

# SUBMITTING YOUR OWN COVID LIFE

## INFORMATION SHEET

Version 1: 07.05.20

### What is the project about?

The aim of the Covid Life project is to document our individual and collective experience of the coronavirus pandemic, asking the question “what happens to our mental health during a public health crisis?”

Since the beginning of 2020, many countries have been experiencing an outbreak of coronavirus disease (COVID-19), including the UK. This pandemic has had broad-reaching implications for the way we live our lives. As we are going through this difficult and extraordinary time, we believe that it is important to reflect on this and keep a record of our “Covid life”.

The idea is that Covid Life entries are fragments of lived experience, windows onto our own and others’ lives. The page dedicated to this project on the website [www.lamPublicMentalHealth.org](http://www.lamPublicMentalHealth.org) acts as a repository of expressions for people to share, read, and reflect.

### Who is leading the project?

Covid Life is a peer-led project, which means it is led by a team of people who have lived experiences of various mental health challenges.

We are the Public Involvement team on the public mental health programme of the National Institute for Health Research (NIHR) School for Public Health Research (SPHR). Our role is to bring the voice of the public to public mental health research and our aim is to ensure that what we do on the programme is timely, relevant, and meaningful to people’s lived experiences of mental health. We have been working together for about a year.

We are based at the McPin Foundation as McPin is the “public partner” on the programme. McPin is a charity that aims to transform mental health research by championing the inclusion of lived experience.

You can find out more about our team here: <https://www.iampublicmentalhealth.org/about>

You can find out more about the NIHR SPHR here:

<https://sphr.nihr.ac.uk/category/research/public-mental-health/>

You can find out more about McPin here: [www.mcpin.org](http://www.mcpin.org)

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### Who can submit an entry?

Everyone! Submitting an entry is voluntary and we welcome submissions from everyone and everywhere.

### How do I submit an entry?

Follow the steps outlined on the Get Involved page on our website ([www.IamPublicMentalHealth.org/get-involved](http://www.IamPublicMentalHealth.org/get-involved)). You are simply required to read this Information Sheet, read and sign the Consent Form and send it along with your entry.

Entries can include any or a combination of text(s), photograph(s), drawing(s), or music.

### Is this a research project?

No. Covid Life is not intended and nor will it be used for research. Entries do not constitute "data" collected for a research study.

Although we work on a research programme, we felt that this project needed to be about sharing experiences and encouraging reflection, not about measuring and analysing data.

This project may influence the way we think about public mental health and our reflections may inform how we approach our work, but what you create will not be used in as research data in any way.

### How will this project be promoted?

We will share the website via McPin's and the NIHR SPHR's networks as well as the team's own individual networks, which include a broad range of people interested in and/or working in mental health or public health.

We will also use promote it through Instagram and Twitter.

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### What are the terms?

Our approach is in line with the project being experience-led; the authorship and ownership of Covid Life entries stays with the creator.

We hold the space for Covid Life; we collect entries and share them by publishing them on our website and occasionally on our Instagram page (@mcpinfoundation) with author permission.

We do not hold entries as our own; the copyright and control remains in the hands of the author/creator.

You can choose the name under which you publish your Covid Life entry or it can be listed as anonymous.

You may retract your entry at any time for whatever reason. However, please do bear in mind the general risks associated with publishing on the internet which are beyond the McPin Foundation or the NIHR SPHR's control. For example, people could copy/paste text or take screenshots of the website.

*The terms are also outlined on the Consent Form.*

### What does the hashtag #IamPublicMentalHealth mean?

Public mental health is about the mental wellbeing of the whole population. Therefore, it's important that public mental health research reflects what matters to everyone in the population – old, young, rich, poor, city dweller, rural resident, LGBTQ+, BAME communities, homeless people, those who are healthy, those who have health problems... The hashtag stands for this: Public mental health is about everyone and therefore everyone should have a say in public mental health research. What matters to you? What does #IamPublicMentalHealth mean to you?

The hashtag is not used specifically for Covid Life – we use it throughout our public involvement work on the public mental health programme.

### Who do I contact if I have any questions?

You can contact Laura at [laurafischer@mcpin.org](mailto:laurafischer@mcpin.org)



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