

Why consider taking part in Let's Talk 2?

Whether you are randomly allocated to continue with your standard care, or to take part in the Let's Talk intervention in addition to your standard care, your participation is equally important to us. By taking part, you are helping us learn about how best to help people who experience psychosis and have concerns about stigma.

Participants in both 'arms' of the trial will have the opportunity to talk to a supportive researcher about their experiences and will receive £25 for each assessment that they attend with a research assistant.



How can I take part?

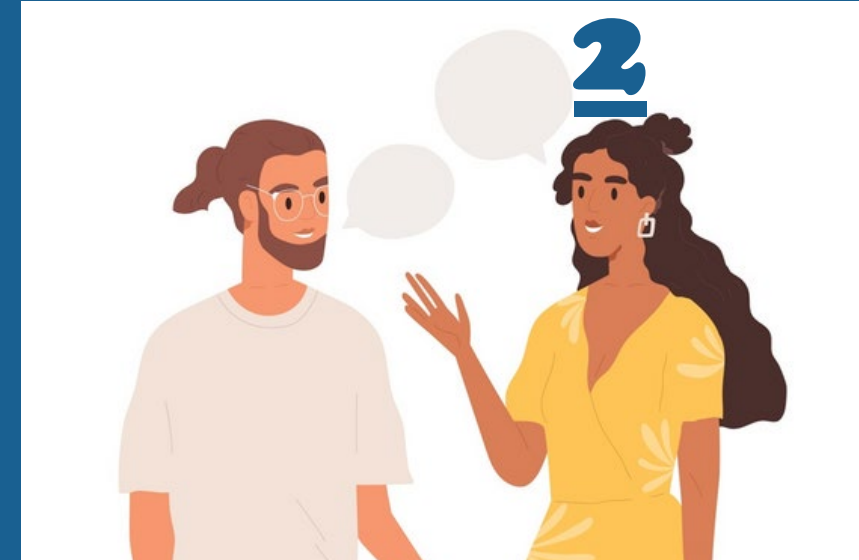
If you would like to find out more about Let's Talk 2, or you are interested in taking part, please speak to your GMMH care coordinator or contact us directly:

Email: [Insert Let's Talk 2 email address]

[RA Name] (Research Assistant):
[insert RA email], [insert RA phone number]



Let's Talk



We would like to speak to people who have experience of psychosis, and who feel that mental health stigma has affected them talking to others about their mental health.

Why are we doing the Let's Talk 2 study?

Some people who experience psychosis say that they have faced negative attitudes from others about psychosis, this is called stigma. Sometimes people who experience psychosis also say that they have been treated unfairly because of their mental health difficulties, this is called discrimination.

Because of stigma and discrimination some people can, understandably, begin to think or feel badly about themselves, and this is called 'internalised stigma'. It can be difficult knowing whether to 'disclose' or talk about a mental health difficulty to others because of concerns about stigma.

Let's Talk 2 is a trial testing whether the Let's Talk intervention helps people who experience psychosis and have concerns about stigma.

What is the Let's Talk intervention?

The Let's Talk programme was designed to help people who are concerned about talking about their mental health condition because of stigma.

Let's Talk aims to help people think about the pros and cons of talking about mental health in everyday life and support you to make the best decision for yourself.

With help from a Peer Support Worker (PSW), you can explore techniques that have helped other people to talk about their mental health. Let's Talk is about supporting you to decide what information, if any, feels right for you to share with others.

You will be provided with a workbook containing information to help you make these decisions, and your PSW will work with you as you move through the sections of the workbook together.

Who is a Peer Support Worker (PSW)?

A PSW is a mental health worker who has also experienced similar mental health difficulties and understands the negative effects of stigma personally.

What happens if I choose to take part?

Consent, Eligibility and Assessment

You will have the chance to discuss the study with a researcher and ask any questions that you may have about taking part. If you would like to take part, you will be asked to complete a Consent Form saying that you agree to be a part of this research study. A researcher will then complete with you a questionnaire and ask you some questions to check that the Let's Talk 2 Study is a good fit for you. Please note that after this assessment, you may not be eligible for the study.

If you are eligible, you will be asked to complete a further 8 questionnaires which will include questions about your wellbeing, and your experiences of stigma.

You do not have to answer all of these questions if they feel difficult or upsetting. No-one will be upset with you if you decide you do not want to complete a questionnaire.

Randomisation

A computer will randomly assign you to receive either:

A) Your standard care: The care you would usually receive with your care team.

OR

B) Your standard care plus The Let's Talk programme: The care you would usually receive with your care team plus up to four months of the Let's Talk programme with a peer support worker.

Follow-up appointments with a researcher

Whether you are allocated to continue with your standard care or take part in the Let's Talk 2 programme + your standard care, you will be asked to meet with a researcher for follow-up assessments after 4 months and 12 months. These meetings will involve a conversation with the researcher about mental health stigma and its impact on wellbeing, plus nine questionnaires. These are the same questionnaires as at the first appointment.

