

# THE CO-RESEARCHERS JOURNEY IN COACT FOR MENTAL HEALTH



### ASSUMPTA'S Story

ISOLATION  
IT'S IMPORTANT to have a BREATH

EMAIL INVITATION TO PARTICIPATE  
WAS A GIFT

SOCIAL SUPPORT IS AS VALUABLE AS PROFESSIONAL  
THERAPEUTIC LIBERATING  
LOTS OF OVERLAPPING EXPERIENCES

MICRO STORIES

### ALBA'S Story

16 hospital admissions before living with mother  
MOTHER IS LEGAL CAREER

INITIAL ANSWERS  
I'M GOING TO TRY THIS

THE WRITING PROCESS WAS WIDE OPEN WITH CLEAR GUIDELINES  
MUCH MORE POSITIVE  
what happened to me!!

Some stories stop you in your tracks  
A LOT OF SUPPORT from group

### VICENÇ'S Story

OLDER BROTHER IN LONG TERM CARE for the last 30 YEARS  
HOSPITAL  
SECRETARY: CATALUNYA MENTAL HEALTH FEDERATION

THIS IS FOR ME!! I'M IMPLICATED!! IT AFFECTS ME!!

WORKING MICROSTORIES WAS THE HEALING EXPERIENCE

NEW APPRECIATION of what is involved in a PROJECT like this one  
LESS WE FEEL ALONE NOW  
and the VALUE of COMMUNITY PROJECTS

### AMANDA'S Story

lots of LIGHTBULB MOMENTS  
WHAT IS MY MESSAGE?  
THE EXPERIENCE WAS TRANSFORMATIVE!

MEMBER LETTER  
I feel valued

14 PERSON ANXIETY

WE ARE IN A GREAT MOMENTUM  
We've got to keep it going

SOCIAL CHANGE needs TIME and PERSPECTIVE

### ANA'S Story

WHAT GOOD can I do?  
from INTROSPECTION to EXPLOSION!!  
WOW! I can make an IMPACT

IMAGINA  
IT'S A PRIVILEGE to BE PART of THIS

IT'S OK TO NOT BE OK  
IT'S OK TO NOT BE OK  
SELF ESTEEM

### QUIONA'S Story

RESEARCH NOTEBOOK  
GROUP SESSIONS  
RESEARCH RELEASED  
I'M NOT ALONE  
AND IT HAS HELPED ME BE KINDER TO MYSELF  
WITH POSITIVE BEHAVIOUR CHANGES

TAKE A DEEP BREATH

can be used ELSEWHERE such as MUTUAL SUPPORT GROUPS

"A much more horizontal research. It's not that some do the studying, and others are the studied. Between us, we all do a little bit of everything"  
A. M., CoAct for Mental Health Co-Researcher

This graphic document is a testimony of the Co-Researchers' contribution to CoAct for Mental Health over a long and still unfinished journey, from 2020 to 2022. Co-Researchers, people with mental health problems and their families, have been the main actors of this research, as in-the-field competent experts. The research involved launching a chatbot in Telegram where anyone can listen to their lived experiences and react to them. Co-Researchers have been involved in the interpretation of the data collected and drew conclusions to make political recommendations and support specific demands.

CoAct for Mental Health is part of CoAct (Co-designing Citizen Social Science for Collective Action), a project funded by the European Union's Horizon 2020 research and innovation programme. CoAct understands Citizen Social Science as participatory research co-designed and directly driven by citizen groups sharing a social concern. We expect to upscale this project at a more global level and to replicate it to other social pressing issues.

