



# *Lived Experience Advisory Panel*

*Working towards co-production in mental health care*

If you have recent experience of mental health challenges, or you are a carer of someone who has, we invite you to:

- join LEAP and become involved in shaping the way mental health care is designed and delivered
- work in partnership with professionals
- do only as much as you are comfortable doing, always with our full support
- help put people at the centre of mental health care delivery

LEAP works as a critical friend to Devon Partnership NHS Trust which is responsible for delivering adult mental health care in Devon and Torbay (not Plymouth).

We attend events, meetings and discussions to provide a voice, influence the development of care, and support other projects with similar aims.

*To find out more please contact:*

**Ian Henwood**  
LEAP Co-ordinator

LEAP is a Recovery Devon project, an independent community of people of goodwill who support recovery and wellbeing for individuals and within organisations.



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