

If you work in NHS mental health services...

You can help make them better by supporting research studies.

Research about mental health really can make a difference. Clinical trials help prove which treatments and medication work best and other sorts of studies can lead to a greater understanding of mental health problems, paving the way for better services and innovative packages of care.

The results of research can prompt change by providing policy makers with the evidence they need to make informed decisions that benefit the people you care for, and their families.

The Mental Health Research Network supports research studies that seek to recruit participants through NHS services in England. To do this, we need the help of mental health professionals who work in those services – participants mostly need to be recruited through care coordinators or mental health professionals charged with their care. Some research teams are also looking for mental health professionals to take on the role of local collaborator or become an investigator.

We realise many mental health professionals may feel daunted by the prospect of getting involved in research studies and feel they just don't have the time to take on something extra. Our job is to make it easy for you to support research without adding to your workload.

We employ teams of clinical studies officers (often based within mental health trusts) who, with your consent, recruit people who use your services to clinical trials and other studies, and work to support you and to suit the demands of your service.





Sally Redgate

is a ward manager on a treatment and therapy ward for people with acute mental health problems in a hospital run by Nottinghamshire Healthcare NHS Trust. Clinical studies officers are working with the ward team to recruit patients to a study supported by the Mental Health Research Network that seeks to

establish the effectiveness of Community Treatment Orders. 'Research is another thing to think about, and sometimes, it can feel a bit of a burden,' she says. 'But if you're personally committed to offering the best service, and you believe you need research evidence to be able to do that, then it's worth it.'

Dr Jesus Perez

is a consultant psychiatrist at Cambridgeshire and Peterborough NHS Foundation Trust, and the first non-academic clinician chosen to lead one of the MHRN 'hubs'. 'You can do research without having an academic background,' he says. 'I became involved in research as part of my clinical work, and learned a lot by taking part in many studies. Now I am leading research groups and studies. I think it's important to help clinicians who are interested in getting involved in research and the Mental Health Research Network can do that.'



What is the Mental Health Research Network?

The Mental Health Research Network (MHRN) is part of the Department of Health's National Institute for Health Research (NIHR). It is known as the NIHR MHRN.

We help make research into mental health happen throughout England. We do this by offering practical support to research teams to help them secure all the agreements and complete the administration and paperwork necessary to carry out studies in the NHS. We introduce researchers to mental health professionals working in services that support people who will ultimately benefit from the studies. Our teams of clinical studies officers often work side by side with mental health professionals, explaining the purpose of the research to people with mental health problems, and asking them to participate in a study. Sometimes clinical studies officers will also act as research assistants, collecting information from participants as the study progresses.

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The NIHR MHRN is managed jointly by the Institute of Psychiatry, King's College London, and the University of Manchester. We work through eight regional offices called 'hubs'. Each hub works closely with the research and development managers in NHS trusts based within their geographical boundaries, and with research teams based at their local universities.

We also support commercial studies and help pharmaceutical companies, for example, to recruit participants for new drugs trials through NHS services.

Involving people with experience of mental health problems

An important part of our work is to involve people with experience of mental health problems in the studies we support, not just as participants, but as advisors and sometimes as researchers. Each of our hubs works with local service user groups who have a say in the running of that part of the Network, and can also advise researchers about individual projects.



Sam Omar

has experience of mental health problems and is involved in the work of the Mental Health Research Network in the North West of England. He says: 'If mental health professionals don't help do research into mental health, how do they know what they are doing is right?'



Til Wykes

is professor of clinical psychology and rehabilitation at the Institute of Psychiatry, King's College London, and is director of the Mental Health Research Network. 'New treatments and better services couldn't be developed or introduced without research in the NHS, and that couldn't happen without the support of psychiatrists, psychologists, nurses and other people working in mental health services,' she says.

Jenny Lacey

is a clinical studies officer working on several studies supported by the Mental Health Research Network in East Anglia. 'To recruit participants to studies, we have to get referrals from the doctor, or clinic, or ward team. We understand that recruiting people into research may not always be a top priority, so we try to have as little impact on the service as possible, and create as little additional work as possible.'



If you want to get more actively involved in research projects

Research teams are often looking for mental health professionals who can offer advice on the best way to set up a research project in the NHS, and who are willing to be investigators on the trials and studies we support. If you work at one of the mental health trusts listed on the back page, you can register with the MHRN and we will contact you if we adopt a trial or study that may interest you. You can register via our website (www.mhrn.info) or through your local hub.

If you are interested in getting involved in research, you can also contact your local hub manager. Our staff will talk to you to find out what your interests are, and may try to involve you in a study that is already supported by the hub. They may help you organise a secondment to a research team, or suggest training that could develop your skills. Some hubs offer research experience to trainee mental health professionals – psychiatrists and mental health nurses, for example.

We introduce researchers to mental health professionals working in NHS services.

Other research networks

We are one of several networks that offer practical support to teams carrying out research within the NHS. All the networks are part of the National Institute for Health Research. There are five other 'topic specific' networks focusing on research in a particular area: these are cancer; stroke; diabetes; medicines for children; dementias and neurodegenerative diseases. A Primary Care Research Network supports studies into issues such as disease prevention, health promotion, screening, early diagnosis and clinical management of long-term conditions. Comprehensive Local Research Networks support trials and studies about all diseases and health issues not covered by the other networks. All this work is coordinated by the NIHR Clinical Research Network Coordinating Centre.



These NHS trusts run mental health services and take part in studies and trials supported by the MHRN

Avon and Wiltshire Mental Health Partnership NHS Trust (*West Hub*)
Barnet, Enfield and Haringey Mental Health NHS Trust (*North London Hub*)
NHS Barnsley (*East Midlands Hub plus South Yorkshire*)
Berkshire Healthcare NHS Foundation Trust (*North London Hub*)
Birmingham and Solihull Mental Health NHS Foundation Trust (*Heart of England Hub*)
Bradford District Care Trust (*North East Hub*)
Calderstones Partnership NHS Foundation Trust (*North West Hub*)
Cambridgeshire and Peterborough NHS Foundation Trust (*East Anglia Hub*)
Camden and Islington NHS Foundation Trust (*North London Hub*)
Central and North West London NHS Foundation Trust (*North London Hub*)
Central Manchester University Hospitals NHS Foundation Trust (child psychiatry services in Royal Manchester Children's Hospital) (*North West Hub*)
Cheshire and Wirral Partnership NHS Foundation Trust (*North West Hub*)
Cornwall Partnership NHS Foundation Trust (*West Hub*)
Coventry and Warwickshire NHS Partnership Trust (*Heart of England Hub*)
Cumbria Partnership NHS Foundation Trust (*North West Hub*)
Derbyshire Mental Health Services NHS Trust (*East Midlands Hub plus South Yorkshire*)
Devon Partnership NHS Trust (*West Hub*)
Dudley and Walsall Mental Health Partnership NHS Trust (*Heart of England Hub*)
East London NHS Foundation Trust (*North London Hub*)
5 Boroughs Partnership NHS Foundation Trust (*North West Hub*)
Greater Manchester West Mental Health NHS Foundation Trust (*North West Hub*)

Hampshire Partnership NHS Foundation Trust (*West Hub*)
Hertfordshire Partnership NHS Foundation Trust (*North London Hub*)
Humber NHS Foundation Trust (*North East Hub*)
Kent and Medway NHS and Social Care Partnership Trust (*South London and South East Hub*)
Lancashire Care NHS Foundation Trust (*North West Hub*)
Leeds Partnerships NHS Foundation Trust (*North East Hub*)
Leicestershire Partnership NHS Trust (*Heart of England Hub*)
Lincolnshire Partnership NHS Foundation Trust (*East Midlands Hub plus South Yorkshire*)
Manchester Mental Health and Social Care Trust (*North West Hub*)
Mersey Care NHS Trust (*North West Hub*)
Norfolk and Waveney Mental Health NHS Foundation Trust (*East Anglia Hub*)
North East Lincolnshire Care Plus Trust (*East Midlands Hub plus South Yorkshire*)
North East London NHS Foundation Trust (*North London Hub*)
North Essex Partnership NHS Foundation Trust (*North London Hub*)
North Staffordshire Combined Healthcare NHS Trust (*Heart of England Hub*)
North Yorkshire and York Primary Care Trust (*North East Hub*)
Northamptonshire Healthcare NHS Foundation Trust (*Heart of England Hub*)
Northumberland Tyne and Wear NHS Foundation Trust (*North East Hub*)
Nottinghamshire Healthcare NHS Trust (*East Midlands Hub plus South Yorkshire*)
Oxfordshire and Buckinghamshire Mental Health NHS Foundation Trust (*North London Hub*)
Oxleas NHS Foundation Trust (*South London and South East Hub*)

Pennine Care NHS Foundation Trust (*North West Hub*)
Rotherham Doncaster and South Humber Mental Health NHS Foundation Trust (*East Midlands Hub plus South Yorkshire*)
Sandwell Mental Health and Social Care NHS Foundation Trust (*Heart of England Hub*)
Sheffield Health and Social Care NHS Foundation Trust (*East Midlands Hub plus South Yorkshire*)
South Essex Partnership University NHS Foundation Trust (*East Anglia Hub and North London Hub*)
South London and Maudsley NHS Foundation Trust (*South London and South East Hub*)
South Staffordshire and Shropshire Healthcare NHS Foundation Trust (*Heart of England Hub*)
South West London and St George's Mental Health NHS Trust (*South London and South East Hub*)
South West Yorkshire Partnership NHS Foundation Trust (*North East Hub*)
Suffolk Mental Health Partnership NHS Trust (*East Anglia Hub*)
Surrey and Borders Partnership NHS Foundation Trust (*South London and South East Hub*)
Sussex Partnership NHS Foundation Trust (*South London and South East Hub*)
2gether NHS Foundation Trust (*West Hub*)
Tees, Esk and Wear Valleys NHS Foundation Trust (*North East Hub*)
The Tavistock and Portman NHS Foundation Trust (*North London Hub*)
West London Mental Health NHS Trust (*North London Hub*)
Wolverhampton City NHS Primary Care Trust (*Heart of England Hub*)
Worcestershire Mental Health Partnership NHS Trust (*Heart of England Hub*)

Mental Health Research Network regional offices (hubs)

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