

hidden: Adam's Story

An Interactive Film To Help You Help Young People

What is Hidden: Adam's Story?

Hidden: Adam's Story is an interactive film which supports discussion around mental health for young people. The project is funded by the National Institute for Health and Care Research (NIHR) Applied Research Collaboration, Greater Manchester (ARC-GM) and Patient Safety Research Collaboration Greater Manchester (PSRC GM). It is designed to support young people and their families living with mental health challenges.

Coproduced by young people with lived experience, Hidden: Adam's Story challenges audiences to walk in the shoes of a young person struggling with their mental health, as they transition into adulthood.

Please note that this story and video explores mental health. If you would like to talk to someone at any point during this experience, please pause the video and use the signposting information found at the end of this guide to find support.

In the first part of the video, you will hear Adam's Story through a series of audio clips, performed by real people with lived experience. Amongst the audio, you will experience three filmed monologues performed by an actor, representing three people from Adam's life: his sister, his keyworker Siobhan and his mother. If possible, we recommend you use headphones to enhance the quality of the audio experience.

How Adam's Story was produced

A diverse group of 10 young people, aged between 17 and 24, with experience of mental health challenges (or of supporting a sibling or friend with their mental health), living in Greater Manchester (UK), were recruited to join the production team.

The young people worked alongside a professional scriptwriter and a drama facilitator, with some input from health researchers, to work on the production. The group met online and worked on the theme, character, script, recording, and soundtrack.

Sadia: "For most of us, it was the first time we felt listened to as young people. It was clear in the process that our views were taken onboard and that this was not a tick-box exercise. The process overall was not only a really good confidence boost, it helped us, in a safe environment, to learn how to not only use our voice, but to be heard and to be understood."



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Hidden: Adam's Story – Interactive Workshop

During the second part of the video, the presenter will ask you to start a discussion about Adam's Story and the relationships around him, within the context of the wider themes of mental health. The presenter will ask a series of questions during this segment of the video, and you'll also hear people with lived experience discussing these questions. You will then be invited to pause the video to hold discussion around these questions.

How did Adam's Story make you feel and why?

Pause the video at **40:42** to hold a discussion around this. Resume the video once you've finished your discussion.

What barriers and challenges do Adam and his family face in order to have a healthy relationship?

Pause the video at **45:47** to hold a discussion around this. Resume the video once you've finished your discussion.

How can we support Adam and his family to communicate in a more positive way? Pause the video at **50:04** to hold a discussion around this. Resume the video once you've finished your discussion.

What could Adam's keyworker Siobhan do differently next time?

Pause the video at **54:36** to hold a discussion around this. Resume the video once you've finished your discussion.

We encourage you to share any insights or responses in the comments section of the video to contribute to a wider discussion around this topic online.

Researching Adam's Story

The research team have written a paper on the 'co-production' principles of collaboration, recognising young people's knowledge & expertise, and sharing power & responsibility that guided the production. More information is available in this video summary: [Hidden LIVE Video Abstract – YouTube](#)

Ashgan: "I feel proud to be part of a team that has created a performance that has clearly had a big impact on people. The project is fascinating, insightful, and reflects young people's experiences."

The performance is also being evaluated by a research team, including some of the young people who helped to create it. The team want to explore the impact that Adam's Story has had on people.

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Signposting Information

If you need to talk to someone around the topics explored in Hidden: Adam's Story, please use the following information to get the relevant support.

NHS Support

If you are in **crisis and require immediate support**, please contact **999** or visit your local **Accident and Emergency Department**.

If you are a young person who is already getting help from **local mental health services** you can follow your agreed care plan or speak to the person who cares for you at the service.

Within office hours, contact your **GP**.

If not an emergency but you require urgent advice, please call NHS **111**.

Helpline Support

You can ring the **Samaritans** on **116 123**.

If you are experiencing suicidal thoughts, ring **HOPELINE247** on **0800 068 4141** or text **HOPELINE247** on **07860039967**. Line are open 24 hours every day of the year (weekends and Bank Holidays included). www.papyrus-uk.org

If you are 16+ and affected by mental illness, you can ring **SANEline** on **0300 304 7000** daily, 4pm – 10pm www.sane.org.uk/support

Text **SHOUT** crisis text line (free on all major mobile networks for anyone in crisis anytime, anywhere) – text **SHOUT** to **85258**. www.giveusashout.org



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To book a project quote email admin@madebymortals.org or telephone 0161 804 2078.