

the 1990s, the number of people with a mental health problem has increased in the UK, and the number of people with a mental health problem who are in contact with mental health services has increased (Mental Health Act 1983, 1993, 2003).

There is a growing awareness of the need to improve the lives of people with a mental health problem, and a growing awareness of the need to improve the lives of people with a mental health problem who are in contact with mental health services. This has led to a growing awareness of the need to improve the lives of people with a mental health problem who are in contact with mental health services.

The aim of this paper is to explore the experiences of people with a mental health problem who are in contact with mental health services. The paper will explore the experiences of people with a mental health problem who are in contact with mental health services.

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