

# How to join the LEEP

## Got ideas? Opinions?

**You hear** about the Lived Experience Expert Panel (LEEP). You call, email, write a letter, or visit the Health Unit to learn more from us, the LEEP project staff.

**You meet** with us and learn about the project.

**You decide** to participate in the LEEP and sign the consent form.

**You share** some general information about yourself on a survey.

**You will get** a survey once a month. The survey will be on one topic. You will be asked short questions. You could do the survey online, by phone, in person, or using pen and paper.

The LEEP project staff read all the answers and write up the common ideas or themes. Your answers are strictly confidential. AND

**You will get** a summary of what we learned, and we will ask you if we understood your answers correctly.

LEEP project staff will write a report based on all the information from LEEP participants. The report will be shared with community partners who want your ideas and opinions.

**You will get** a flyer from us once a year explaining how we and others used your answers.

All answers to the monthly surveys and follow up surveys will be shredded after three years. Your information and consent form are shredded if you leave the LEEP at any time.

