



Lived Experience Representatives – Core Responsibilities

The Independent Mental Health Network (IMHN) works with local health authorities, health service commissioners, and mental health service providers to improve and transform mental health support for those who may need it.

Co-production is crucial to this. By that we mean: ensuring the voices of those with lived experience of mental health problems are at the centre of how support is designed and provided. This includes people with lived experience shaping the decisions that are made about future mental health care in a meaningful way. There should be nothing about us, without us.

Lived experience representatives will:

- Represent the views and experiences of both themselves and others in contributing to the development of mental health support.
- Work to ensure that mental health support is developed in the best interests of those who may need it.
- Work collaboratively with others and be willing to listen to other points of view.
- Be able to appropriately share personal lived experience to shape future mental health support.
- Feel able to share your views and comments about the project you are involved with.
- You will be able to take part in conversations about mental health within the context of the project meetings and work.

As a lived experience representative, you will:

- Be supported by the IMHN staff team, including with preparing for project meetings and having a space to share your experience of being involved with the project after a meeting has taken place.
- Receive payment for your contributions at the rate specified in the opportunity description (where this is available)

- Have the opportunity to be part of a community of like-minded people working to make mental health support better

If you have any questions about an opportunity with IMHN, or any other aspect of our work, please get in touch with by emailing engagement@imhn.org.