



Mental Health for All Team Talks About Keeping Community Research Partners Safe



Brendan: Part of the reason I was interested in being on the research team is because I have a hard time sometimes with my own mental health. We talked as a team and agreed that if there was a time when I was feeling really sad or anxious, it was ok if I wasn't able to help out with the research study. We also agreed that if I found doing the interviews too hard, I could not do those and help the study in other ways.



Micah: One time I was meeting with someone in our study in their home. A staff member who worked there was yelling at the person.

Like Brendan, I also have trouble sometimes with my mental health. Once after an interview where someone was talking about having challenging experiences that were a lot like mine, I talked to Brendan afterwards. He helped me talk about how I was feeling. It felt good to talk about it.



Ariel: We also agreed we would always check in with each other about how we were feeling at our weekly meetings. I also let Brendan and Micah know that if they felt they needed more help than I could give them, I would help them find someone who could help them.

Micah: I really like making sure we always have a chance to talk about how we feel.