

IN2GR8MENTALHEALTH

VALUING, DESTIGMATISING AND
SUPPORTING LIVED EXPERIENCE
OF MENTAL HEALTH DIFFICULTIES
IN MENTAL HEALTH
PROFESSIONALS



in2gr8mentalhealth is a centre for the valuing, destigmatising and support of lived experience of mental health difficulties in mental health professionals. We are all human and mental health problems are common in our human population no matter the role you are in.

OUR VISION

Mental health professionals' lived experience of mental health difficulties is valued, supported and destigmatised by all pillars of the mental health scene (professional bodies, workplaces and training courses), embracing the humanity of its workforce.

OUR MISSION

To be a centre for valuing, supporting and destigmatising lived experience of mental health difficulties by working directly with the pillars of the mental health scene through: peer mentoring, training, consultation, research and public engagement.

2262

twitter
followers

171

instagram
followers

147

youtube
subscribers

283

facebook
followers

KEY WEB STATISTICS

2K

monthly visits

2K

post views

87

blog subscribers

2K

youtube visits

CONTACT

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In2gr8mentalhealth launches new services and becomes a centre for valuing, supporting and destigmatising lived experience of mental health difficulties in the registered mental health professions

In the summer of Covid lockdown 2020, attending to the mental health of healthcare staff took centre stage in a way not seen before.

in2gr8mentalhealth stood by as the barriers of mental health stigma, and denigration of lived experience in the mental health professions, were still experienced as woefully entrenched in the mental health scene.

in2gr8mentalhealth has worked with these issues since its inception in 2017. Founder Dr Natalie Kemp, a clinical psychologist with lived experience of mental health difficulties, created a voluntary enterprise born from her own breakdown: a peer support forum to find and connect compassionately with registered mental health professionals. She worked with clinical psychology doctoral training courses and the British Psychological Society and spoke publicly on the subject. in2gr8mentalhealth has since become a strong symbol for challenging the stigma of lived experience of mental health difficulties in the registered mental health scene: we are all human and can struggle at any time in the face of life's challenges and our lived experience can be valued as deepening of our professional practice.

Provider lived experience of mental health difficulties is at the heart of leadership at in2gr8mentalhealth. Natalie as CEO is delighted to be joined by Director, Dr Anna Chiara Sicilia, also a Clinical Psychologist with lived experience of mental health difficulties. More can be read about their stories and lead author publications for the British Psychological Society in this area, at the new in2gr8mentalhealth website: (www.in2gr8mentalhealth.com/meettheteam).

in2gr8mentalhealth has transformed into a registered company with new services launched for the first time on 14th September 2020 (www.in2gr8mentalhealth.com/whatweoffer). It is now a hub for the registered mental health professions for supporting and valuing lived experience in the workforce.

in2gr8mentalhealth offers a private, moderated peer forum, one-to-one and group mentoring (including for those aspiring to the professions), training and organisational consultancy services including policy and audit work. in2gr8mentalhealth will continue to work systemically with all pillars of the mental health scene for stigma change: professional and regulatory bodies, NHS Trusts and workplaces and university undergraduate and clinical training courses. in2gr8mentalhealth hopes to develop an advocacy service and will actively seek funding support for future provision.

Central to in2gr8mentalhealth's values is empowering a choir of peer voices to speak out in effective anti-stigma work, which can also form a part of professionals' recoveries as they divest themselves of provider lived experience shame. in2gr8mentalhealth has a strong public presence through its social media channels and public blog.

Most recently in2gr8productions was developed to enhance public output. in2gr8productions' first work is an international 'in conversation with' video series homespun during Covid lockdown. Each of 15 episodes is a conversation with a mental health professional with lived experience, speaking about the personal and professional journey of this, and embracing the common humanity of this issue.

The trailer for the series was released on the in2gr8mentalhealth YouTube channel on 2nd September 2020 (www.youtube.com/c/in2gr8mentalhealth) and gained over a thousand views in the first week. The episodes launched there on 14th September 2020 and will air weekly on Mondays at 7pm. The series will remain available as a playlist and it is hoped, a compelling adjunct resource to training.

in2gr8mentalhealth is committed to developing further involvement and employment opportunities to those with lived experience as it expands. If you have any further queries, please email contact@in2gr8mentalhealth.com or get in touch with in2gr8mentalhealth via the contact page on our website www.in2gr8mentalhealth.com/contact.

Publications:

Hogg, C., & Kemp, N. (2020). Statement on clinical psychologists with lived experience of mental health difficulties. Retrieved 2020, from [https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy - Files/Statement on clinical psychologists with lived experience of mental health difficulties.pdf](https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Statement%20on%20clinical%20psychologists%20with%20lived%20experience%20of%20mental%20health%20difficulties.pdf)

Kemp, N., Scior, K., Clements, H., & White, K. (2020). Supporting and valuing lived experience of mental health difficulties in clinical psychology training. Retrieved 2020, from [https://www.bps.org.uk/sites/www.bps.org.uk/files/Member Networks/Divisions/DCP/Lived experience of mental health difficulties in clinical psychology training.pdf](https://www.bps.org.uk/sites/www.bps.org.uk/files/Member%20Networks/Divisions/DCP/Lived%20experience%20of%20mental%20health%20difficulties%20in%20clinical%20psychology%20training.pdf)