

# Mental Health Foundation

Sea Containers House, 20 Upper Ground, London SE1 9QB

## RECRUITMENT LEAFLET

### Recovery and Resilience: Tell Us Your Stories

Are you an African, African-Caribbean or South Asian woman living in London?

Do you have direct experience of recovering from mental distress and of using mental health services?

The Mental Health Foundation is conducting a study titled **Recovery and Resilience: African, African Caribbean and South Asian Women's Narratives of Recovering from Mental Distress**

We would like to invite you to participate in this study by telling us your stories. The purpose of the study is to collect your views on:

- How you understand mental health and mental distress
- What recovery means to you
- What has been helpful to you in your recovery
- How you maintain your wellbeing

Taking part will involve talking to one of our researchers about your experiences. All researchers involved in this study are also people with direct experiences of mental distress and recovery.

As a token of our appreciation, those who take part will be paid £20 worth of vouchers plus all expenses.

If you would like to take part in this study, please **contact Jayasree Kalathil** by phone (**07906165614, 02086409052**) or email (**Jayasree@survivor-research.com**). Jayasree will then tell you more about the study.

This is your chance to help other women like you learn from your experiences.

We look forward to hearing from you.

**The Recovery and Resilience Project Team**