Website provides ‘day in the life’ stories of service users

Donna Kemp reports on an online resource that helps people to tell of their experiences.

The ‘A Day in the Life’ website was the inspiration for this edition of Mental Health Nursing’s focus on a day in the life of mental health nurses.

The website provides a snapshot of what it is like to be a person with mental health difficulties in the 21st century. You can find it at https://dayinthelifemh.org.uk.

Currently in its first year, the project has been made possible with the support of Public Health England and is curated by Social Spider, a community interest company.

Behind Social Spider are Mark Brown and David Floyd. Mark is prolific on Twitter (@oneinfour), commenting on mental health and social action. He speaks at conferences about mental health, social media and innovation and is leading on several national workstreams.

One day in each season is selected and people write up to 700 words describing their day. Currently in its first year, the programme approach has been made possible with the support of Public Health England and is curated by Social Spider, a community interest company.

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