

National Centre for Mental Health

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Director NCMH



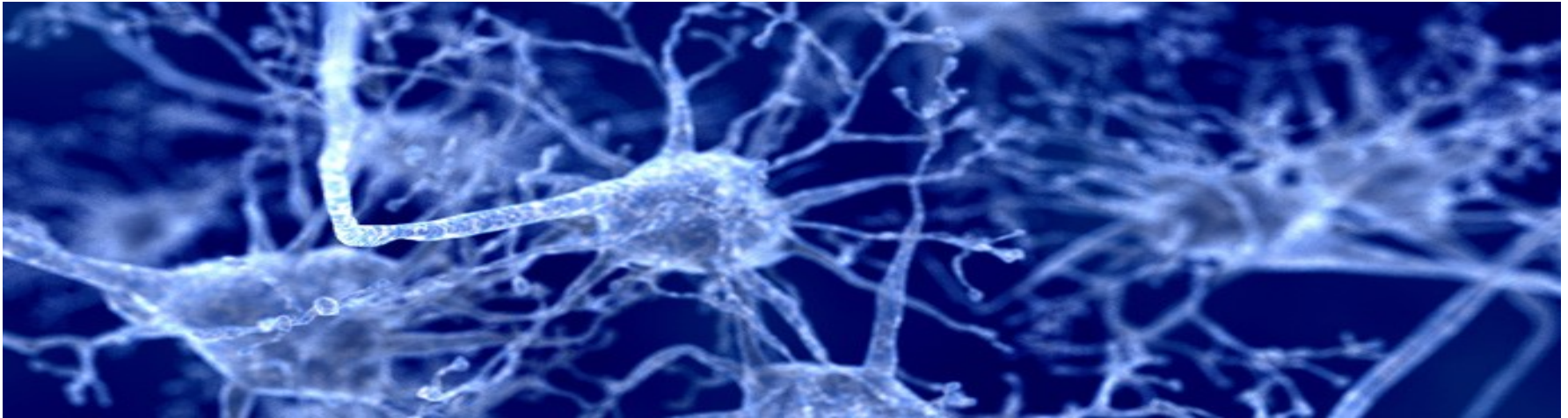
- Established in April 2011 as Wales' first Biomedical Research Centre
- Brings together world-leading researchers, healthcare professionals, patients and carers to learn more about mental health and mental illness

Success to date

- Over 4,500 participated in NCMH research
- Grant income (>£5 million) and publications (>300)
- Programmes of Knowledge transfer, Public Engagement and Involvement
- Relationships with NHS and 3rd sector organizations throughout Wales

Research

- Support and undertake high quality research into causes, triggers, diagnosis and treatment of mental illness and learning disability across the lifespan
- Improve understanding
- Improve diagnosis, treatment and support



- NCMH established as a biobank
- Identifying genetic factors that influence risk of illness
- IPS cell lines
- Neuroimaging



PSYCHO-SOCIAL RESEARCH

- Interviews and questionnaires: social and psychological factors
- Personality traits / life events
- Social determinants
- Integrate with biological data



COMMUNICATION & ENGAGEMENT

Online

Website

- Resources covering 9 different Mental Health disorders
- Downloadable leaflets
- Links to online tools
- Signposting to other resources online

The screenshot displays the NCMH website interface. At the top, the NCMH logo and navigation menu are visible. A prominent banner encourages users to 'Take part in our research' with a grid of diverse people's faces. Below this, a 'Welcome to the National Centre for Mental Health website.' section provides information about mental illness and a research participation form. A 'Resources' section lists various materials like 'Mental Health and Medication Wakes' and 'Fact sheets and Leaflets'. A 'Contact Us' section features a photo of the building and contact details. A '3000 visits monthly' badge is overlaid on the bottom left of the screenshot.

3000 visits monthly

Social media

The image displays two screenshots of social media profiles for the National Centre for Mental Health (NCMH).

Twitter Profile: The profile shows 1,965 tweets, 129 photos/videos, 532 following, 757 followers, and 10 favorites. A tweet from NCMH (@ncmh_wales) is highlighted, stating: "Did you know we run an award winning psychoeducation programme in Wales for people with #bipolar? ncmh.info/bepcymru/". Another tweet from the same account says: "You can help with #MentalHealth research in Wales - and it only takes an hour: ncmh.info/help-us/".

Facebook Profile: The profile shows 403 likes and a post with 500 likes. The post is titled "NCMH Research Champions: Clive - NCMH" and features a photo of Clive Norling, a former WRU referee, wearing a graduation cap and gown. The text of the post reads: "If you've volunteered to help us with research and would like to do more for mental health in Wales, you can become an NCMH Research Champion - just like former WRU referee Clive Norling: <http://ncmh.info/champions-clive/>".



@ncmh_wales
1033 Followers



/walesmentalhealth
500 'Likes'

In print

NCMH
National Centre for Mental Health

Autism Spectrum Disorder in Young People
Information for young people and families



 www.ncmh.info

NCMH
National Centre for Mental Health

Bipolar Disorder
Information for individuals, partners and families



 www.ncmi

NCMH
National Centre for Mental Health

Post Traumatic Stress Disorder (PTSD)
Information for individuals, partners and families



 www.ncmh.info

NCMH
National Centre for Mental Health

Depression
Information for individuals, partners and families



 www.ncmh.info

NCMH
National Centre for Mental Health

Attention Deficit Hyperactivity Disorder (ADHD)
Information for parents, carers and children



 www.ncmh.info

NCMH
National Centre for Mental Health

Schizophrenia
Information for individuals, partners and families



 www.ncmi

NCMH
National Centre for Mental Health

Bipolar disorder, pregnancy and childbirth
Information for women, partners and families



 www.ncmh.info

NCMH
National Centre for Mental Health

Depression in Young People
Information for young people, parents and families



 www.ncmh.info

50000+ leaflets printed
Downloaded 6500 times

- Suite of 8 leaflets with several more on the way
- Trustworthy resources for patients, carers, clinicians and services

NCMH
National Centre for Mental Health

Welcome to the National Centre for Mental Health (NCMH) handy charts. This resource has been devised with Choice and Medication and their team of expert pharmacists who have worked extensively to create detailed medication information for doctors and service users.

NCMH have provided this handy reference guide for health care professionals across Wales, intended to be used in collaboration with patients when discussing medications for mental health conditions.

www.choiceandmedication.org/ncmh

www.ncmh.info

Handy Charts 2014-15
Medication Quick Reference Guide

Contents

1. ADHD
2. Alcohol Dependence
3. Alcohol Intoxication
4. Alzheimer's Disease
5. Anxiety (Generalised Anxiety Disorder)
6. Bipolar Depression
7. Bipolar Mania
8. Bipolar Mood Disorder
9. Depression
10. Insomnia
11. OCD (Obsessive Compulsive Disorder)
12. Panic Disorder
13. PTSD (Post-Traumatic Stress Disorder)
14. Seasonal Affective Disorder
15. Social Anxiety (Social Phobia)
16. Schizophrenia and Psychosis
17. APE (Acute Psychiatric Emergency)

Second Edition, July 2015



NISCHR
National Institute for Research in School Children

APP
Association of Psychologists in Practice

bipolarUK

GIG Cymru NHS Wales

Bipolar Education Programme Cymru

CRDHF
Cymdeithas Rheolwr Cyffwrdd Ffisigol

Intervention Development



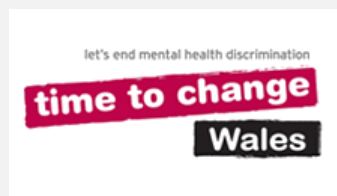
- Group intervention delivered to over 500 people throughout Wales
- Beating Bipolar accessed by over 7000 people
- BMJ Award for innovation in medicine 2014

Research Champions

- Around 10 'official' Research Champions
- Sharing their stories to inspire others
- Online profiles
- Speaking at events
- Contributing to press articles
- Appearing in promotional materials



Advisory Board



National Centre for Mental **Health**

Future Plans



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 LD and the need for research
- To change the research culture in health and social care services

NCMH Future Plans

- Continue to do what we have done well
- Develop in a number of key ways
 - Learning Disability
 - Expanded team including Swansea and Bangor

Universities

- Farr Institute / CIPHER - SAIL
- Centre for Mental Health and Society



The Farr Institute of
Health Informatics Research



Ian Jones

Mike Owen

Keith Lloyd

Catherine Robinson

Mike Kerr

David Ford

Michael Jackson

Ann John

Nick Cradock

Debbie Cohen

Liz Forty

William Gray

Jeremy Hall

Peter Hiolmans

Meng Li

David Linden

Michael O'Donovan

Anita Thapar

James Walters

Thank you

- Participants
- Members of our advisory board and all 3rd Sector orgs
- External review panel
- Research Champions
- Clinicians and Clinical teams
- NCMH Leads, NCMH Research Collaborators and Facilitators
- Academic collaborators
- Health and Care Research Wales

The NCMH team



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