

# Talk to us about Mental Health



*We are looking for participants to share their experiences of mental health services in Essex*



**Our project is researching :**

- Mental Health issues in Essex
- Access to care and support
- Experience of services
- Equality and respect for diversity
- Journeys to recovery

**£50 expenses  
payment**

**How can I take part?**

**Use the QR code or contact details**

**07980 775347**



**alax@essex.ac.uk**



**April & May 2023**



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# Mental Health in Essex



*Could you be interviewed on your experiences of mental health services in Essex?*



## Will this be of interest to me?

- Would you like to share your experiences of mental health services in the region?
- Would you like to have your say on how access to mental health services could be improved and made easier?
- **Do you have an hour to speak privately to a researcher about your experiences?**
- Would you be interested in exploring the power of your story with artists?
- If you interested in these opportunities, please contact us to chat further.

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