



THE UNIVERSITY OF
SYDNEY

We want to learn from you!

Over and over again we hear that **HOPE** is one of the most important things for mental health recovery – but what experiences or situations give people hope? If you are on your own mental health recovery journey and you are over 18 year of age, we would love you to help us better understand HOPE. We are researchers at the University of Sydney and we would like to invite you to share just one moment or experience that ‘ignited’ your HOPE for recovery.

This study will help other consumers and people working to support them in their recovery to better understand what helps people to find and hold on to hope.

To find out more about the study and to share your experience of a thing, a situation or a person that made you feel hopeful about your own recovery, please go to this link: <https://redcap.sydney.edu.au/surveys/index.php?s=JRR7Y8XM4R>

It will take between 10 and 30 minutes depending on how much you have to say! If you have any questions, please contact Nicola Hancock on 93519379 or nicola.hancock@sydney.edu.au