

Department of *Health Sciences*

Email:[saman.nazir@pg.canterbury.ac.nz](https://mailto:saman.nazir@pg.canterbury.ac.nz/).

Cell: 02041622675

*Date: 8th- September- 2025*

HREC Ref: *HREC 2025/51*

**Subject:** Invitation to Learn More – Research on the Role of Lived Experience Partners in Mental Health

Kia ora,

I hope this message finds you well. I am Saman Nazir, a PhD candidate at the University of Canterbury, conducting this study as part of my doctoral research under the supervision of Dr. Kaaren Mathias and Dr. Sarah Lovell. Two lived experience partners are also advising this study: Martin Francis Burke, a lived experience community member who teaches and researches from that experiential perspective, and Sal Faid, a mental health lived experience consultant.

I am seeking participants for my doctoral research project titled: *“Expectations, Experiences, and Equity: How do lived experience partners influence mental health care in Aotearoa New Zealand?”*

This study explores how lived experience partners/advisors contribute to mental health governance, service design, and service delivery. The study focuses on how these individuals navigate expectations between health organizations and communities, with particular interest in how the *Code of Expectations*, which guides health organisations in partnering with consumers and communities, is applied.

Participants should have personal lived experience of mental health and/or addiction challenges and recovery and must have used that lived experience in a professional capacity such as in advisory, design, or governance roles for at least six months (either currently or previously).

Research participants are likely to have worked or served in the mental health and addiction sector in a paid capacity, either employed or with prior experience in advisory roles within mental health organizations, for a duration of at least six months or more.

I welcome participants from all ages (18 and above), genders, and ethnic backgrounds, as diverse perspectives are essential to this research. Māori lived experience advisors are warmly encouraged participate.

Participation involves a 60-minute interview either in person or online. All information shared will remain strictly confidential. Participants will receive a summary of the research findings and may provide feedback if they wish. As a small token of appreciation, each participant will receive a $20 gift card.

If you or someone in your network may be interested in participating or would like further information, please contact me directly:

**Email:** [saman.nazir@pg.canterbury.ac.nz](mailto:saman.nazir@pg.canterbury.ac.nz)

**Cell:** 02041622675

I will send you more information with a Participant Information Sheet and Consent Form.

Please share this letter with your networks – thank you for your time and support in promoting this research – I cannot do it without you!

Ngā mihi nui,

**Saman Nazir**  
PhD Candidate  
Department of Health Sciences  
University of Canterbury