



Seeking Experts by Experience

Involving people with lived experience means that we will be more connected to the everyday issues of living with mental ill-health. If you have lived with a mental health challenge yourself, or cared for a friend or family member who has, we'd love to talk to you – whether or not you have used our services.

Our Experts by Experience have opportunities to:

- Influence the way we operate by representing the view of those with lived experience
- Use their experiences of mental health issues to help others
- Learn new skills
- Meet new people
- Build confidence

Get involved!

If you are interested in becoming an Expert by Experience, then please email or call the number below and we'll be in touch to talk through how you can participate.

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Find out more