

Help shape the future of mental health in Cumbria

Your voice matters. Make a real difference in your community.



The University of Cumbria is launching a major research project to improve mental health research across the region. To make sure we get it right we need to be guided by your lived experience.

Who are we looking for?

We invite you to join our new research group if you are from Cumbria and:

- Have personal experience of mental health challenges or emotional distress.
- Care for a family member or friend who has faced these challenges.
- Are passionate about improving local mental health services.

We are especially keen to hear from people in rural and coastal areas, young people, people with learning disabilities and autistic people, and those from agricultural communities.

What's involved?

As an advisory group member, you will:

- Share your views in regular meetings.
- Guide research to focus on what truly matters.
- Ensure community voices are at the heart of the project.



Want to find out more?

- For a friendly, no obligation chat, please contact: **Alexis Quinn (Lived Experience Lead)**
- Email: a.quinn@restraintreductionnetwork.org
- Please get in touch by **Friday 14th November**.