

# Are you age 18+ and currently accessing mental health and wellbeing services in County Durham?

We are the Lived Experience Team and are looking for adults who are currently accessing or struggling to access mental health and wellbeing services, and would be happy to share their experiences with us. We would love to hear from their friends, carers, and family members as well. Your views can help shape the direction of mental health services.

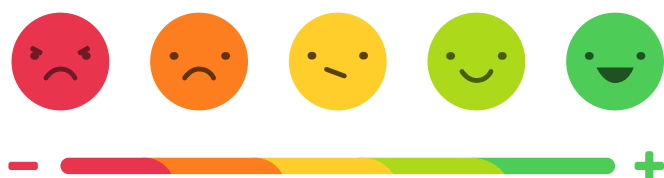


**Talk to us  
face to face...**

**Tell us  
online...**



**Or over the  
phone!**



Contact the team to find out more:

✉ [livedexperience@pcp.uk.net](mailto:livedexperience@pcp.uk.net)