

Call for Expressions of Interest to join a Research Advisory Group

We are seeking expressions of interest from **young people aged 18-25** who live in Ireland and have **experience providing support to a friend***, to join an advisory group for a new research project.

The Project

Dr. Sadhbh Byrne from the Department of Psychology at Maynooth University is leading a new research project, called **PRISM** (PRovision of Informal Support for Mental health), in partnership with Mental Health Ireland and funded by the Irish Research Council.

Research suggests that young people often turn to their friends when struggling with their mental health. However, at present, there is very little research on the type of support that is provided by friends, or what the experience of supporting a friend is like.

To tackle this, the PRISM project aims to understand:

- What type of support is provided by friends.
- What the experience of providing support is like.
- What information and supports might be helpful for young people providing support to friends (i.e., "supports for the supporters").

We aim to gather this information through a **survey** which will be distributed to young people across Ireland. The survey will be **co-designed** with an advisory group of 18 - 25-year-old young people in Ireland who themselves have experience providing support to friends.

That's where you come in!

Turn to the next page to learn about what's involved.

*Note that the PRISM project uses the word "friend" broadly; this could include a classmate, housemate, workmate, sibling, cousin, partner, etc.

What is Co-Design?

Co-design is an approach to designing with, not for, people. In this project, the advisory group will co-design a survey with the researchers, to decide:

- The questions that are meaningful to ask in the survey.
- What the survey should look like.
- How we should let young people know that we are carrying out the survey, and invite them to take part.
- How to make sense of the results of the survey.
- How we can best share the results.

Am I eligible?

To join the advisory group, you must:

- Be aged between **18 and 25**, live in Ireland, and have **experience providing support to a friend experiencing challenges with their mental health.**
- Have an Internet connection and a device (e.g., tablet, laptop) that enables you to take part in meetings on Microsoft Teams.

If I join the Advisory Group, what will be involved?

If you join the group, you will be asked to:

Attend and actively participate in an induction meeting and four workshops, all online on Microsoft Teams

- 1 x 2-hour induction meeting in February 2024
- 4 x co-design workshops (3 hours each). The dates will be finalised later, but our current plan is to hold these in February, March, September and October 2024.
- Actively and respectfully participate in the meeting and workshops

Review relevant documentation

- Review a small number of documents that will be sent to you by email before/after the workshops.
- Send us feedback on the documents by email..

Maintain communication with the research team by email.

You will be provided with a gratuity to thank you for your time.

Turn to the next page for
more info 

What can I expect from the research team?

If you join the advisory group, you can expect the following from us:

- The induction meeting and workshops will be facilitated by Dr. Sadhbh Byrne. Other members of the research team will also be available to answer questions and provide support during the meeting/workshops.
- We will provide all advisory group members with clear information before each workshop, to make sure everyone understands the purpose & aims.
- You will learn about research design - we will provide information on what a survey is, and important things to consider in survey design, in advance of the relevant workshop.
- We will actively and respectfully participate in all meetings and workshops, and encourage and support a respectful atmosphere in meetings and workshops.
- We will keep you updated on the progress of the project.

What are the researchers looking for in the advisory group?

We are looking for an advisory group of approximately **6** enthusiastic young people **aged 18-25**, with a diverse range of experiences, from **across Ireland**. All members of the group should **have experience supporting a friend through mental health challenges**, and should be willing to **actively and respectfully contribute in meetings and workshops**. We welcome and encourage expressions of interest from young people from traditionally under-represented groups in society.

I have a question - who should I contact?

You can email the lead researcher, Dr. Sadhbh Byrne, at: **Sadhbh.Byrne@mu.ie**

I want to express interest in joining the group!

What do I do next?

That's great! Please click the link **here** or scan the QR code to fill out the Expression of Interest form by **17:00 on 31st January 2024**.

