# A picture containing dark  Description automatically generatedFeature in our film about racism and mental health

**Racism can affect our mental health and our experiences of mental health services. Could you join Mind in highlighting the impact of racism on mental health, by sharing your experiences?**

We’re working with filmmaker, [Tracy Kiryango](https://www.artstillexists.com/), to interview 4 or 5 people talking about the impact of racism on their mental health, with a focus on one particular memory that has really stood out for them from their past. The aim of the film will be to share people’s real lived experience and highlight the impact of racism on mental health and mental health services as well as signposting people to support.

This film will be shared with our Mind supporters including over email, on social media and on our website.

**To express your interest in getting involved you’ll need to:**

* be aged 18 or over
* live in England or Wales
* have personal experience of racism and feel that it has had an impact on your mental health
* feel able to be open about your experiences

**Location**

We would be looking to film this in an area comfortable to you – your own home, in your community or neighbourhood, or somewhere else local that would work. All filming would be Covid secure with everyone masked and practicing social distancing. There is only going to be Tracy the filmmaker and then one member of Mind staff. We would also look to do some filming with you in your local area to help us illustrate your story.

**Timings**

We're looking to film the week starting Monday 20th September so please let us know your availability during that week.

The filming would involve an interview for around 45 minutes to an hour where Tracy would ask around 3 or 4 questions which we can share beforehand. Then another hour taking some footage with you either in your home or in your local area to help illustrate the story.

After filming, we’d ask you to fill in a consent form and then an optional feedback and demographic monitoring form.

In the weeks beforehand, we'd look to have a short chat over the phone with your to find out a bit more about your story/thoughts. If you are unable to speak on the phone with us, please let us know your preferred method of contact.

**Your wellbeing**

Your wellbeing is the utmost importance to us. If you think you would find it useful, you can fill in our wellbeing action plan. This is a plan which helps you to tells us the best way to support you during the filming and what to do and who to contact if you feel unwell.

Mind staff will be available at all times should you need any assistance. There is no obligation to continue and we can stop at any time.

**Thank you**

Telling your story gives courage to others to share their own. But we know that it is not always the easiest thing to do. As a thank you for all your hard work, you'd receive a £50 Love to Shop voucher which we will give you on the day.

**Process**

If you’d like to get involved, please fill out the expression of interest form **by Friday 20 August** and send to communications@mind.org.uk with the subject line ‘racism and mental health film’. We will get in touch by no later than Friday 27 August to let you know if you will be featured in the film.

Form is on the next page

# Expression of interest form

|  |  |  |  |
| --- | --- | --- | --- |
| First name: |  | Surname: |  |
| Email address: |  |
| Contact number: |  | Town/city: |  |
|  |
| Age: |  | Ethnicity: |  |
| Please confirm that you are over 18 years old |  |
| Please note that we are asking for the above information to help make sure we’re capturing a range of experiences from different ages, backgrounds and locations. To find out about how your data is processed please see the end of this form.  |
|  Please share with us a short summary of the memory that you would like to share where racism has impacted on your mental health. This will help us make sure we’re sharing a wide range of experiences. (Maximum 500 words) Before you start, are you feeling okay? Please only take part if you are feeling well enough to share your memory. For advice and support, visit our information pages at mind.org.uk/support. |
| Please let us know when you are available for filming during the week of 20th September. Ideally, we’d like to have minimum of two hours to do the filming with you.  |
|  |

**How we process the information you provide**

Any personal information you share will be used solely for processing your expression of interest for the above filming opportunity. All applications will be held securely by Mind and we will never share or publish your health information without your consent. We encourage a diverse range of perspectives, and are committed to ensuring equality of opportunity.

We take your privacy seriously and promise to never sell your data. You can find out more about your rights, how we use your personal information and how we keep your details safe and secure by reading [our Privacy Policy](https://www.mind.org.uk/legal-info/privacy-policy/). For more information or to withdraw your consent, contact the Communications team at communications@mind.org.uk. Please note that when you update your communication preferences it can take up to 28 days to take effect.