

Information:

Lived Experience Collaborators in Research



How we work as collaborators in research

Our [Experts by Experience Consultancy Services](#) offer a range of services that are led and delivered by persons with lived experience within the Global Mental Health Peer Network, and include, but not limited to: public speaking, guest lecturing, conducting workshops and information sessions, consult on projects, review documents, develop materials, and we advise on and help guide research projects throughout all phases.

Working as research collaborators, this often entails the coordination and facilitation of lived experience engagement and consultation sessions, where we involve members of our experts by experience team.

Our highly skilled coordinators/ facilitators ensure that every research project receives high quality contributions from a diverse experts by experience.

What usually happens ...



- GMHPN receives a request via our website or email
- GMHPN management discuss and respond with decision of interest



- GMHPN management meet with research team to obtain further information and project requirements and expectations from GMHPN



- GMHPN provides quotation for service/s requested
- GMHPN provides Terms & Conditions Agreement
- Both parties agree to collaboration



- GMHPN identifies suitable lived experience participants
- GMHPN conducts orientation/ information session with participants



- GMHPN facilitates engagement session/s
- GMHPN collates additional feedback where applicable
- GMHPN provides peer support to participants if required



- GMHPN issues invoice for service/s delivered
- Once payment received - GMHPN pays participants for their contributions

What we expect from our partners

- Value our expertise and understand that our contributions derive from our lived experiences and are complimented by our advocacy work in mental health – this is our role
- We may not come from an academic or research background, so be cognisant of using academic or research lingo – but please do use this lingo, just explain what it means, so that we can learn from it
- Some of us may experience certain difficulties related to our mental health condition or side-effects of medication, so we may need your flexibility in terms of considerations (reasonable accommodations) to allow us to meaningfully contribute – this however doesn't mean that we are unable to provide contributions of high quality
- Reasonable accommodations are specific to each individual and therefore, to understand what adjustments or considerations are required, don't hesitate to ask us what these may be
- We take our work seriously and we strive towards excellence, but to attain this, we work in a certain way that helps us to perform optimally – this means, we need our partners to create suitable conditions for engagement:
 - Be clear about the project expectations, our roles and responsibilities
 - Reasonable deadlines, timeframes and session times considering time zones
 - Information, preparation materials and session dates to be provided at least a month in advance
 - Practice principles of effective engagement: empowerment, mutual respect and trust, transparency, ensure diversity and equality, non-discrimination, enable of safe space that promotes wellness, value our contributions, avoid approaches that are tokenistic and promotes power imbalances.

What our partners can expect from us

- **Vulnerability** – we often make ourselves vulnerable by openly and honestly sharing our lived experiences (the positive and the negative from our journeys) with the aim of adding value to processes that work towards improving the quality of life of all people who are experiencing mental health problems or may be at risk thereof.
- **Commitment** – we see every project through to the end, we go above and beyond to ensure that the expectations of our collaboration is met with the desired results and impact.
- **Adaptability** – we manage and find ways to mitigate risks, but no matter what, regardless, we deliver what is expected of us.
- **Partnership** – we value our partnerships and respect the expertise of stakeholders, and intend to sustain and strengthen partnership relations beyond the collaboration period.