

# Insight magazine | issue 91 Spring/Summer 2016

- New edition of Insight magazine is available on-line

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The [latest issue of Insight](#) has features on:

- Wellbeing
- Gender Dysphoria
- Children, Families and Young People
- Life After Suicide
- Our Governors: Standing Up For Mental Health
- Improving Quality
- Putting People First Awards
- Improving Services Together
- Working With Our Trust
- Newsround + Diary Dates

*Please note:* unfortunately the Dementia Awareness Training sessions listed in Diary Dates have had to be cancelled, but we hope to be able to offer them in the future.

Insight is produced twice-yearly by the NSFT Communications Team, working with service users, carers and mental health professionals to bring you stories about

mental health services and issues that affect people in Norfolk and Suffolk.

The magazine not only provides an insight into our Trust but also explores local and national issues, raises awareness, helps reduce stigma and provides information about how and where to access support. We hope you enjoy reading it.

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