



# A *Brighter* Future

**MQ**

Mental health  
research

An aerial, high-angle photograph of a very busy pedestrian crossing. The scene is filled with hundreds of people walking in various directions. The ground is paved, and there are prominent white zebra crossing stripes. Long, dark shadows are cast across the pavement, indicating it is a bright, sunny day. A yellow rectangular banner is overlaid on the left side of the image, containing the text 'Chapter 1 Pre-Pandemic'.

# Chapter 1 Pre-Pandemic



1 in 6

school aged children  
have a diagnosable  
mental illness.

2020 NHS Digital survey

Cohen et al 2003

75%

of mental health problems  
develop before the age of 18

... but only 26%  
of mental health  
research focuses  
on young people

Suicide is the leading cause  
of death for 5-19 year olds.

1%



Childrens mental health services account for less than 1% of NHS spending.

1 in 4

children refered for specialist mental health treatment are turned away.



75%

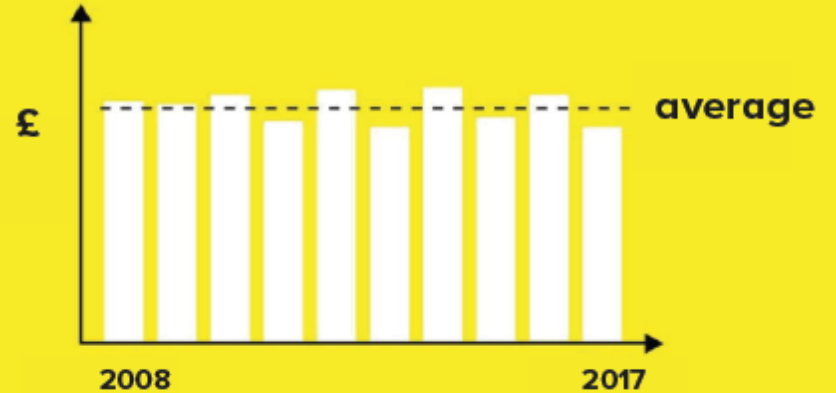
of young people with a mental health problem have to wait for so long that their condition deteriorates or they are unable to access treatment at all.



3.9%

of mental health research funding goes towards prevention

Funding for mental health research has *remained flat* over the 10-year period 2008-2017



£9 spent on mental health research per person affected

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## Chapter 2 – The Impact of a Pandemic



The group which is at least risk of mortality, are actually paying the greatest price, potentially in terms of social, economic and educational impact and that is being seen in the mental health consequences.

KCL House of Lords enquiry. Sept 2020



Prof. Matthew Hotopf

- 19% Of children lacked quiet 'learning space' at home
- 27% had no study desk or table
- 12% were without a computer or tablet
- 12% had no reliable internet service
- 26% lacked contact with someone at school
- 15% had no support with their home study from a parent

**NSPCC reported an all-time peak increase of 32% in distress calls to their helpline during the first UK national lockdown.**





# Voice of young people

A lot more people higher up, in government, need to understand how it feels for people who have been in lockdown by themselves.

We're going to have to be thinking about challenges that we've never thought of before because we've never lived in a time like this, so it's going to take a lot of work but we'll get there.

# Chapter 3 .....

## A brighter future?



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# MQ Research Plan 2021-2025

## 1) Thriving in a post-pandemic world

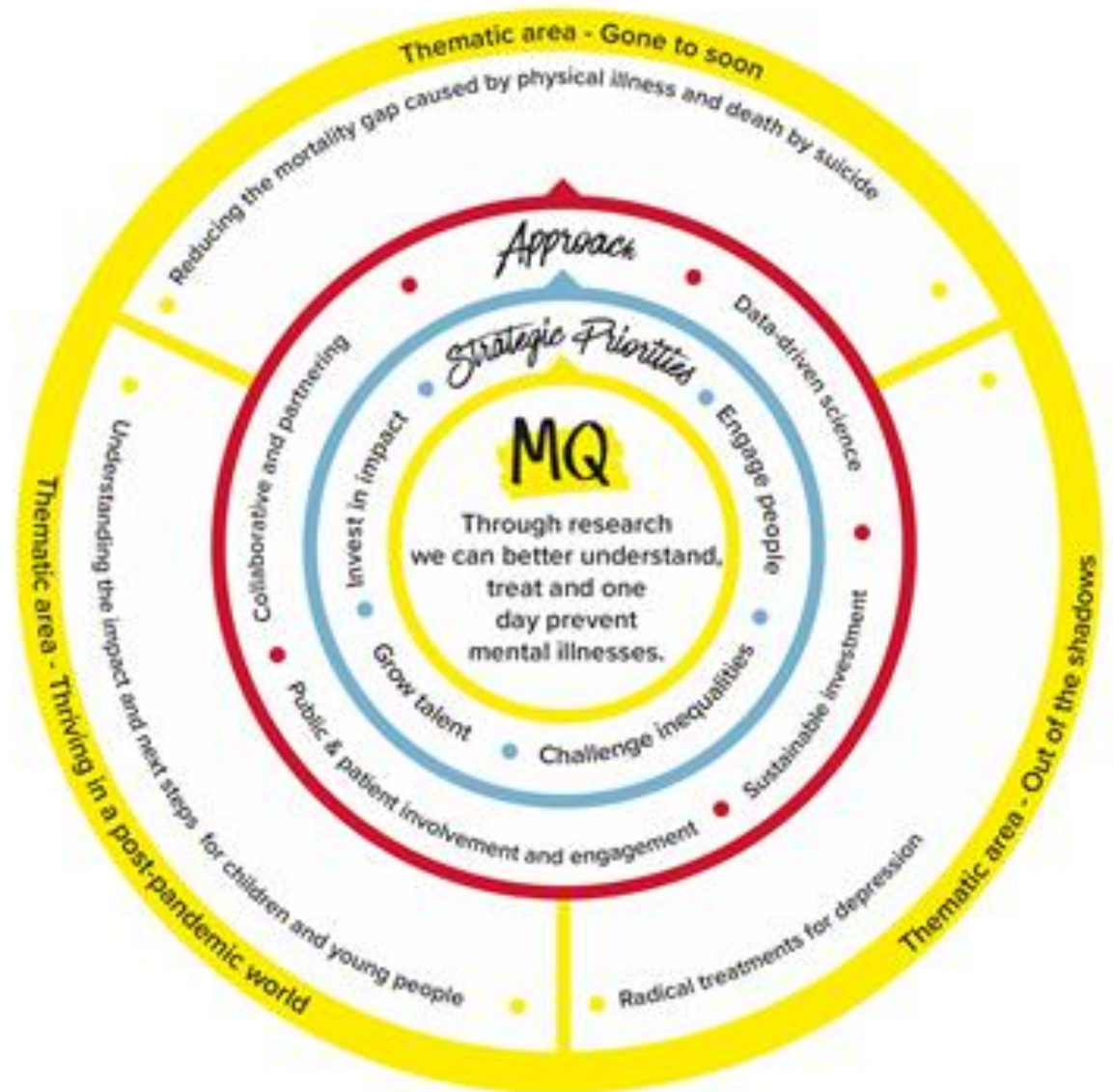
*Understanding impact & next steps for young people, the workplace & mental health inequalities*

## 2) Gone too soon

*Reducing the mortality gap caused by physical illness and death by suicide*

## 3) Out of the shadows

*Radical treatments for depression*



# 2021 Fellows Award



**Dr Katherine Young**

Investigating the impact of the COVID-19 pandemic on young people's mental health



**Dr Ruchika Gajwani**

Trailing a new treatment for Borderline Personality Disorder, delivered in the community



**Dr Mark Taylor**

Investigating the mental health impacts on autistic individuals as they transition from adolescence into adulthood

# Policy and Advocacy

“The Covid Generation”  
*(Publish date 1<sup>st</sup> April)*



THE ROYAL FOUNDATION

A national policy paper on  
**inequities in mental health  
research exacerbated by  
COVID-19**



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- **Future planning by society and Gov**
- **Closed childcare clusters**
- **Hybrid virtual learning for those with ADHD or autism**
- **Greater access to routinely collected data**
- **Better investment in MH research**
- **Cross dept. investment in prevention and early intervention**

**A holistic approach to the mental health and wellbeing of children and young people is now a necessity and post pandemic, there is an opportunity to 'build back better.'**



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