
What is the project?

Supported self-help is a free, 6-week guided programme run by Mind. The programme provides six weeks of support to people who are experiencing mild to moderate mental health problems. It incorporates some Cognitive Behavioural Therapy (CBT) style tools but also provides other kinds of support. It is delivered in the community by local Mind staff who have been trained in the intervention and people can self-refer to the service.

The programme is now being rolled out across local Minds in England. The next phase of supported self-help is trialling the use of two digital platforms. The first is a digital platform called Limbic, an artificial intelligence platform already widely deployed in NHS services to support the referral and triage process. The second is Views which digitises the filling out of survey data and provides insights from this.

The programme wants to make support for common mental health issues accessible to more people in local communities. This seems even more a need in the wake of the pandemic and current cost of living crisis people are currently facing.

Mind are keen to evaluate if the digital platforms they are introducing to supported self-help improve the service. They want the evaluation to have lived experience involvement built into it. Two organisations, the McPin Foundation and Ipsos Mori are working together to do this. You can find out more about the evaluation team and how you can get involved below!

Who are the supported self-help programme evaluation team?

The evaluation team are the McPin Foundation and Ipsos MORI.

The McPin Foundation are a mental health research charity that are passionate about involving people with lived experience in the work we do so that it is relevant and meaningful to people’s lives. We use a ‘peer research’ model so that people with direct experience of a mental health problem, or set of circumstances, are employed to work on evaluations from a nuanced, lived experience perspective. Two peer researchers will be working on this project alongside lived experience advisory members.

Ipsos MORI are a leading market research company. They have extensive experience working with governments, the voluntary sector and other organisations to generate mixed method, theory led evaluations. The team working on this project is experienced at including the service user voice in evaluations, particularly those of vulnerable groups.

What’s the purpose of the advisory group?

The advisory group will be involved across the whole length of the evaluation to support the evaluation teams of McPin and Ipsos to ensure that the work they do is meaningful and embedded in lived experience expertise. There will be a chance to shape and inform the evaluation. For example, the design of the data collection tools, analysis of the data and write up of the final reports.
Are there any criteria for the advisory group?

- Personal experiences of mild to moderate mental health issues
- Have used Active Monitoring/Supported Self-Help services with Mind or other mental health services in the community or within the NHS
- Be 18 or over

For this work mild to moderate mental health means:

- A *mild* mental health problem is when a person has a small number of symptoms that have a limited effect on their daily life.
- A *moderate* mental health problem is when a person has more symptoms that can make their daily life much more difficult than usual.

**Time commitment**

The project will run from November 2023 to September 2025. We estimate that there will be a meeting every 4 months across this time frame with the potential for there to be a few more during the initial stages as we get to know each other as a group and understand the project better.

Each meeting will last 2 hours and will be facilitated by McPin peer researchers. In between meetings various tasks and correspondence can happen via email or one to one chat when required.

**Requirements**

- Access to a computer/tablet/phone that allows you to join a video call
- Working webcam for meetings
- Access to headphones or a private space for meetings

**Payment**

All activities will be paid. Payment at a rate of £25 per hour and there will be a £5 digital payment per meeting.

**Interested?**

If you are interested in taking part in this project, please fill in an expression of interest form. If you would like to chat further about this opportunity with a member of McPin staff working on the project, please contact Georgia Naughton at GeorgiaNaughton@mcpin.org or on 077435 17051. The closing date for applications is the 4th November 2023.