

INTERACT

IMAGINING THE FUTURE OF
MENTAL HEALTH CARE



WHAT IS THE INTERACT PROJECT?



HELLO! MY NAME IS LISA DIKOMITIS. I AM A PROFESSOR IN MEDICAL ANTHROPOLOGY AND I LEAD THE INTERACT PROJECT. WE WANT TO TALK WITH YOU ABOUT MENTAL HEALTH AND MENTAL HEALTH CARE SERVICES IN KENT. WHAT DO YOU THINK ABOUT MENTAL HEALTH CARE? WHAT IS YOUR EXPERIENCE WITH THE SERVICES? WHAT SHOULD MENTAL HEALTH CARE LOOK LIKE IN THE FUTURE? WE WILL HOLD WORKSHOPS AND DISCUSSION GROUPS TO DISCUSS THE FUTURE OF MENTAL HEALTH CARE!

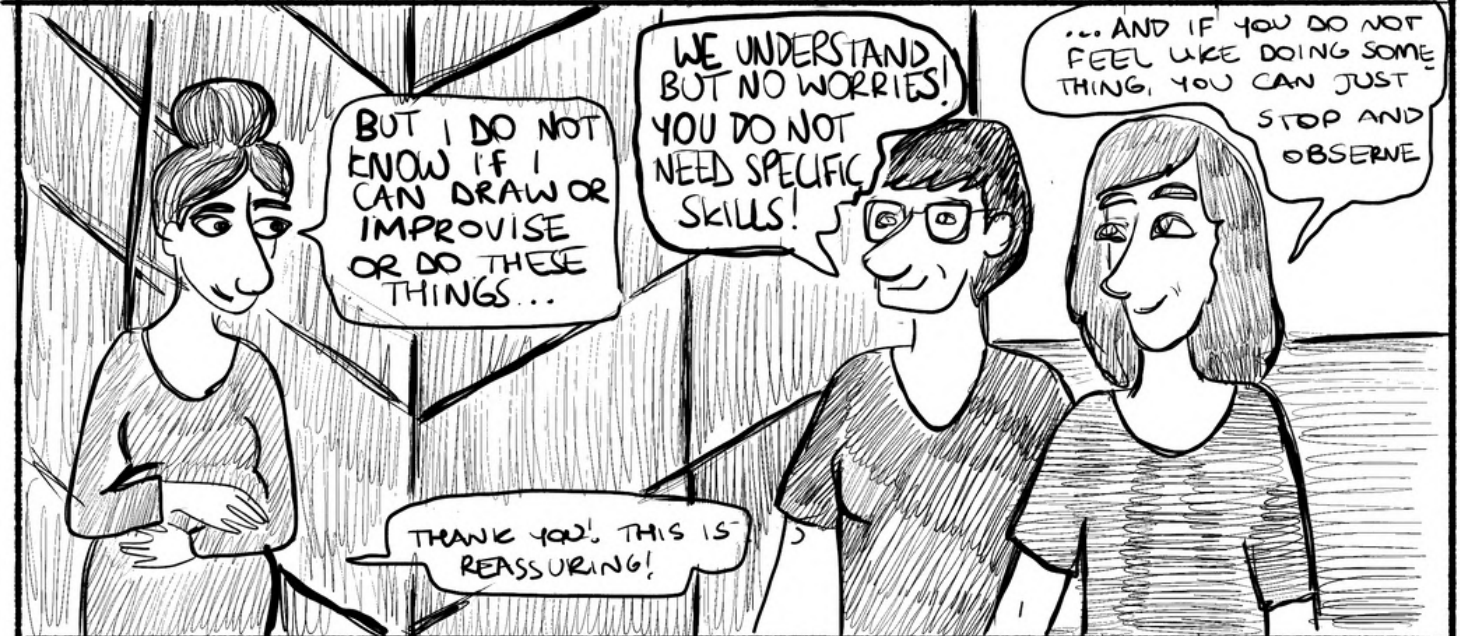
THIS IS THE FABULOUS RESEARCH TEAM BEHIND INTERACT AND WE WILL WORK TOGETHER WITH YOU TO IMAGINE A BETTER FUTURE FOR THE NHS!




INTERACT WORKS WITH PEOPLE LIVING IN KENT: PEOPLE FROM ETHNIC MINORITIES, NEW MOTHERS, YOUNG PEOPLE AND OLDER ADULTS HAVE DIFFERENT EXPERIENCES OF MENTAL HEALTH AND MENTAL HEALTH SERVICES. INTERACT WANTS TO MAKE SURE THAT YOUR VOICES ARE HEARD AND YOUR NEEDS MET. YOUR EXPERIENCE MATTERS!



THE INTERACT WORKSHOP





BENEFITS AND RISKS OF TAKING PART IN THE INTERACT PROJECT

WHY SHOULD I TAKE PART
IN THE
PROJECT?

BUT WHY
SHOULD MY
EXPERIENCE
MATTER?

THIS IS A UNIQUE OPPORTUNITY
TO MAKE YOUR VOICE HEARD! YOU WILL
HAVE THE CHANCE OF SHARING
YOUR EXPERIENCES WITH MENTAL HEALTH
AND TELL US HOW YOU IMAGINE MENTAL
HEALTH CARE IN THE FUTURE!

AS PSYCHIATRISTS WE WOULD
LIKE TO IMPROVE MENTAL
HEALTH CARE SERVICES
FOR EVERYONE!



I SEE! DO
YOU THINK
THERE ARE
RISKS INVOLVED
IN THE PROJECT?

NO, WE DO NOT
FORESEE ANY
RISKS. FURTHERMORE
WE ARE VERY
EXPERIENCED RESEAR.
CHERS AND WE WILL
DO OUR BEST TO
MAKE SURE YOU WILL
HAVE GOOD TIMES
WITH US!



THIS IS
A VERY
SPECIAL PROJECT
WHERE LOCAL
COMMUNITIES
ARE INVOLVED IN
REAL DIALOGUE
AROUND MENTAL
HEALTH

WHAT IF I CHANGE MY MIND AND I NO LONGER WANT TO PARTICIPATE? WHAT WOULD HAPPEN?

YOU CAN TELL US AT ANY TIME THAT YOU WISH TO STOP PARTICIPATING. BUT ONCE WE HAVE USED THE INFORMATION COLLECTED DURING THE WORKSHOPS IN MAGAZINES, ON WEBSITES AND IN EXHIBITIONS, WE CAN NO LONGER CHANGE THAT.

OK!

WHAT WILL HAPPEN WITH THE INFORMATION I SHARE WITH THE TEAM? AND WITH THE PHOTOS AND DRAWINGS?

WE WILL MAKE SURE THAT ALL THE INFORMATION IS AS MUCH AS POSSIBLE ANONYMOUS.

WE WILL NOT USE YOUR REAL NAME. YOU CAN CHOOSE A NICKNAME! WE WILL REMOVE ALL THE DETAILS THAT MIGHT MAKE YOU IDENTIFIABLE!

WHAT ELSE DO I NEED TO KNOW?

WE WILL STORE ALL THE INFORMATION IN PASSWORD PROTECTED COMPUTER. ONLY THE INTERACT TEAM WILL HAVE ACCESS TO DATA. IT WILL NOT BE POSSIBLE TO MAKE PHOTOS, VIDEOS AND DRAWINGS COMPLETELY ANONYMOUS BUT WE WILL NEVER ASSOCIATE REAL NAMES WITH IMAGES.

COOL, THANKS!



IF I JOIN THE WORKSHOP, WHAT WILL HAPPEN?

IF YOU AGREE TO PARTICIPATE, YOU WILL HAVE TO SIGN TWO CONSENT FORMS: ONE FOR US TO KEEP IN OUR RECORDS AND ONE FOR YOU!



WHERE CAN I FIND UPDATES ABOUT THE INTERACT PROJECT?

IT WOULD BE GREAT IF YOU, YOUR FAMILY AND YOUR FRIENDS CAN ATTEND THE PUBLIC TALKS AND COME AND SEE THE EXHIBITIONS. WE WANT TO ENGAGE WITH AS MANY PEOPLE LIVING IN KENT!

WE PLAN A SERIES OF EVENTS AND ACTIVITIES: MOBILE EXHIBITIONS AND PUBLIC TALKS. WE WILL ADVERTISE THEM THROUGH THE INTERACT PROJECT PAGE!



YOU CAN ALSO FOLLOW US ON SOCIAL MEDIA BUT WE WILL GIVE YOU DETAILS ABOUT OUR EVENTS AS THE PROJECT PROGRESSES!



WE WILL ALSO RECORD A PODCAST ABOUT MENTAL HEALTH...



WE WILL ALSO MAKE SOME ZINES WITH OUR ARTWORK AND YOU CAN GET THE ZINES FOR FREE!

WE WANT TO WORK TOGETHER WITH YOU
TO IMAGINE A BETTER FUTURE FOR THE NHS

INTERACT is a collaboration between researchers and mental health service providers across Kent. We want to ensure everyone has an equal voice in shaping the future of mental health and wellbeing services in the region.

INTERACT will help researchers, health practitioners, policymakers, and the public to better understand the mental health needs of local young people, new mothers, older adults, and Kent's ethnic minority communities.

In the workshop and discussion group, we hope to capture your lived experiences and better understand your hopes and expectations for the future.

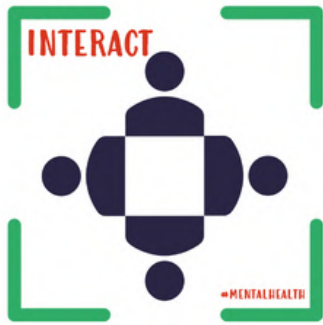
The workshop activities and discussion group will take a few hours and there will also be food and refreshments available. We can also help you get to and from the workshop.

Insights from the creative workshops will be shared through a touring exhibition, public talks, zines, podcasts, Tik-Tok videos, a policy brief, and a journal article.

FOR MORE INFORMATION AND TO TAKE PART
IN THE WORKSHOP TALK WITH US AND
MAKE YOUR VOICE HEARD!

01227 823560 OR INTERACTPROJECT@KENT.AC.UK

www.research.kent.ac.uk/chss/research-projects/interact/



Funded by:



Arts and
Humanities
Research Council

Are you a...

- young adult between 18-35?
- new mum with kids under 3 or expecting?
- migrant or member of an ethnic minority community?
- older adult over 65?



Scan the
QR code to

INTERACT

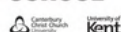
Or click here to sign up!

ARTWORK:
LETITIA Bonanno

In partnership with:



Centre for
Health and Medical
Humanities



Kent and Medway
NHS and Social Care Partnership Trust



West London
NHS Trust

Turner
Contemporary