td><b>Attend Events/ Workshops</b> ( )</td> <td><b>Outreach Volunteer</b> ( )</td> </tr> <tr> <td><b>Become a Trustee</b> ( )</td> <td></td> </tr> </table>	<b>Attend Monthly Meetings</b> ( )	<b>Support events/ workshops</b> ( )	<b>Attend Events/ Workshops</b> ( )	<b>Outreach Volunteer</b> ( )	<b>Become a Trustee</b> ( )	
<b>Attend Monthly Meetings</b> ( )	<b>Support events/ workshops</b> ( )						
<b>Attend Events/ Workshops</b> ( )	<b>Outreach Volunteer</b> ( )						
<b>Become a Trustee</b> ( )							
<b>Would you like to be added to the BMHF mailing list?</b> Please put <b>X</b> in the appropriate box	Yes ( )      No ( )						

**Signature:** .....

**Date:** .....