**Lived Experience Advisor** Application Form

Hello and thank you for your interest in being a Lived Experience Advisor for Samaritans. We are looking for a small group of people with lived experience of self-harm who live in England, to work alongside and advise the Research & Evaluation team on a new research project about peer support.

The application form asks you to describe situations in which you’ve used key skills. You can use examples from your home life, hobbies, volunteering, education or work. We encourage all candidates to use a STAR approach when answering questions in the application form. How to use the STAR technique:

1. describe the **Situation** and when did it take place
2. explain the **Task** and what was the objective
3. give details about the **Action** you took to achieve this
4. close with the **Result** of your action.

**Please send your completed application form to** **research@samaritans.org** **along with a completed Diversity and Monitoring Form.**

You can also complete the form online at <https://www.surveymonkey.co.uk/r/samaritans-lived-experience>.

Application questions

1. Please tell us why you are interested in taking part in this project as a Lived Experience Advisor.

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1. Please describe a time you have **worked well with people that have diverse or differing views.**

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1. Please describe a time you have had to be **organised to complete a task in a fixed timeframe.**

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1. Please describe a time you have **given feedback or made suggestions in order to improve something.**

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1. Please use this space to tell us anything else you would like us to know about your experiences, or any questions you have about the role.

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1. Please attach your CV if you have one. This will only be used in scoring if a second stage of assessment is needed.

**If you have any questions about the role or this form, please contact Ellie at** **research@samaritans.org****.**