THE CO-RESEARCHERS JOURNEY IN COACT FOR MENTAL HEALTH

C··Act
for Mental Health

CITIZEN SOCIAL SCIENCE

ASSUMPTA'S Story

ISOLATION

SON'S ROOM
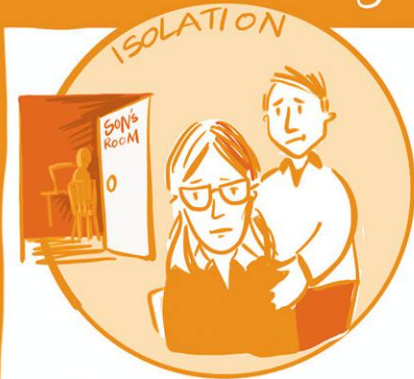
IT'S IMPORTANT to have a BREATHER

HOTEL

e-mail
INVITATION to PARTICIPATE

was a GIFT

SOCIAL SUPPORT is as VALUABLE AS PROFESSIONAL

PROFESSIONAL

SOCIAL

MICRO STORIES

THERAPEUTIC

LIBERATING

LOTS OF OVERLAPPING EXPERIENCES

Mental Health Professionals

Universities

KNOWLEDGE COALITION MEETINGS

OBJECTIVES SET

DEFINITION OF SOCIAL SUPPORT NETWORKS

Public Administrations

Civil Society Organisations
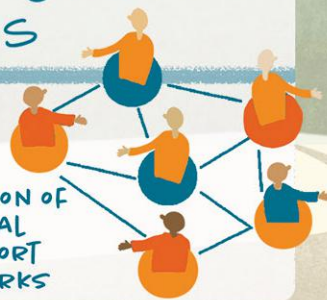
SEPTEMBER 2020

JULY 2020

Three meetings of the Knowledge Coalition

2020

APRIL 2020

DIGITAL HACKATHON

Prototyping online co-creation process in times of Covid.
CoActFrenaLaCurva

ALBA's STORY

e-mail Co Researchers WANTED

I'M GOING TO TRY THIS

Has lived with MOTHER for last 15 years

Mother is LEGAL CARER

16 hospital admissions before living with mother

INITIAL ANSWERS

MICRO STORIES

there was a BIG CHANGE

the writing process was made easier with CLEAR GUIDELINES

ANSWERS at the END of the PROJECT

MUCH MORE POSITIVE

Some stories stop you in your tracks

that happened to me too!!

a lot of SUPPORT from group

32

OPEN CALL

Co-RESEARCHERs NEEDED

OCTOBER 26

NOVEMBER 2020

DECEMBER 2020

Co-Researchers Presentation sessions

First Cocreation Sessions

VICENÇ'S Story

Co Act Co Researchers WANTED

OLDER BROTHER IN LONG TERM CARE for the last 30 YEARS

HOSPITAL

this is FOR ME!! I'm IMPLICATED! it AFFECTS ME!!

Works in SOCIAL CARE
SECRETARY CATALONIA MENTAL HEALTH FEDERATION

this was a COMPLETE CHANGE

Questionnaire from this

thank you and GOODBYE

to this

from Writing MICRO Stories

my VOICE COUNTS

DATA

to DATA ANALYSIS

to Communication

I'm an INTEGRAL PART of this

writing MICRO STORIES was like SHAKING a TREE it was a HEALING EXPERIENCE

new APPRECIATION of what is involved in a PROJECT like this one

we feel LESS ALONE NOW
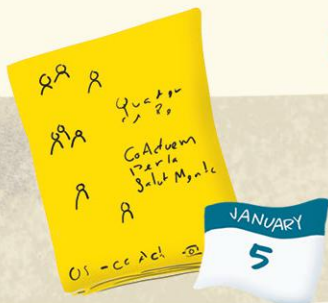
and the VALUE of COMMUNITY PROJECTS

Co-Researchers Plenary Session To Present Outcomes of Microstory writing exercise
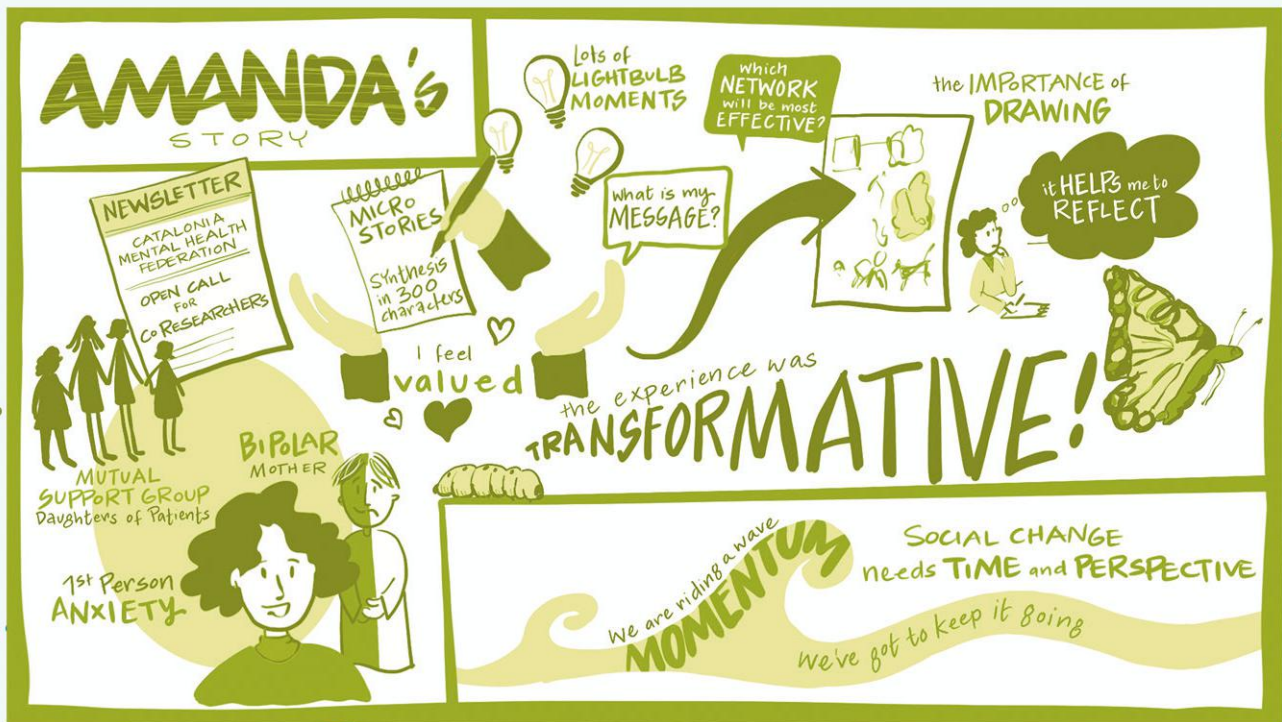
SHARE   SELF REFLECT   IMPACT

PROTOTYPE   PROTOTYPE

Chatbot testing with Co-Researchers

MARCH 17

APRIL 7

MARCH 3

2021

JANUARY 5

JANUARY 13

MICRO STORIES

CHATBOT CONTENT

FEBRUARY 24

Intensive Co-Creation Work with Co-Researchers to Write Microstories for the Chatbot

Printed Research Diary sent to Co-Researchers

AMANDA's STORY

NEWSLETTER
CATALONIA MENTAL HEALTH FEDERATION
OPEN CALL FOR Co-Researchers

MICRO STORIES
Synthesis in 300 characters

Lots of LIGHTBULB MOMENTS

which NETWORK will be most EFFECTIVE?

What is my MESSAGE?

the IMPORTANCE of DRAWING

it HELPS me to REFLECT

I feel valued

MUTUAL SUPPORT GROUP Daughters of Patients

BIPOLAR MOTHER

1st Person ANXIETY

the experience was TRANSFORMATIVE!

We are riding a wave MOMENTUM

SOCIAL CHANGE needs TIME and PERSPECTIVE

We've got to keep it going

Co-Researchers present Chatbot to the Knowledge Coalition

JULY 16

First face-to-face meeting with the Co-Researchers, video testimonials created

NOVEMBER 27

CoAct for Mental Health Chatbot official Launch!! Promotion and press campaign begin
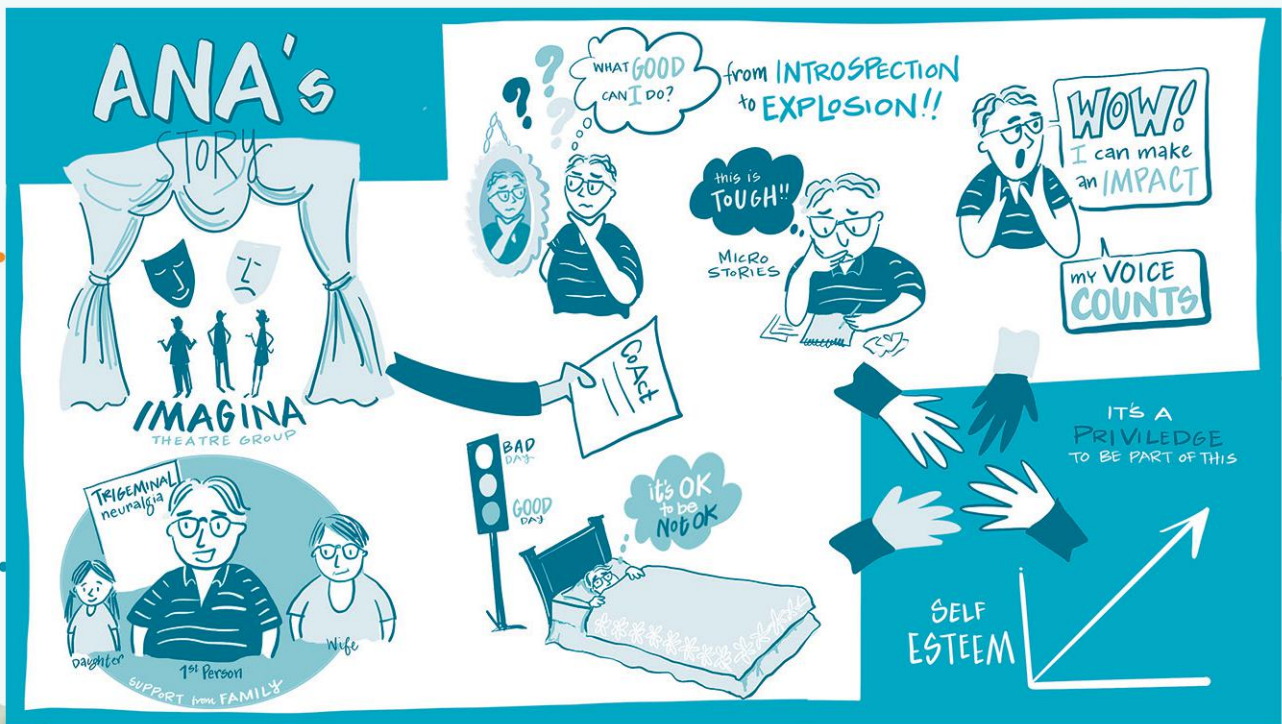
NOVEMBER 24

NEWS
MENTAL HEALTH
A CHATBOT to investigate how to face multiple mental health problems

222 microstories
4 LANGUAGES

CONGRESO de CIENCIA CIUDADANA NACIONAL

SEPTEMBER 3

Alba & Amanda participate in the Chile Citizen Science Conference

CoAct for Mental Health
ZARAGOZA 2021

Amanda presented at First Meeting of Citizen Science, Social Sciences & Humanities

SEPTEMBER 23

ANA's STORY

IMAGINA THEATRE GROUP

WHAT GOOD CAN I DO?

from INTROSPECTION to EXPLOSION!!

this is TOUGH!!

MICRO STORIES

WOW! I can make an IMPACT

my VOICE COUNTS

TRIGEMINAL neuralgia

Daughter — 1st Person — Wife

SUPPORT from FAMILY

BAD DAY — GOOD DAY

it's OK to be Not OK

IT'S A PRIVILEDGE TO BE PART OF THIS

SELF ESTEEM

2022

300 participants
already in the chatbot!!

JANUARY 2

MARCH 27

500 participants

Vicenç presented at m4social at Mobile World Congress

MARCH 3

LH DIGITAL
ANA MARÍA VÁZQUEZ
coinvestigadora del projecte
TELEVISIÓ

FEBRUARY 4

Ana interviewed by a local TV channel

ALBA

FEBRUARY 9

Launch of the testimonials videos

QUIONA's *Story*

IMAGINA THEATRE GROUP

Research NOTEBOOK GAVE STRUCTURE

GROUP SESSIONS
we were like CHICKS
being RELEASED

MICRO STORIES can be used ELSEWHERE such as MUTUAL SUPPORT GROUPS

Daughter
1st Person
Wife

take a DEEP BREATH

I'm NOT ALONE

this will HELP others

MICRO STORIES from TOUGH to THERAPEUTIC

AND IT HAS HELPED ME BE KINDER TO MYSELF

with POSITIVE BEHAVIOUR CHANGES

Networks   Data Results   Actions

MAY 6

SEPTEMBER 14

3 Collective Data Interpretation sessions

EXPERIENCE THE CO DESIGN PROCESS what it means to be a CO-RESEARCHER

JULY 7

Amanda conducted workshop at the Living Knowledge Conference

Quiona, Assumpta and other Co-Researchers explained the project in a public conference at the Canodrom

MAY 31

"A much more horizontal research. It's not that some do the studying, and others are the studied. Between us, we all do a little bit of everything"
A. M., CoAct for Mental Health Co-Researcher

This graphic document is a testimony of the Co-Researchers' contribution to CoAct for Mental Health over a long and still unfinished journey, from 2020 to 2022. Co-Researchers, people with mental health problems and their families, have been the main actors of this research, as in-the-field competent experts. The research involved launching a chatbot in Telegram where anyone can listen to their lived experiences and react to them. Co-Researchers have been involved in the interpretation of the data collected and drew conclusions to make political recommendations and support specific demands.

CoAct for Mental Health is part of CoAct (Co-designing Citizen Social Science for Collective Action), a project funded by the European Union's Horizon 2020 research and innovation programme. CoAct understands Citizen Social Science as participatory research co-designed and directly driven by citizen groups sharing a social concern. We expect to upscale this project at a more global level and to replicate it to other social pressing issues.

NOVEMBER
18

The Co-Researchers presented 14 Policy Recommendations to Barcelona and Catalonia Public Authorities

CoAct for Mental Health final assembly

More information:
CoAct for Mental Health webpage: https://coactuem.ub.edu/
CoAct webpage: https://coactproject.eu/
Email: info.coactuem@ub.edu
CoAct for Mental Health chatbot: https://t.me/CoActuem_bot

Special thanks to the six Co-Researchers that have shared their testimony here. We are also grateful to the 32 Co-Researchers that wrote the chatbot's microstories and contributed to CoAct for Mental Health.