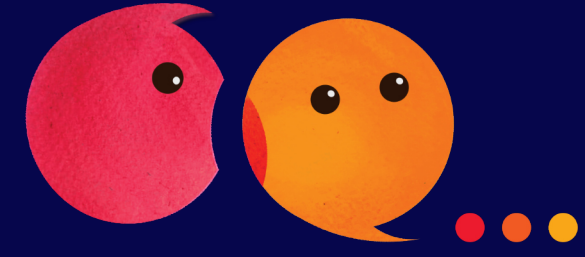


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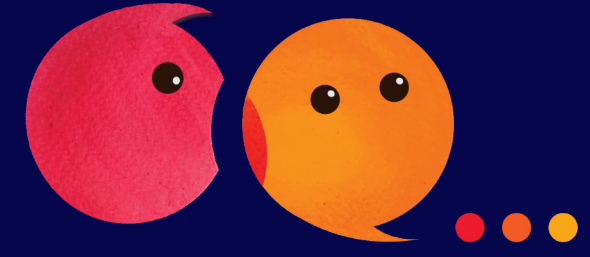
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Mapping out the challenges of access of Mental Health services

Our Project

Our Goal:

- to alleviate mental health challenge without drawing on specialist mental health services
- 1:1 sessions with BAME families
- To design together a provision based within their local community
- Online Workshop



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Our Project

A collaboration between



&



An act for change to transform Young People's mental health

Are you between the ages of 16-25 & from a BAME group?

We would love you to take part in our new research project!

Exploring the lived experiences of young people from ethnic communities of accessing and receiving mental health support

This research is conducted by several researchers from the **University of West London** in collaboration with the **Act for Change, Mental Health charity**.

We'll be doing group interviews which will take up to 1 hour max. and take place either face to face near where you live or online-via the University's platform MS teams.

Your participation will allow us to inform support services and policy making to understand how aspects of mental health services can be improved to accommodate young people like YOU.

Please contact:

Dr Raffaella Milani, Lead Researcher:
Raffaella.milani@uwl.ac.uk

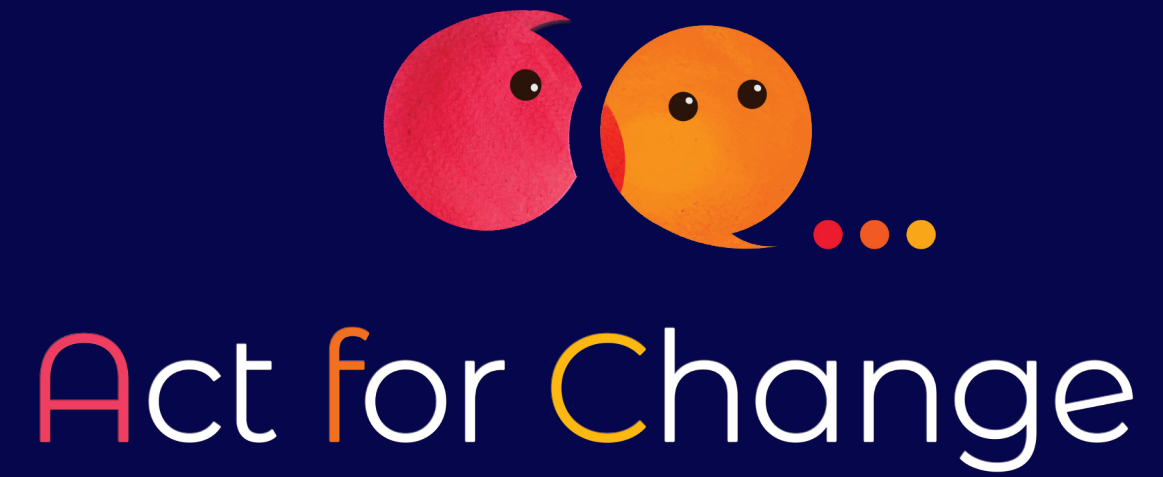
For more information regarding:

Act for Change 
- Mental Health Charity -

Lea Misan, Executive Director:
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Wayne Reid, Lead Researcher:
wayne.reid@actforchange.org.uk

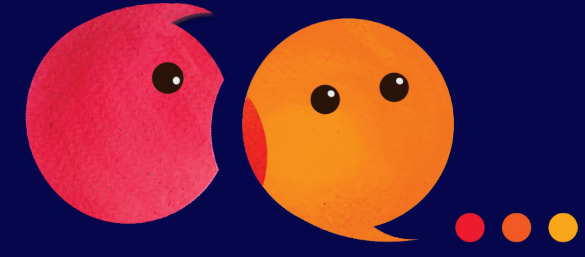
actforchange.co.uk



What next?

We anticipate running a Workshop in December and to take the feedback from that to grow our project in the new year.

Any organisations wishing to take part in this piece of work with us, are welcome to join us.



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End