

Be Part of the Change

We need your help to develop research that will help us to further build our understanding of how people living with complex and long-term mental ill health, experience mental health stigma and discrimination, to create real change in Scotland

The Mental Health Foundation, See Me and Glasgow Caledonian University are undertaking a groundbreaking research project to understand how people living with severe and enduring mental health illnesses experience stigma and discrimination. This research will only be meaningful if it is informed by people with lived experience of mental ill health.

We want to run a discussion group with people who have faced stigma and discrimination because of the mental illnesses they live with.

The purpose of the discussion group is to gather your views on themes that should be explored with participants in focus group and one to one discussions that will best help us to understand the stigma and discrimination they have experienced.

To help us develop this work, we are looking for people with experience of severe, complex and/or enduring mental health illnesses to participate in a discussion group to help shape research materials. This work will build on, and address gaps identified from survey findings gathered through a previous stage of this study.

Topics that will be explored in the discussion group will include:

- How best do we ask people about their experiences of stigma and discrimination in specific areas of their life?
- What questions will allow us to explore and understand how experiences of stigma and discrimination influence future expectations of stigma and discrimination, and the choices people make?
- How do we get to the root of what needs to change to eliminate stigma and discrimination?

An online discussion group will be scheduled in early May and will take between 60 and 90 minutes. It will be facilitated by experienced researchers who are working on the study and who will integrate your comments and suggestions into the focus group and interview guides used in this research.

Your views are essential to the success of this work.

If you would like to take part and help creating change and reduce mental health stigma and discrimination in Scotland, please contact jfinlay@mentalhealth.org.uk or mmcbride@mentalhealth.org.uk.