

# Are you Interested in Mental Health Research?

## We are looking for people to join our new advisory panel, to help shape research about the link between the brain and the body.

### To join, you must have experience of a chronic inflammatory condition (such as Multiple Sclerosis, Inflammatory Bowel Disease, IBS, Lupus)

**and**

### any difficult to treat mood disorder.

**Join us on the 24th September from 3pm to**

**4:30pm**

**If you are interested in getting involved, or would like to find out more, please get in touch.**



**Contact us:** [InvolvementInResearch@sussexpartnership.nhs.uk](mailto:InvolvementInResearch@sussexpartnership.nhs.uk)

# FAQ

## What is my role?

We work with the Research Department at Sussex Partnership NHS Foundation Trust. Our role is to talk to researchers about their research and to advise them from our lived experience perspective.

Your experience of having chronic inflammatory conditions, and hard to treat mood disorders in our lives can make a real difference to the way research is planned and carried out. Our meetings are friendly and informal.

We will ask for your thoughts on the general idea of a proposed study, or perhaps the wording of the information sent to participants.

## Do I need to have experience in research?

You do not need to have prior knowledge about research - it is your lived experience that is so important to shape research.

## How are meetings carried out?

Our meetings are currently on zoom but we plan a future mix of online and face to face meetings. There is no pressure for you to attend more meetings than you are happy to do so.

## What are some of the benefits of being involved in research?

Being involved with research can be very rewarding and can help you feel that you’re doing something positive to improve early diagnosis and the development of new treatments. You may also just enjoy meeting other people in similar situations. Your knowledge, experience and skills can help others.

We also pay a set amount for your time and travel and other expenses in line with Sussex Partnership policy.