**Liverpool City Region Residents' Assembly on Data and AI Innovation**

**Participant Debrief Sheet**

Thank you for participating in the Liverpool City Region Residents' Assembly on Data and AI Innovation. We hope that you have found it valuable and we appreciate you taking the time to get involved.

**You will be invited to an optional unpaid event in Summer 2025 to launch the Liverpool City Region Data and AI Innovation Charter. We will contact you separately to invite you to this event.**

**If you have any questions about the project or wish to speak with a member of the Assembly team, please contact:**

Emily Rempel – [Emily.Rempel@liverpool.ac.uk](mailto:Emily.Rempel@liverpool.ac.uk) or 07341 792998

Grace Reed – [GraceR@liverpool.ac.uk](mailto:GraceR@liverpool.ac.uk)

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If you are unhappy or have a complaint, which you feel you cannot come to us with, then you should contact the Research Ethics and Integrity Office at [ethics@liv.ac.uk](mailto:ethics@liv.ac.uk). When contacting the Research Ethics and Integrity Office, please provide details of the name or description of the Assembly, the people involved, and the details of the complaint you wish to make.

The University strives to maintain the highest standards of rigour in the processing of your data. However, if you have any concerns about the way in which the University processes your personal data, it is important that you are aware of your right to lodge a complaint with the Information Commissioner's Office by calling 0303 123 1113.

If you have found any part of this experience to be distressing, please consider speaking with someone that you trust such as a family member or friend. You may also consider speaking with one of the organisations below for additional support.

* **The Hub of Hope**
  + An online resource, provided by Chasing the Stigma, developed to support individuals with mental health issues and to signpost them to local services. Users undertake a postcode search to find out what support services are available locally. Website: [hubofhope.co.uk/](https://hubofhope.co.uk/)
* **Urgent mental health support:** [**https://www.merseycare.nhs.uk/urgent-help**](https://www.merseycare.nhs.uk/urgent-help)
  + Free, confidential, 24/7 text message support:
* **Liverpool and Sefton**
  + HEAL text service - Text HEAL to 85258 for immediate support, available 24/7.
* **Halton, Knowsley, St Helens and Warrington**
  + REACH text service (for children, young people and adults) - Text REACH to 85258 for immediate support, available 24/7.
* **Samaritans** – free confidential 24-hour listening service for any individuals feeling distress or despair. You can call them for free on: 116 123 or email them on jo@samaritans.org. You can also find out more information about the Samaritans’ services at www.samaritans.org.
* **MIND** – provide excellent advice on what services are available for people with mental health problems as well as provide links to information and real-life stories from survivors. Visit www.mind.org.uk or call the helpline on 0300 123 3393 which is open between 9am and 6pm Monday to Friday.
* **Carers** **UK** – provide a range of advice from financial help to information about local carer support groups. For more information, visit www.carersuk.org or call their advice line for free on 0808 808 7777 between 10am and 4pm on Mondays and Tuesdays.
* **SHOUT** - the UK’s first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. If you’re anxious, worried, or stressed, text 85258 for help.
* **CALM** (Campaign Against Living Miserably) – provides support for men who want to improve their mental health. Please visit www.thecalmzone.net or call the free helpline between 5pm and midnight on 0800 58 58 58.
* **42nd Street** is a reputable charity offering a social work and counselling service for under 25s. For more information, visit http://42ndstreet.org.uk/.
* **Support after suicide** – a helpful website that can give emotional and practical support at www.supportaftersuicide.org.uk.
* **Sanline** – is a national mental health helpline providing information and support to people with mental health problems and those who support them. Call them on 0300 304 7000 between 4:30pm and 10:30pm or visit http://www.sane.org.uk.
* **StepChange** – is a debt charity that can provide useful information and links to resources when you need emergency help with money and food. Visit the website for more information: https://www.stepchange.org/debt-info/emergency-funding.aspx.
* **Citizen’s Advice Service** – a website to provide information and resources on topics such as debt, housing problems, immigration and health concerns. Visit the website for more information: <https://www.citizensadvice.org.uk/>.