**STORIES OF LIVED EXPERIENCE**

We, the Royal College of Psychiatrist’s Faculty of Rehabilitation & Social Psychiatry, are collecting stories from people with lived experience of long term mental health conditions. These stories will support the work of The Faculty, which is made up of psychiatrists, service users and carer representatives with experience of psychiatric rehabilitation services. We want to understand and represent such experiences.

Some of the stories collected will be placed on the Faculty website. We may also use them in future reports and campaigns.

We appreciate that sharing your story with others can be difficult; you may need support from carers or the individual who has invited you to participate.

Taking part in our project is entirely voluntary, and stories will be anonymised.

Patients and carers with lived experience are leading on this project.

# STORY COLLECTION FORM

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| All stories of living with long term mental health conditionsare appreciated.    These may include your experience of mental health rehabilitation services e.g. how you accessed services; what you feel helped and what didn’t; what would you like services to know and do differently?    Additional pages are welcome, as are stories written in other formats (other paper, typed etc). We would suggest keeping the word count to less than 1000 words if possible. Please do not identify any individuals in your stories to maintain confidentiality. Submissions may be edited. | |
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Thank you for taking part in this project.

**YOUR INFORMATION**

If you share your story with us:

It will be kept securely on file by the Royal College of Psychiatrists.

We may post it on the Royal College of Psychiatrists website with all personally identifiable information removed.

We may also use it in Royal College of Psychiatrists publications or campaigns. We will ask your permission before we do this.

You can ask us to remove your story from the website or not to use it further at any time.

Read about the Royal College of Psychiatrists data protection commitment here <https://www.rcpsych.ac.uk/about-us/data-protection/privacy-notice-for-the-public>

**CONSENT**

I agree to share my story with this project.

Name of participant ……………………………….

Email address…………………………………….

Signature …………………………………………..

Date …………………………………………………

Please return the form by post to Catherine Langley, Faculty & Committee Manager,

Royal College of Psychiatrists, 21, Prescott Street, London, E1 8BB or by email to [Catherine.Langley@rcpsych.ac.uk](mailto:Catherine.Langley@rcpsych.ac.uk)