



Mental Health in Our Communities

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Who was involved?

Haref



Fulfilling Lives

Newcastle Gateshead



Who were the peer researchers?

First Step



Riverside Community Health Project



Rainbow Home

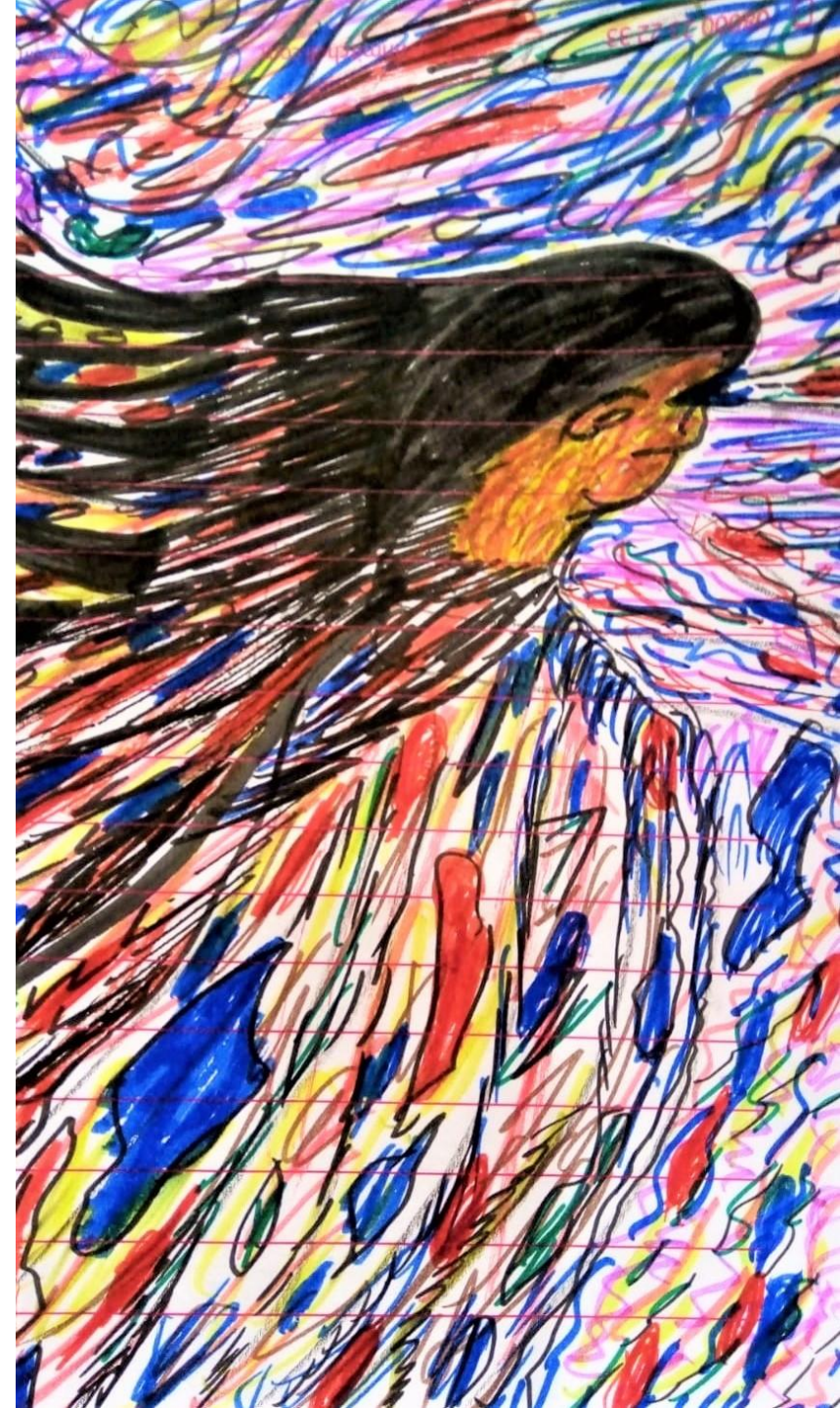


RAINBOW
HOME

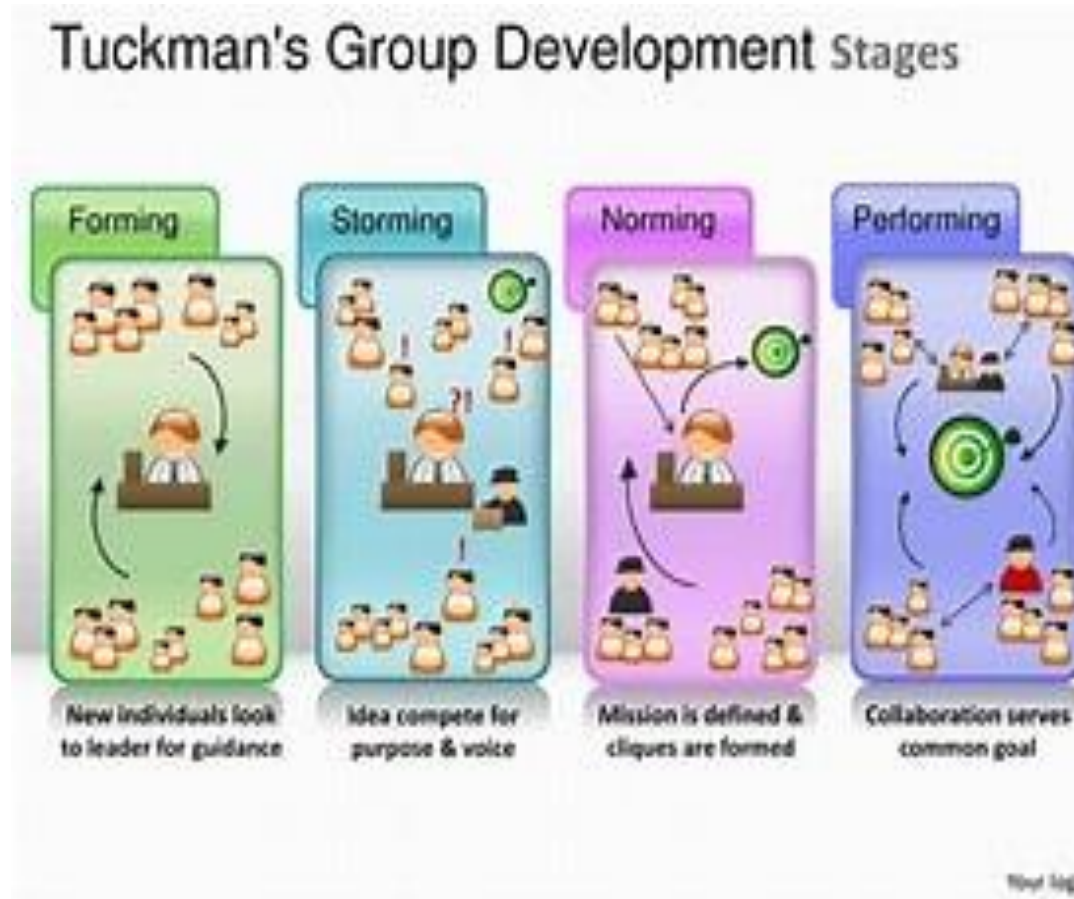
West End Friends/Search



The Learning Process

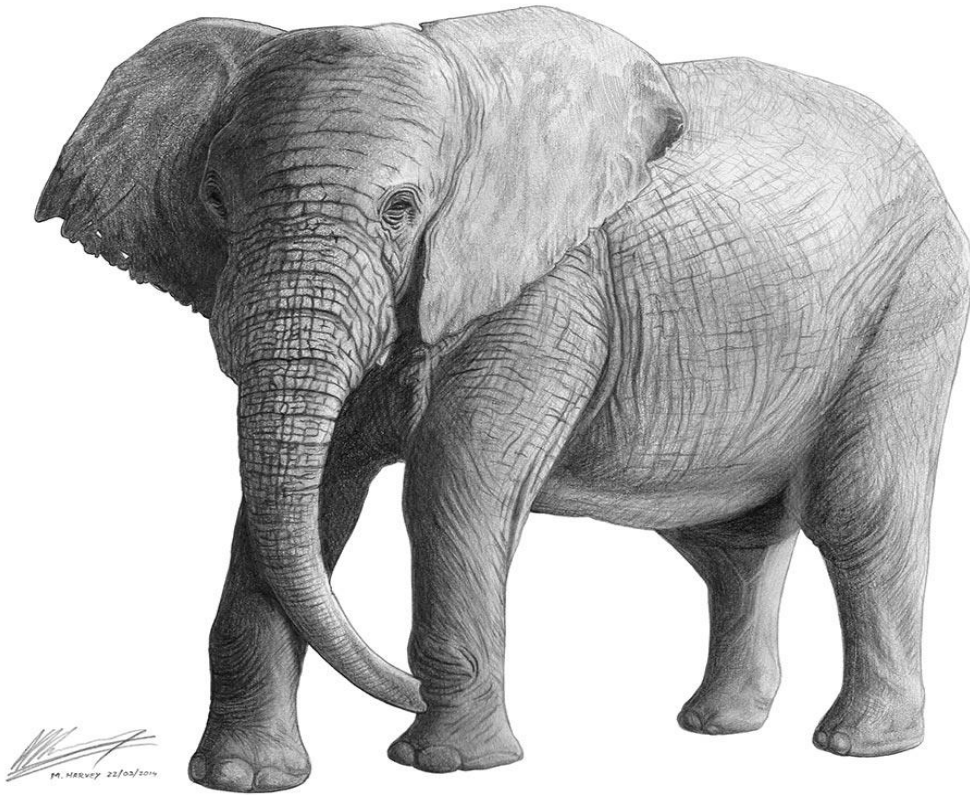


Experience with Training



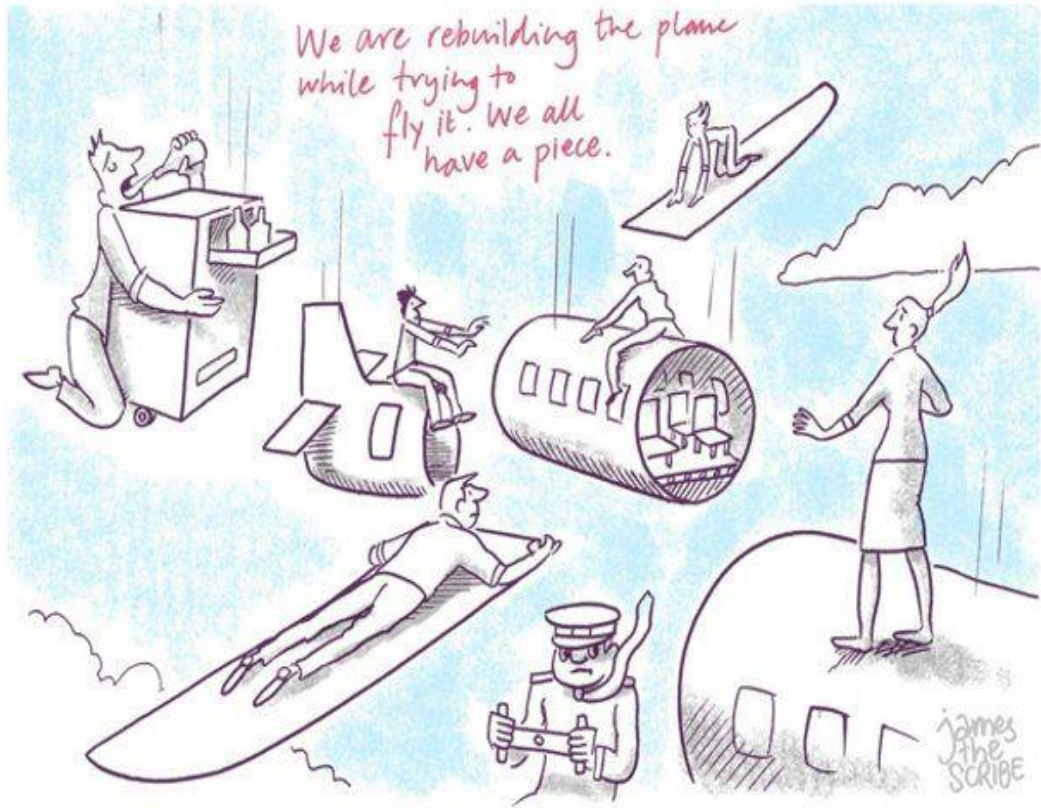
- 1st time users of Zoom “You are on mute”
- 1st time multicultural collaboration
- Language & Technology barriers
- Mental Health(Anxiety) of researchers during lockdown
- Family, children lockdown at home
- Adults getting training after many years in a different cultural setting

Experience with Training



- Use of term “Mental Health”
- Word evoke emotions
- Extensively discussed cultural, gender, generational differences amongst researchers

Experience with Training



- Immediate, practical, actionable, how-to-guide
- Developed resilience & empathy
- More aware of our mental health on a daily basis
- Once in a lifetime experience

Why is peer research
so important and
effective?



Thank you!!