



Experts by Experience

‘Opening doors, opening minds, exercising the experiential...’

Experts by Experience provides opportunities for communication between practitioners and people with lived experience of mental challenges. We have created dialogic spaces where trainee doctors, psychologists, student mental health nurses, masters psychology students, social workers and people interested in becoming psychiatrists can engage with a wide range of lived experience. We can offer experiential expertise in topics including self harm, hearing voices and seeing visions, psychosis, recovery, communication, peer support, supported housing and medication side-effects. We design workshops tailored to the training needs of our clients.

Experts by Experience is a Bridge Collective project. It offers inclusive opportunities for people to speak about their experiences in a supportive environment. We take a collective approach, working as a team to challenge perceptions of mental health and mental illness. We encourage people to participate in ways that support their own wellbeing. People can contribute in many forms, from planned talks to shared art-work, music, writing, video. We are open to learning new ways to explore and share our lived experience.

www.bridgecollective.org.uk/activities-and-groups/experts-by-experience

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