

Experts by Experience: How You can get involved with North Staffs Mind

Do you have lived experience of mental health issues?

Would you like to use your expert experience to help shape the future of North Staffs Mind and make a positive impact?

At North Staffs Mind we welcome and value the involvement of people with lived experience. Learning from the insights gained by people with lived experience of mental health issues is key to improving the work we do and the services we provide. It also ensures we are more effective at meeting the needs of the people in the local community who use our services.

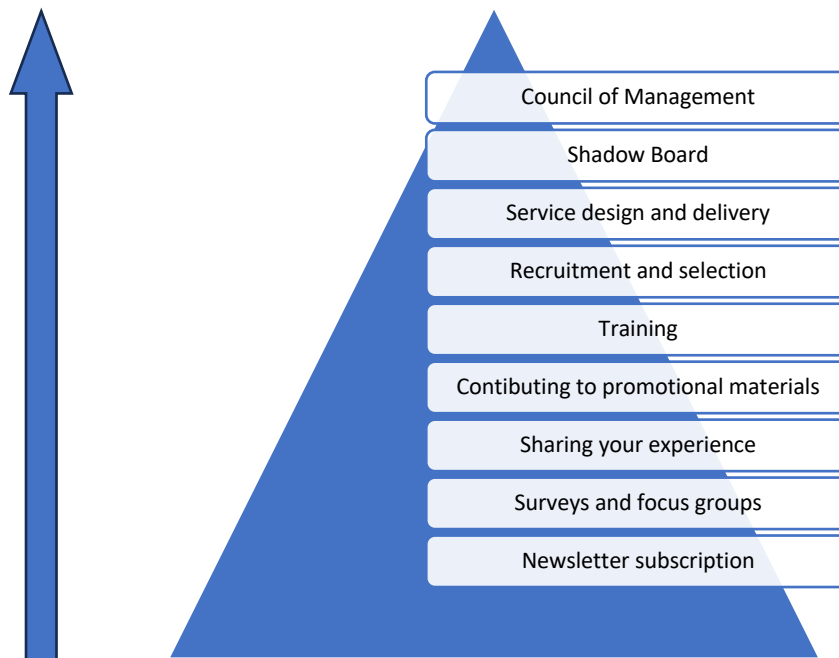
Sharing your lived experience can be beneficial for several reasons:

- Your experiences and views are valued, respected and understood
- It can increase your self-confidence and self-esteem
- It can help to increase your knowledge, practise existing skills and develop new ones

You can become involved in a number of ways, from participation through to influence:

- Joining our Council of Management (Trustee Board) or shadow Board
- Contributing to designing and developing new services
- Participating in recruiting, shortlisting, and interviewing new staff members and placement counsellors
- Taking part in internal and external training
- Helping design promotional and information materials
- Sharing your story on our website or social media
- Taking part in surveys and focus groups
- Subscribing to our newsletter

The triangle below shows the increasing level of participation through to influence at North Staffs Mind open to people with lived experience:



Training and individual support will be provided For more information, please contact our Influence and Participation Lead via [email](#)