

Design Outline for Participatory Workshops

Aim of project: To develop a web-based support tool that will help workers in male-dominated workplaces to: 1) better understand their mental health risk, 2) better manage and respond to mental health issues.

Activity/Method	Min	Description	Materials	Artefacts	Outcomes
Opener	15	<ol style="list-style-type: none"> 1. Ask everyone to say their name and mention an app they like or use frequently. 2. Summary of why we're here, their expertise, and what they'll be co-designing/contributing to. 	Flipchart, markers, stickies	List of favourite apps	
Mental health and firefighters (customisation of the 4C's method)	30	<p>Participants are asked to add ideas using sticky notes to each of four quadrants on a chart: 1. Challenges, 2. Supports/Strengths, 3. Ideal/Objective, 4. Who's involved/effected).</p> <p>In the last 15 minutes, results are clustered and discussed in the larger group.</p>	Flipchart, markers, stickies.	Chart of perspectives on different angles of the problem of mental health demonstrating various aspects of the issue & language use.	<ul style="list-style-type: none"> • Personal identity as a firefighter • How people think about risks and risks to their health, • Attitudes towards stress, • What do they take into account with their health • What things do they consider changing? • Language they use around stress/mental health; • How to communicate risk factors in a language that they will appreciate.

Heart Hand Mind	30	<p>Ask them to envision an app that they would actually be interested in using to get support for stress/mental health issues or goals</p> <p>Mind: What would make it effective and useful;</p> <p>Hand: What would make it practical and convenient;</p> <p>Heart: what would make it emotionally engaging.</p> <p>They write their ideas on stickies and add them to the board. Then ideas are discussed.</p>	Pre-printed Poster with spaces for heart/hand/mind for the posting of ideas; sticky notes	Poster with a list of clustered ideas generated by participants	<ul style="list-style-type: none"> • What is a meaningful way to feed back information to them about risk (percentage? visual?) • Preferences for conceptualisation of a mental health/mental wealth/wellbeing app • Preferred features, (eg. team competitions)
Flog it	30	<p>In small groups, each group creates a draft advertisement for the app, revealing values, attractions and perceived benefits. (20 min)</p> <p>Each group presents their ad. (10min)</p>	3 packs of: Crafting materials such as magazines, images, glue and markers. Include various style graphics from apps, video games and websites. Also include variations on terms on cards. =	1 co-created ad collage for each group showing perceived benefits, features and effective communication approaches to audience.	<ul style="list-style-type: none"> • Preferred features, • Preferences for App communication • Language they use around stress/mental health; • Preferences for the look, feel, and attitude of a wellbeing app
“Design the app” (wireframing)	30	<p>In small groups, participants draw (or paste with provided screen objects) a number of screens of the app to show</p>	Prototyping cut-outs (buttons, frames, sliders, etc.), mobile	A series of user-created screen wireframes	<ul style="list-style-type: none"> • Preferred features • Preferences for App communication • Language they use around

		how it would work and what features it might have. (20min) Groups then describe their screens (10 min)	screen templates, pens and markers.		stress/mental health;
Tips for the designers – closing	10	Ask participants what advice they would give to the designers and developers of this app. Collate onto board.			
Total Duration (hours)	2.5 hrs				

Space Requirements

Location options

- Go to them, eg. station - more convenient for them but may bias response by associating it with the organization)
- A union venue (may help reinforce intentions to support and include them)
- Community venue near a station
- University (potentially free but may be less convenient for them, and not on their turf)

Room requirements

- **Campfire:** Area where a circle of seats can be made for whole group discussion and sharing.
- **Breakout tables** - where small groups can collaboratively write and work.
- **Walls for hanging** – Easily accessed walls on which flipcharts and posters can be posted with blue-tac. Enough space in front of the walls for participants to huddle around.
- **Fuel station** - Tables for food/drinks

Materials (6-9 participants)

- Flipcharts with stand.
- Thick Markers – a box for each small group + 1 for facilitators (4)
- Pens (9)
- Sticky notes - 1 block per participant (9)
- A variety of magazines/Images (eg. clipart) for “Flog it”
- Feature & Term Cards (for “Flog It” to test terms and features we’re considering)
- Scissors (3)
- Glue (3)
- Pre-printed Poster with spaces for heart/hand/mind for the posting of ideas
- Magnetic Prototyping kit
- Fuel station: Candy, mints, water, juice, fruit, crackers, trail mix (beer?).