

## Are you a young person wanting to help shape mental health early support services?

*“I believe early intervention is key as it prevents a potential crisis as well as preventing disruption in a young person’s life.”*

*Young person from Nottinghamshire*



We are looking for young people up to the age of 25 to share views and experiences to help shape mental health early support services.

Click [here](#) to find out more.

There are two ways that you can get involved:

- 1) Participate in a quick survey by Friday 18th September. To access the survey, click here: <https://www.surveymonkey.co.uk/r/XF8JW6H>
- 2) Take part in a virtual focus group by contacting [gabrielle@leaders-unlocked.org](mailto:gabrielle@leaders-unlocked.org) or call or text 07463734582.

Telephone interviews are also available for those who would like to take part in this.

**All engagement ends on Friday 18<sup>th</sup> September 2020.**

**To participate in a telephone interview or to request materials in a different format, email [sasha.bipin@nhs.net](mailto:sasha.bipin@nhs.net) or call or text 07818580719.**