

What is Service User Participation?

Service user participation gives you the opportunity to work with CAMHS staff & other young people to shape the service you receive. Having used our service you have unique & valuable insights and participation ensures these are valued and you feel empowered. Our programme allows you to voice your views, use them to make meaningful changes to the service & influence service development.

There are lots of different opportunities on offer including helping with interview panels, attending regular groups & taking part in short term projects. You will be trained & supported through all of these. Being involved can help build your confidence & self-esteem, meet new people & looks great on your CV. You can get involved with as much or as little as you like.

We have worked with young people to create podcasts & films to myth bust about the CAMHS service & the impact of these reaches beyond CAMHS. They are being used to educate GPs & staff in schools/colleges about the challenges young people face & also shown to pupils which will help in the fight to break the stigma surrounding mental health.

What difference does it make?

You can make a huge difference to the service we provide; helping to develop and review new resources & training materials for professionals that work with young people. We also have young people who co-deliver training with CAMHS staff, speak at conferences & participate in assessments & audits.

Here's what young people already involved in service user participation in Bedfordshire & Luton have to say about it:

"The opportunities & experiences I've had have been so incredibly rewarding, helping me grow in confidence & as a person."

"Thank you for boosting my confidence by having me at your user group. I look forward to coming, especially over the past few weeks where I have been struggling."

How do I get involved?

If you're interested in Participation, have a conversation with your clinician & they can refer you to our Participation team.

They will get in touch with you using your preferred contact method & arrange a meeting to chat about what the service currently offers.

Niki Scott - Service User Participation Lead



Nicola.scott24@nhs.net 07896 303294

Aisling Callaghan -

Service User Participation Support Worker

Aisling.callaghan@nhs.net

07827 937182



This leaflet has been co-produced with service users.

Join Service User Participation

Meet new
people

Co-deliver
training

Assess your
service

Recruit staff

Learn new
skills

Promote
independence