

Can you help? Have you been in an inpatient mental health service?



We are doing a piece of work about psychological restraint.

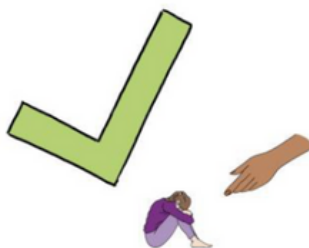
Psychological restraint is when staff use communication strategies to make you do something you don't want to do.



There are lots of ways staff can make you do something. These are two examples:



“if you don't take your medication then we will give it to you using an injection”  
or  
if staff make jokes about you or your situation



Our care should be rights respecting and help people feel safe and secure.



We want to make sure staff understand psychological restraint and the impact it can have on people. This project will develop resources to help staff learn about and understand psychological restraint.



**This is a paid job.**

**There will be about 4 meetings on zoom.**

**You will be paid £30 per meeting.**



**Restraint  
Reduction  
Network**

The meetings will be  
with Alexis Quinn  
from the **Restraint  
Reduction Network.**

She has been in hospital and knows what it is  
like.

If you are interested in helping us to create resources about  
psychological restraint, please contact:

**c.foulkes@bild.org.uk**