

Who am I?

1. Someone who was involuntarily hospitalised numerous times?
2. A clinician managing a psychology team that operates across three UK acute psychiatric wards?
3. Someone diagnosed with schizophrenia?
4. A clinical psychologist?
5. All of the above?



Answer: All of the Above

We are, each of us, our **challenges** and so much **more**.

Each of our **paths** is unique, but **many** have travelled the road to recovery, to a good life, before you. Many travel alongside you.

Your service employs people like you, 'Lived and Living Experience' Workers who are also on that road to their good life.

Talk to one of us sometime, hear about our journeys, and let's walk together for a while.

None of us are **just** our challenges.

" Psychiatrists and other professionals do have an expertise. But treatment will fail if they do not engage with clients who have an expertise about their own life."

Dr Rufus May, Consultant Clinical Psychologist