**Title: Developing one-to-one peer support for people with a friend or relative treated under the Mental Health Act**

Opportunity to contribute to the design of a one-to-one peer support programme for people who care for a friend or relative being treated under the Mental Health Act (MHA)

**Link to organisation:**

[National Institute for Health and Care Research](https://www.nihr.ac.uk/)

**Full description:**

We are looking for individuals who have lived experience supporting someone (a friend or relative) treated under the Mental Health Act (MHA) or are currently supporting someone who is being treated under the MHA, referred to here as carers.

The opportunity is to make valuable contributions to designing a one-to-one peer support programme for carers. This is a programme in which carers will be trained to provide one-to-one support to other carers. The workshop will entail sharing your views on areas such as how to identify and recruit carers and what carer peer supports should be taught in training sessions.

This will involve taking part in a one-off workshop that is 1 hour long. There will be two workshops, a carer workshop involving 5-10 carers and a mixed workshop involving 5-10 carers, service users and clinicians.

We are looking for carers and service users (individuals who have been treated under the Mental Health Act) that are over 18 and based in East London or Coventry and Warwickshire.

**Date from**

29th June 2022

**Date to**

31st July 2022

**Organisation**

National Institute for Health Research

The NIHR was established in 2006 to "create a health research system in which the NHS supports outstanding individuals, working in world-class facilities, conducting leading-edge research focused on the needs of patients and the public.
Working in partnership with the NHS, universities, local government, other research funders, patients and the public, we fund, enable and deliver world-leading health and social care research that improves people's health and wellbeing.

**Details**

**Topic:**

Mental health

**Location:**

East London and Coventry/Warwickshire

**Involvement type:**

Identifying and prioritising
Designing and managing

**What support is offered?**

If you have any issues with accessing an online platform, or have any questions about the study, please contact us and we will see how we can help.

A co-facilitator will be present at each workshop who will be able to spend time with you during the workshop, if needed.

### Payment:

£25

### Expenses:

N/A

### Can the work be done from home?

Yes, the workshops will be online, via Microsoft Teams.

### Suitable for a beginner?

Yes

**Contact Us to Sign Up**

If you are interested in participating in a workshop, please contact Abigail G-Medhin, a.g-medhin@qmul.ac.uk