



As they developed the core outcome sets, Claire and Emma realised they had not involved a wide enough group of survivors. With a 'Listen & Learn' grant from UCL Public Engagement, Claire and Emma held a listening event with Ursula and Allia on 21st July 2021 to understand how they could have engaged Black survivors more effectively. What follows is a summary of learning and what researchers can do to make their studies more accessible and

- White researchers are a barrier: don't understand language, culture, experience of racism; use token black staff members without any power to change things to make initial connections.
 - Older professionals can diminish the feelings and experiences of young people.
 - Researchers parachute into Black organisations without trying to build a relationship first and expect support and input. 'They pillage our lived experiences, trauma, knowledge, skills and pain. They expect us to give them all of this for free or expect us to volunteer our time for free. They then parachute back out and turn everything they've pillaged from us into funding bids, and we never share in that or know what they do with the information they have.'
 - Lack of lived experience researchers who are open about their experiences of
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- Eurocentric approach to mental health is a barrier and results in white organisations and the ones holding the funding labelling Black communities as 'difficult to engage' when it's the approach that's a problem.
 - Problem with stereotypes of strength, not allowed to be vulnerable c.f. backlash against Naomi Osaka.
 - 'We are forced to be comfortable with whiteness', this involves code switching and 'making ourselves small'.
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