

2023-24

ANNUAL REPORT

National Centre for Mental Health





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Foreword

We're pleased to present the 2023-24 annual report of another excellent year at the National Centre for Mental Health (NCMH).

Lots has been achieved as we continue to deliver our mission of improving mental health and wellbeing. This work is only possible by Research Development Infrastructure funding from Health and Care Research Wales and we would like to thank them for their support.

At NCMH we exist to support mental health research across Wales and you will read about exciting developments at our research groups in Bangor, Swansea and Cardiff Universities. In these pages you will read about our work recruiting people into mental health research studies (page 8), our work developing new interventions (page 10) and our work in electronic data linkage (page 14).

More than anything, however, NCMH is about working collaboratively. Bringing together researchers, clinicians, and most importantly, those with lived experience of mental illness. For this reason, we are particularly proud of the patient and public involvement work you will read about and may indeed have contributed to on page 17.

We hope you enjoy the report and will continue to travel with us on our journey.

Together we can make a difference for mental health.



Professor Ian Jones
Director



Dr Sarah Knott
Centre Manager

Who we are

The National Centre for Mental Health (NCMH) brings together leading researchers from Cardiff, Swansea and Bangor University

Funded by Welsh Government through Health and Care Research Wales



Our mission

To improve the mental health and wellbeing of the people of Wales

Aims

- To advance mental health and learning disability research in Wales
- To engage with patients, their families, the wider public and third sector organisations in Wales to increase understanding of mental illness and the need for research
- To change the research culture in health and social care services



Our team

The NCMH team is made up of academics, clinicians and professional support staff from three of Wales' leading universities - Cardiff, Swansea and Bangor.



Ian Jones
NCMH Director



Jon Bisson
NCMH Deputy Director

NCMH Executive Board

- James Walters
- Michael Owen
- Keith Lloyd
- Stephen Beyer
- Jeremy Hall
- Ann John
- Rob Poole
- Peter Huxley
- Arianna di Florio
- Alka Ahuja

Administration Team

- Sarah Knott
- Mark Coles
- Claire Baker
- David Vellacott
- Allison Early
- John Tredget*
- Catrin Hopkins*
- Ellie Short
- Sarah Rees
- Tyler Savory
- Andrew Worsey

Data Team

- Daniel Oakes
- Sahana Baskar
- Natasha Mendes

Project Managers and Coordinators

- Holly Pearce*
- Kate Fallon*
- Sandapa Punchihewa*

Placement Students

- Zoe Jones
- Ka Ka Cheng

Laboratory Team

- Ngoc-Nga Vinh*
- Alex Evans

SAIL Team

- Marcos del Pozo Banos
- Sze Chim Lee

Bangor Team

- Zahra Jorjoran Sushtari

Researchers

- Amy Lynham
- Catrin Lewis
- Jessica Yang*

Psychology and Research Assistants

- Anna Simpson
- Joanne Worthington
- Choe Apsey*
- Bronwen Thomas*
- Laura Fussel*
- Eden Cronin*
- Eloise Bagg*
- Gabriella Dattero Snell*
- Emily Wright*
- George Lush*
- Yazmin Currie*
- Liam Cooper-King*
- Molly Wilkins*
- Mordecai Otter*
- Ellie McFarlane*

Engage to Change

- Andrea Meek*
- Elisa Vigna*
- Jacob Meighan*

* Not directly employed by NCMH, but part funded in some cases

Core Metrics

Reporting period: **2023/2024**

**Health and Care
Research Wales
infrastructure award
to the group**



Direct
funding
awarded
£936k

Jobs created
through direct
funding



Grants won during reporting period

Grants won	Led by group	Group collaborating
Number	2	5
Value	£5.3m	£11m
Funding to Wales	£4.4m	£6m
Funding to group	£4.4m	£386k
Additional jobs created for Wales	10	16
Additional jobs created for group	10	2



Number of publications



Number of public
engagement events



Number of public
involvement opportunities

Cohorts and smart assessments



This year we reached our 31,174th participant.

This incredible number of volunteers has enabled us to build the NCMH cohort as a world-leading resource for mental health research.

It underpins our research programmes aimed at better understanding biological, psychological and social factors contributing to mental health problems.

Volunteers are asked questions around a range of topics, including mental and physical health, lifestyle, employment and education.

Premenstrual Dysphoric Disorder (PMDD)

We continue to partner with the Reproductive Mental Health Programme at Cardiff University to recruit for the research project into Premenstrual Dysphoric Disorder (PMDD), funded by the Commission of the European Communities.

The survey is looking to hear from people who are currently or have previously experienced PMDD or extreme PMS symptoms.

It is the first genetic study of PMDD, with some participants invited to provide a saliva sample. Using DNA can offer insight into the biology of

PMDD such as genetic variations that influence the risk of developing the disorder.

By the end of March 2024, the study has received over 900 responses.

Read more about the study at:

ncmh.info/pmdd

Student cohort

We have also joined a UK wide initiative to create a student cohort. The Nurture-U project was developed by the University of Exeter in collaboration with Cardiff University and Oxford, King's College London, Newcastle, and Southampton universities. The project aims to address a gap in provision for student mental health support, learning from student experiences to improve wellbeing services.

It is hoped that this comprehensive programme of work will generate an evidence-based model for the higher education sector. Research Assistant Gabriella Dattero Snell commented: "By providing students with the right support and resources needed to thrive, we can equip them with the skills and resilience that are essential to navigating adulthood." Read more at ncmh.info

Accelerating research into mental health disorders and cognitive function

Cardiff University and the NCMH are working in partnership with Akriveria Health on a programme of work designed to establish a precision neuropsychiatry data and bioresource called 'UK Minds'.

This resource will accelerate research into mental health disorders and cognitive function paving the way for innovative precision treatment development for dementias, bipolar, depression and schizophrenia/psychosis.

Recruitment for the study is facilitated by partnerships with secondary and primary care NHS sites and third sector organisations, ensuring a robust and diverse participant pool. Participants taking part will undergo an interview with a trained researcher and have up to 50ml of blood obtained.

In its initial phase, UK Minds successfully onboarded 43 NHS sites and recruited a total of 1,500 participants by the end of April 2024.

In June 2024, the study will complete Phase 1 and discussions with our funders are underway to secure additional funding for the second phase, which is planned to span three years. This extension is vital for maintaining the project's momentum and growing our database of phenotypic and genetic data.

Centring the voices of experience

Throughout the study, the Public and Patient Involvement (PPI) group has provided invaluable advice and insights, ensuring the study remains patient-centred and responsive to participants' needs.

The PPI group is currently assisting in the development of easy-read versions of information sheets and consent forms, enhancing accessibility and comprehension for participants.

In summary, UK Minds has made substantial progress in its mission to advance the understanding of dementias, bipolar, depression, and schizophrenia and psychosis over the past year. The successful onboarding of primary care sites and improved recruitment rates highlight the project's effectiveness and potential for continued impact.

With ongoing support from the PPI group and plans for a second phase, UK Minds is well-positioned to continue its innovative work in precision neuropsychiatry.



Developing interventions

The NCMH Intervention Development Workstream was set up to facilitate the development and evaluation of interventions to prevent and treat mental health problems.

We are very proud to share that Spring, our guided self-help programme for PTSD, has received a conditional recommendation by the NICE guidelines, helping to bring more treatment options to those in need.

We are also developing and evaluating a range of other interventions. These include:

- Bipolar Education Programme Cymru, supported by the Big Lottery Fund
- Spring, funded by the NIHR Health Technology Assessment programme
- treating anxiety to prevent relapse in psychosis, supported by Health and Care Research Wales
- guided self-help for the disturbances in self-organisation symptoms of complex PTSD, supported by NHS funding via Traumatic Stress Wales
- MoodHwb, a digital programme for mood and wellbeing in young people, funded by NIHR/ Health and Care Research Wales
- antidepressants for the prevention of depression in first episode psychosis (funded by National Institute for Health Research)

Adapting guided digital therapy for Military Veterans with post-traumatic stress disorder

Digital guided therapy offers a promising way of improving access to effective therapy for mental health problems. It involves psychological therapy delivered on a website or app with regular guidance from a therapist.

Over several years, the Cardiff University Traumatic Stress Research group developed Spring, a digital guided therapy for PTSD. Several research trials have shown it is effective, including a large study across Wales, England and Scotland, that demonstrated that Spring was just as effective as face-to-face treatment for mild to moderate PTSD. This has led to Spring being used in NHS Wales and it has recently been recommended by the NICE guidelines.

Recognising differences between PTSD in veterans and people who have not served in the military, we are now developing a bespoke version of Spring that retains its effective components but focuses on the typical experiences of veterans with PTSD.

Spring is designed to benefit people who have PTSD after a single traumatic event. Military veterans with PTSD have often experienced more than one traumatic event and sometimes have complex symptoms. Based on research that suggests many military veterans have problems

with emotions, relationships, and how they feel about themselves, we intend to include three additional steps and some alterations to current steps to make the programme more suitable for military veterans.

With funding from the Office for Veterans' Affairs, we have hosted focus groups with military veterans with lived experience of PTSD to gain their opinions on changes required to make Spring more suitable for military PTSD. Using this information, we have created a military specific version of Spring, which we will pilot test with Veterans with PTSD in 2024.



Listen to our podcast
episode on CPTSD



Developing a guided digital therapy for complex post-traumatic stress disorder

Following the success of Spring, a digital guided therapy for post-traumatic stress disorder (PTSD), we are developing an intervention for complex PTSD (CPTSD) based on similar principles.

Complex PTSD is a mental health problem that can develop after traumatic experiences. It includes many of the symptoms of PTSD such as nightmares, being constantly alert for danger, and avoidance of trauma reminders, as well as additional symptoms, such as difficulties understanding or controlling emotions, having problems in relationships, and feeling negatively about the self.

Like PTSD, complex PTSD starts after traumatic experiences that are shocking or frightening. Many different traumatic experiences can lead to complex PTSD, but it is particularly common after experiences that go on for a long time, happen repeatedly, or happen in childhood. It is also more likely to develop after traumatic experiences that are inflicted by another person. Some examples include childhood abuse or neglect, domestic abuse, war, or torture.

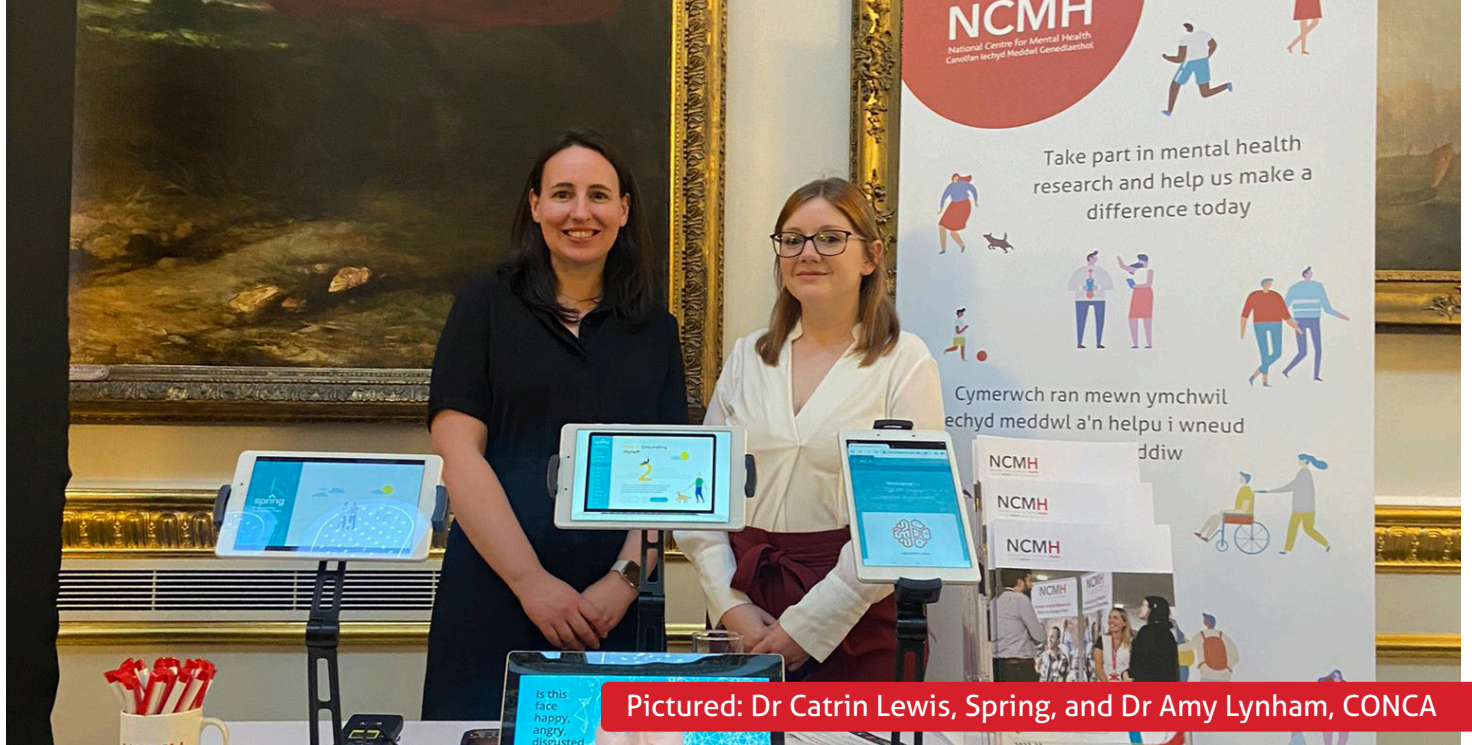
Although clinicians and researchers have recognised the symptoms of complex PTSD for decades, it has only more recently been

formally recognised as a diagnosis. There is a need to provide timely and easily accessible treatments for complex PTSD. Working with a group of international experts in complex PTSD and our public advisory involvement group, we developed Spring CPTSD. It is based on ESTAIR, Enhanced Skills Training in Affective and Interpersonal Regulation, and involves building a set of skills to live in the present while making meaning of the past.

In July this year, we will train therapists to deliver Spring CPTSD, and we will then pilot test the guided digital therapy with ten people with complex PTSD. We will interview these participants and their therapists before and after treatment to gather feedback to improve the intervention for future users. We will also collect data from participants to see if Spring CPTSD is effective in improving the symptoms of complex PTSD.

If this work is successful, we hope to secure further funding to conduct a larger clinical trial to see if the intervention is effective and whether it can be used more widely to treat complex PTSD.

To read more visit ncmh.info/traumatic-stress/



Pictured: Dr Catrin Lewis, Spring, and Dr Amy Lynham, CONCA

Understanding the lesser known symptoms of depression and anxiety

The Cardiff ONline Cognitive Assessment (CONCA) study was set up to understand how memory, concentration, and other brain processes (collectively called cognition) are impacted by mental health. To do this, we developed a new web-based assessment to measure memory and other abilities known to be impacted by mental illness.

In the last seven years, we have assessed over 5,000 people recruited through NCMH and HealthWise Wales.

It has been a busy year for the CONCA study. We finalised the development of new features for the CONCA website, which will support health professionals to monitor patients in Early Intervention in Psychosis Services. We worked with public members and health professionals to create these new features. Patients with psychosis are at risk of significant impairments in their cognition and these are predictive of long-term outcomes. As such, it's important for clinical staff to be able to identify and monitor these impairments to better support their patients.

We've had the opportunity to present our work at several events over the last year. We attended the Royal College of Psychiatrists' International Congress, presenting our new CONCA clinical features and our work showing how depression and anxiety symptoms are linked to cognitive impairment and disability.

Along with other NCMH projects, we were invited to showcase our work at a reception hosted by the Secretary of State for Wales at Lancaster House, London in October 2023. We provided interactive demonstrations of NCMH's work to politicians and guests from industry, education and charities.

Following this, we were invited to demonstrate our work at a reception hosted by Wales' First Minister at a St David's Day reception in Brussels. This was an excellent opportunity to engage with senior leaders from across the globe, including staff from the European Commission and national funding agencies.

Over the next year, we hope to commence testing of our new clinical version of CONCA with patients and healthcare professionals. We will expand our datasets through new recruitment and linkage with health records, providing exciting new opportunities for research.



Centre for Mental Health and Society

An update from the NCMH team at Bangor University

Based in Bangor University, the Centre for Mental Health and Society (CFMHAS) is led by Professor Rob Poole.

Over the past year, we have been joined by three significant researchers; Dr Emily Peckham, Senior Research Fellow; Dr Heidi Hales, Honorary Senior Research Fellow; and Dr Zahra Jorjoran Sushtari, Research Officer. This has led to an increase in activity; grant applications and acquisition; publications; and diversification of the type of research we are involved in.

Emily Peckham has joined us from York University where she built an international reputation for successfully leading clinical trials of complex interventions to improve the physical health of people with diagnoses of severe mental illness. She has joined existing CFMHAS work on digital health care and has brought work digital exclusion into this theme.

Heidi Hales is a Consultant Forensic Adolescent Psychiatrist who joined Betsi Cadwaladr University Health Board from West London, where she was active in research. Heidi was a founder of the Group of International Researchers in Adolescent Forensic Services (GIRAF) and is the current chair. There are now 52 GIRAF members from 20 countries. She has established new projects since she arrived, one of which is part of the CFMHAS digital theme, an international collaboration with colleagues in Belgium and Southampton, exploring internet addiction in adolescents.

Zahra Jorjoran Sushtari has previously worked on social determinants of health in Tehran, and has taken a one year contract to work on mitigating the effects of area level deprivation on mental health, particularly with respect to severe mental illness. This builds on work previously conducted by Dr Ali Khoshfetrat.

Dr Emily Bebbington, a Wales Clinical Academic Track (WCAT) trainee supervised by Professor Rob Poole, holds a clinical lecturer post in CFMHAS, and has moved from Emergency Medicine training to Public Health training. In February, she successfully defended her thesis and has been awarded a Bangor University PhD. Since then, and building on her doctoral work, she has secured a grant to conduct a significant international Delphi process to improve definitions for burns surveillance. She has an international profile relating to this work, which involves the World Health Organisation.

Closer to home, Emily has secured funding to apply the methods developed during the GCRF-SASHI to the development and evaluation of a self-harm register in North Wales (the South Asia Self Harm research capability building Initiative is funded by Global Challenges Research Fund also known as GCRF-SASHI). She has engaged enthusiastic support from the emergency medicine departments in BCUHB, and it is hoped that she will lead the formation of a self-harm register across the whole of Wales, linking with other work led by Professor Ann John in Swansea.

We are particularly proud of our PPI record, with close links to PÂR, and our inclusion of experts-by-experience who wish to become researchers, continuing through into ECR and beyond.

Overall, CFMHAS is in a phase of expansion of both research capability and capacity.

To read more about the Centre's work at Bangor University, visit: cfmhas.org.uk



Professor Rob Poole
Bangor University

Electronic Data Linkage

An update from the NCMH team at Swansea University

Our NCMH team at Swansea University is led by Professors' Ann John (Public Health and Psychiatry) and Keith Lloyd (Psychiatry). The team includes data scientists with diverse backgrounds including epidemiology, computer science, bioinformatics, psychology and engineering. The team has expertise in psychiatric epidemiology, machine learning, suicide and self-harm prevention, and identifying social determinants of mental health.



Over the years, we have been securely and anonymously linking information from surveys answered by people who have consented for data linkage to routinely collected health and social care data in the SAIL Databank. This means we can understand mental health issues from a social, psychological, and biological perspective while having peoples' privacy protected.

We work with DATAMIND, the HDR UK Mental Health Hub, funded by the MRC, to ensure fair use of data to improve populations' mental health.

In 2023-2024, we continued to deliver research on mental health, suicide and self-harm by linking real-world data from ~ 3.1 million Wales population.

We examined trends of new diagnoses of schizophrenia and bipolar disorder in primary care and hospital settings associated with the 2008 economic recession.

Within this period, we also identified changes in social inequalities in these two conditions, which have been discovered for more than 80 years. Our findings have been published to assist policy makers to tackle future social and economic shocks.

In collaboration with the National Confidential Inquiry into Suicide and Safety in Mental Health, we linked clinical audit data and healthcare records from SAIL to study help-seeking behaviours of people that died by suicide in the 12 months after receiving mental health specialist support.

Alarmingly, nearly 60% of people who died by suicide had contact with emergency care services within 12 months before their death, with half presenting with self-harm. We published the findings to inform policies towards a more compassionate and proactive approach to suicide prevention.

Finally, we linked records from the hospital serving the catchment area of a suicide cluster in South Wales to study characteristics and long-term outcomes of individuals who self-harmed during the suicide cluster. We found higher all-cause mortality for males who had self-harmed during the suicide cluster. We published our findings to highlight the importance of long-term healthcare follow-up for those who self-harm during a suicide cluster.



Professor Ann John
Swansea University



Pictured: CNGG celebration to mark becoming a Cardiff University centre

Genetics and mental health

The Centre for Neuropsychiatric Genetics and Genomics (CNGG) at Cardiff University conducts world-leading research into how genetics can help us better understand mental health conditions and their causes. CNGG brings together over 200 staff with backgrounds in clinical psychiatry -and neurology, molecular genomics, statistical genetics, bioinformatics and data science and constitutes Europe's largest psychiatric genomics group.

In June 2023, we were pleased to come together to recognise becoming a Cardiff University centre (pictured above), following 10 years of successful infrastructure funding from the Medical Research Council (MRC).

National clinical genetics service recognised

The All Wales Psychiatric Genomics Service (AWPGS), a partnership between the CNGG, NCMH, Cardiff and Vale University Health Board and the All Wales Medical Genomics Service, has this year received ongoing funding to expand its provision and was held up as an exemplar service in a Royal College of Psychiatrists report on genetic testing. The AWPGS delivers genetic counselling to individuals and families affected by mental illness and supports the professionals involved in their care.

The service is underpinned by a multidisciplinary team of genetics and mental health professionals, developed from the needs of people with lived experience of mental ill-health and aims to provide comprehensive, multidisciplinary advice, genetic information and access to genetic testing, where appropriate, for people who are genetically more likely to experience a

mental health disorder. The clinic is led from the Hadyn Ellis Building, Cathays and since its establishment has seen over 70 individuals and families. To find out more about the service visit: medicalgenomicswales.co.uk

Launch of the Brain and Genomics Hub

2024 saw the launch of the Brain and Genomics Hub, led by CNGG and one of five UK mental health platform hubs representing UKRI's largest single investment in mental health research to date. Led by Cardiff, the Hub aims to advance our understanding of the causes, diagnoses, and treatments of severe mental illness.

The Brain and Genomics Hub brings together world-leading researchers from Cardiff, Bath, Bristol, and Exeter universities, and Swansea University's expertise in data linkage. We look forward to working alongside Bipolar UK and Adferiad Recovery, together with a cohort of people with lived experience of schizophrenia, bipolar disorder, and schizoaffective disorder, to address the existing lack of diversity in consented research studies, and to ensure that the results of mental health research are representative and applicable to the whole population.



Professor James Walters
Director of CNGG
cardiff.ac.uk/cngg



Learning Disability research

The Engage to Change research team with Dr Hefin David MS (right)

Our Learning Disability Research Team is currently working on the Influencing and Informing phase of Engage to Change (E2C) project in partnership with Learning Disability Wales. The Lottery Community Fund in partnership with Welsh Government provided extra funding to make sure the team is taking forward research, policy and legacy work.

The research team is working to advise and influence through co-production activities to produce accessible and easy-read research outputs that can be accessed here: engagetochange.org.uk/research-evaluation

Using video formats, the team worked with ambassadors to co-produce scripts, and assisted people with learning disabilities and autism to deliver research outputs. The latest video, based on the latest published peer reviewed paper will be available soon, in English and Welsh.

Gerraint Jones-Griffiths, Lead Ambassador for the Influencing and Informing Engage to Change, has been recently appointed as Honorary Associate at NCMH. The team is continuing their work by meeting with parent groups, working with young people from Engage to Change and the future generation of young people with learning disabilities.

The Learning Disability research team continues to raise the profile of supported employment in Wales by using E2C outcomes to inform policy and legacy work. The team was recently invited to the Senedd by Dr Hefin David MS, pictured above, to discuss the way forward.

Now that E2C is not operating anymore, conversation is ongoing to make sure that job coaching support is included in employment programmes around Wales, to support the next generation of young people with learning disabilities into employment.

The E2C research clearly indicates that Wales is able to offer good quality job coaching support.

The E2C project has successfully worked with a total of 1,294 young people (16-25) with learning disabilities and/or autism, using needs-led job coaching support, and through different pathways to employment, such as paid and unpaid placement and supported internship.

Overall, the project achieved an employment rate of 41% of those entering one of the employment pathways, compared with the UK figure of 4.8%.

Read more about the Engage to Change project: bit.ly/e2cncmh

Learning from the experts with experience

NCMH is committed to strong research partnerships with people with lived experience of mental health conditions, along with their families and loved ones. These partnerships are essential to ensuring that our work really does make a difference.

In the past year, we expanded the opportunities available for people with lived experience through a busy programme of public involvement work.



**public contributors
helping to shape research**

New public members have been welcomed across all of our public advisory groups, and Sabrina Driscoll was appointed as our Lay Lead for Public Involvement. A key area of focus this past year has been governance, with our public members working on co-producing strategy and long-term goals alongside input on individual research projects and grant applications.

We bid a fond farewell to Alan Meudell, who stepped down as Chair of our PÂR strategic advisory group after many years of dedicated service. Alan's leadership and insights have been invaluable, and we are incredibly grateful for his commitment to public involvement in mental health research. We wish him all the best in his well-deserved retirement. Andrea Hughes is warmly welcomed to the role of Chair.

Our public members had a strong presence at the 2023 Health and Care Research Wales annual conference. PÂR members attended the day to support our information stands in the exhibition area, and Amanda Wells, who is a disability artist and writer, ran an art activity on 'me and mental health research'. Meanwhile, Anthony Cope co-presented a session on 'Public research partnerships'.

Many of our other public members actively participated in public speaking this year, including at events such as the launch of the Centre for Neuropsychiatric Genetics and Genomics, webinars, and even short films. Some of our long-standing public members also supported a cross-institution funding bid submission by co-running workshop sessions in an online stakeholder event.

We continue to maintain close links between NCMH and other research centres. For example, our Youth Advisory Group (YAG) members have joined forces on a number of projects with members from the Wolfson Centre for Young People's Mental Health's own YAG.

If you're interested in finding out more about our opportunities for people with lived experience, please get in touch:
par@cardiff.ac.uk



Dr Sarah Rees
Public involvement lead



Innovative events

Looking back at our communications and engagement work for 2023-24, it has been a year of firsts as well as some triumphant returns.

We held our first webinar series with each month focussing on a different stage of the reproductive cycle and how it links to our mental health. From premenstrual disorders and the menopause, to mental ill-health during pregnancy and after childbirth, our researchers shared the latest findings in these areas and spoke with people with lived experience of these conditions. Watch the Women's Winter Webinar series: youtube.com/@thencmh

NCMH also partnered with the BRAIN Unit at Cardiff University to hold our first joint Patient and Public Involvement event, bringing together all our public contributors from across our mental health and neuropsychiatric division. The enthusiastic response we had from our attendees, and the researchers and public contributors who

shared their work on the day showed the appetite for more collaborative working across our PPI groups.

We've also been working hard to bring back our Piece of Mind: Mental Health & Psychiatry podcast run in partnership with the Centre for Neuropsychiatric Genetics and Genomics (CNGG) at Cardiff University. Since August 2023, the new series of episodes have been downloaded 16,127 times. You can find us wherever you listen to podcasts: Apple podcast, Spotify, Acast and more.

An introduction to brain disorders research

As well as raising awareness with the general public, NCMH is also working to inform and inspire the researchers of tomorrow. In partnership with the CNGG, we hosted 55 attendees at the Summer School for Brain Disorders Research.

Working together to raise awareness

It has also been a pleasure to support the events of our fellow Health and Care Research Wales funded organisations, such as when we ran an activity stand at Gene Park Wales' busy Techniquet: Genomics After Dark event in October.

To keep up to date with our latest events and campaigns find us on Twitter, Facebook and Instagram or watch our webinars on YouTube [@thencmh](https://twitter.com/thencmh)



Ellie Short
Communications Officer

The way forward

We hope you have enjoyed reading about NCMH activity over the last year. We are very proud of what we have achieved but are aware that this is the result of close collaboration with our academic partners, clinical services, the third sector and, most importantly, those with lived experience of mental health conditions.

In 2025 we will come to the end of our current funding.

So much has been achieved but we are very aware that there is even more that still needs to be done. We believe that research does make a difference to those who live with mental illness.

With our funder, Health and Care Research Wales, we are making plans for the next phase of NCMH. We need you to be with us on that journey. Keep in touch with our plans through our NCMH website and social media.

We hope that together we can continue to make a difference for mental health.


 www.ncmh.info

 [/walesmentalhealth](https://www.facebook.com/walesmentalhealth)

 [@thencmh](https://www.instagram.com/thencmh)

 [@ncmh_wales](https://www.x.com/thencmh_wales)

 [@thencmh](https://www.youtube.com/thencmh)

 Piece of Mind:
Mental health & psychiatry





Ymchwil Iechyd
a Gofal Cymru
Health and Care
Research Wales



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government

The National Centre for Mental Health is funded by Welsh Government through Health and Care Research Wales.

Mae'r adroddiad hwn hefyd ar gael yn Gymraeg. I ofyn am gopi, cysylltwch â info@ncmh.info

