

## Traveller Lived Experience Group

The Department of Health, with support from the National Suicide Research Foundation (NSRF) and Exchange House Ireland, are looking for members of the Traveller community, with lived experience, to be a member of a group to help create a Traveller Mental Health Action Plan.

### **Background**

Ireland's national mental health policy, *Sharing the Vision*, aims to enhance supports and services for mental health for everyone. In order to ensure appropriate services and supports for Irish Travellers, and to address the social determinants of Traveller mental health, the monitoring committee for the policy is establishing a specialist group to develop an action plan for Traveller mental health in Ireland.

### **About the National Suicide Research Foundation (NSRF)**

The National Suicide Research Foundation (NSRF) was established in 1994 and is a centre for excellence for research into suicide and self-harm. The NSRF is a registered charity and our vision is to support the reduction of suicide and self-harm in Ireland and globally, through impactful research.

### **About Exchange House Ireland (EHI)**

EHI National Travellers Service is a leading provider of front line and support resources to the Traveller community in Ireland. It is an organisation of Travellers and non-Travellers who provide education, training, crisis intervention, and addiction support. The organisation also operates the National Traveller Mental Health Service, which offers Traveller-specific mental health and suicide prevention services.

### **What is Lived Experience?**

Lived Experience are the things that someone has experienced themselves or something someone has lived through or is living through. Your lived experience could involve your own experience of mental health difficulties or supporting a family member or friend through mental health challenges.

Lived Experience work is developing policies 'with' or 'by' members of the public with lived experience rather than 'to', 'about' or 'for' them. For us in, lived experience involves ensuring the voices of people with lived experience into all aspects of our work and practice.

## **Can I be involved?**

We would like to hear from you if you are a member of the Traveller community and have lived experience of mental health difficulties or experience of supporting a family or friend with mental health difficulties. You should also consider if this is the right time for you to be involved in this work.

## **What will I be asked to do?**

- The Lived Experience (LE) Group will provide advice, guidance and feedback to a broader group of people working in the health services, Department of Health and Traveller agencies, including people with lived experience.
- It is expected that the group will consist of between 6-8 members.
- As a member of this group, you will be asked to attend four meetings in 2026, where you will work with other panel members from the Traveller community, the Department of Health, EHI and researchers from the NSRF. The meetings will be held in person.
- By December 2026, a Traveller Mental Health Action Plan will be drafted, which will involve recommendations from the LE Group.
- Any input made by the LE Group to the research and creation of the Traveller Mental Health Action Plan will be acknowledged in any reports or materials that are published.
- Two LE Group members will also be part of the specialist group, to communicate the views of the LE Group alongside their role in bringing their own lived/living experience to the Specialist Group. For this, prior experience of this type of work (e.g. being part of a working group, contributing to policy, service design or research) would be beneficial.

## **What is the time commitment?**

- For this position, it is expected that the LE Group will meet with members of the Department of Health, NSRF and EHI for a *maximum* of 4 meetings (for half a day) in 2026.
- For two LE Group members who will also sit on the specialist group, the maximum number of meetings in 2026 would be 10 meetings in total (4 LE Group meetings and 6 specialist group meetings).

## **Will I receive payment for my time?**

- All LE Group members will be compensated for their time spent attending meetings and taking part in co-design work, at a rate of €25 per hour, paid in One4All vouchers, or another voucher of your choice.
- For in-person meetings you will have your travel and expenses covered, to a limit of €120 euro per day, depending on where you are coming from.

- All Group members will also have access to a free confidential counselling service via the NSRF's Employee Assistance Programme, Exchange House Ireland supports, and the Traveller Counselling Service.
- Group members will also have access to support and supervision with a Health Psychologist and Therapist including up to three sessions to reflect on the process of engaging in the group.

### **What will I need to do to take part?**

- You will have a call with a member of the NSRF or EHI team to discuss the work involved and, in particular, whether this is a good time for you to be involved in this work.
- You will be asked to sign an agreement outlining the terms to become a LE group member.
- You will be asked to sign a statement of confidentiality with regards to all information relating to the LE Group and this work. This will be explained to you before signing.

We will tell you about wellbeing and safety and measures that will be put in place for all LE group members at our first meeting.

### **What to do next/who to contact**

If you are interested, please click on the link below to fill out an expression of interest form. If you have any questions or concerns you can contact John O' Brien at [John.Obrien@exchangehouse.ie](mailto:John.Obrien@exchangehouse.ie) or via phone on 0873770050 or you can submit your interest to the following email: [darragh.oshea@ucc.ie](mailto:darragh.oshea@ucc.ie).

**[https://ucc.qualtrics.com/jfe/form/SV\\_cTJ3L6O1SFWDNzg](https://ucc.qualtrics.com/jfe/form/SV_cTJ3L6O1SFWDNzg)**

The deadline to express your interest in being a Lived Experience member on the **Specialist Group** is **16<sup>th</sup> January 2026**.

The deadline to express your interest in being a member of the **Lived Experience Group** is **30<sup>th</sup> January 2026**.

**A member of the team will be in contact with you shortly after you submit your interest to discuss your application.**