

# Mental Health Research for All (MH-ALL)



The North Thames region is diverse and has high levels of unmet need. People living in parts of East London and Essex experience higher rates of mental health conditions, serious mental illness (SMI) and suicide compared to the rest of the country. However, they are less likely to use mental health services, have poorer access to high-quality care, and are underrepresented in mental health research. Staff who work in mental health are also unequally represented in mental health research, with 75% of mental health research in the region being carried out by medical and psychological professionals; there is a need to improve research opportunities for allied health and community staff.

## What are we doing?

In the UNDERSTAND phase, we engaged stakeholders to understand the barriers to research participation for underserved mental health staff in priority areas of North Thames. We also mapped our expertise and supporting infrastructure gaps and enablers, to develop specific programmes for support.

The knowledge collected helped us shape the BUILD phase. MH-All is providing a range of MH specific staff training alongside developing concrete opportunities for research activity, in the shape of internships, career development fellowships and springboard funding awards.



## How will it help?

An ongoing element of our collaborative work with local NHS trusts and community partners is focused on supporting research activities by establishing an MH research awareness and champion training and network. We are committed to sharing our learning across regions, so we supported the development of a Cross-ARC Mental Health network.

In the SUSTAIN phase we will continue our work to develop opportunities for research networks and infrastructures, collaborating closely with all stakeholders.

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