



Network News - April

Welcome to [Network News](#), our update from the Emerging Minds Network.

Spring is here! And with it are lots of exciting opportunities that we can't wait to share with you!

Second funding call

The deadline for expressing interest in our second funding call is **April 29 2021** at **9am**.

You can do this on our simple web-form here:

<https://emergingminds.org.uk/expression-of-interest/>

Expressing interest is optional but is a great opportunity to tell us about your project idea and/or the experience and expertise that you can offer. We will review all expressions of interest and provide feedback to you by **May 14 2021**.

For more details about the funding call and other upcoming dates and deadlines, check out this link:

<https://emergingminds.org.uk/funding-call-2/>



Cross-sector placement update

We are very grateful to Dr Yasmin Ahmadzadeh for sharing a blog with us to describe her recent Emerging Minds funded cross-sector placement with the Centre for Mental Health.

Yasmin discusses mental health inequalities and how these can best be addressed:

Evaluating projects designed to alleviate mental health inequalities:

<https://emergingminds.org.uk/evaluating-projects-designed-to-alleviate-mental-health-inequalities/>



Special Interest Research Groups - an update!



We are so happy that so many people have joined our special interest research groups!

It is wonderful to see our network growing and that people who are interested in mental health research are building connections across sectors.

If you would like to get involved or find out more, you can watch our video and read more about each of the groups at the link below:

www.emergingminds.org.uk/join-a-sirg

Co-RAY news

Our CoRAY project partners BBC Bitesize, Fully Focused Productions and Headliners UK are busy working on evidence based resources for and by young people. See our briefings for more on how to support the mental health and wellbeing of 11 – 16 year olds during the pandemic:



<https://emergingminds.org.uk/co-ray-evidence-informed-briefings/>

EVIDENCE SYNTHESIS:

We are now updating our evidence synthesis on how the pandemic has affected the mental health and wellbeing of young people aged 11-16 living in the UK. Please share any relevant papers or reports to help us build a comprehensive picture of young people's experiences. This can be information from academic studies, charity or public sector reports. Please email coray@psych.ox.ac.uk

PRIORITY SETTING:

We will be running another short priority setting activity in mid-May 2021. This is a chance for young people (aged 11-16) to tell us what they think young people would like help and support with over the next few months. If you work with young people aged 11-16 and are interested in taking part, please email coray@psych.ox.ac.uk.

To find out more about the project so far, visit our link below:

<https://emergingminds.org.uk/resources-for-young-people/>

Catch up on our conference

Just another little reminder that recordings and resources are available from our recent conference on **Youth Mental Health & COVID-19: What do we know & what should we do?**

<https://emergingminds.org.uk/conference-youth-mental-health-covid-19-what-do-we-know-and-what-should-we-do/>

We are particularly excited to share the blog posts from the panelists who attended. These also feature artwork in response to discussions on the day from young artists from Fully Focused Productions.

Lucy Power shared her thoughts on the first day of the conference in this blog:

<https://emergingminds.org.uk/youth-mental-health-and-covid-19-reflections-on-our-conference/>

Panelist Anna highlights key messages from the second day of the event:

<https://emergingminds.org.uk/youth-mental-health-conference-key-messages-from-a-young-person/>

Cassandra Lovelock reflected on the key messages from the third day of the conference in this blog:

<https://emergingminds.org.uk/youth-mental-health-and-covid-19-reflections-on-our-conference/>

Research Showcase

For this month, we are highlighting this paper which reflects on the strengths and challenges of the COVID-19 UK mental health research response and offers suggestions on moving forward

Looking Back to Move Forward: Reflections on the Strengths and Challenges of the COVID-19 UK Mental Health Research Response

<https://www.frontiersin.org/articles/10.3389/fpsy.2021.622562/full>

It also has an accompanying short film to further explain its findings:

<https://www.youtube.com/watch?v=IPtimttxsME>

If you would like your research to be included in a future edition, please do get in touch!



Opportunities

Emerging Minds Special Interest Research Group News



Unusual Sensory Experiences Discussion - Practitioners/ Researchers - Webinar

One of our [Emerging Minds Special Interest Research Groups](#) , focusing on multi-sensory experiences in childhood, is holding a webinar for teachers and support staff about working with or supporting children and young people who have unusual sensory experiences

Friday 30 April - 4-5pm

This webinar will be held on Microsoft Teams and parts may be audio recorded and used to inform the development of the special interest research group, research priorities and subsequent activities.

Click on the Eventbrite link below to register for this free event:

<https://www.eventbrite.co.uk/e/unusual-sensory-experiences-discussion-teachersschool-staff-webinar-tickets-149668497505?aff=erelexpmlt>

If you are not a teacher or member of staff but would still like to be involved in this group, please contact chuse@mmu.ac.uk

Training and development opportunities

Panel discussion on mental health and parenting: Difficult conversations: Shining a spotlight on mental health and parenting

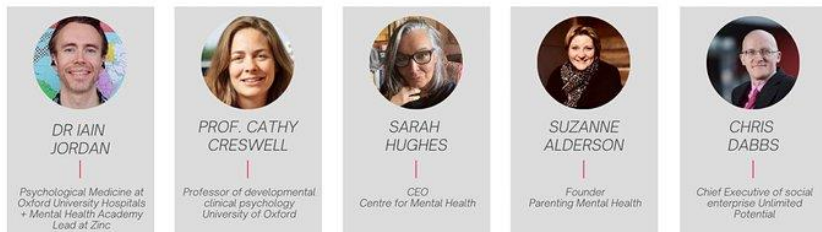
Free event: Wednesday 5 May 2021: 4-5pm

There's no question that mental health is discussed in the media, communities and relationships far more now than ever before. But how far has the taboo around mental health really lifted, and who is still underserved?

DIFFICULT CONVERSATIONS: SHINING A SPOTLIGHT ON MENTAL HEALTH AND PARENTING

Wednesday 5th May 4-5pm

Join a panel discussion about parenting and mental health, exploring where progress has been made and where stigma is still damaging.



Join Zinc for a panel event and open dialogue about mental health and parents, an issue that has moved into the spotlight during the many COVID-19 lockdowns as schools closed, activities were limited and parents juggled multiple roles.

They will address challenging questions and encourage frank discussion with openness and empathy, as an antidote to the sensationalist headlines and social media pile-ons that too often hinder difficult yet necessary conversations.

For more information and to register for the event, follow the link below:

<https://www.eventbrite.com/e/difficult-conversations-shining-a-spotlight-on-mental-health-and-parenting-tickets-149148943505>

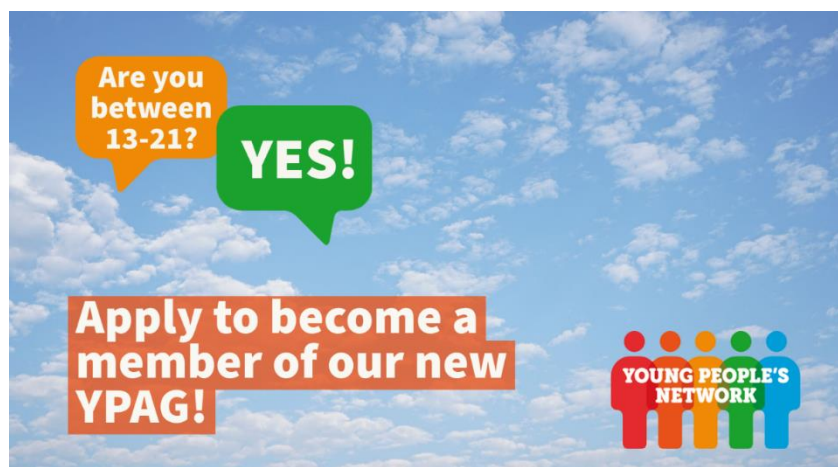


Involvement Opportunity at McPin Foundation

The McPin Foundation are recruiting a new Young People's Advisory Group (aka YPAG)! This YPAG will be a group formed of 10 young people aged 13 – 21, with different backgrounds and lived experience and who have experienced mental health issues or social injustices (unfair treatment from society) whilst growing up. This could include things like discrimination, poverty, bullying etc.

This group will help mental health researchers understand the best ways to work alongside young people with these experiences, to find out what the key issues are and how best to address them.

The YPAG will work with both McPin, a mental health charity who have been involving young people in research for many years, and Kings College London's Centre for Society & Mental Health. This is an amazing opportunity to be involved in really important research to support the wellbeing of young people.



It is also a safe space to talk to other young people about your experiences. McPin are particularly keen to hear from people between 13 – 16!

Some key information:

- This is a paid role!
- The YPAG will usually meet every few months (over Zoom) to learn about and advise on children and young people's mental health research, as well as shape the wider activities of the McPin Young People's Network.
- Members also get involved in between meetings by completing tasks over email, phone calls, and across our digital platforms.
- You must be between 13 – 21 to apply, and live in England

Click this link for more information and to apply:
<https://mailchi.mp/mcpin/new-ypag-member-opportunity05022021-13378099>

Deadline - **26 April 2021 - 4pm**

Addressing loneliness in emerging adulthood: What do we know and what do we need to know?



NIHR

The Loneliness & Social Isolation in Mental Health Research Network (LSIMHRN) and the NIHR School for Public Health Research (SPHR) public mental health programme have launched a survey to identify how to tackle loneliness and social isolation in 16-25 year olds.

The team are inviting members of the public, practitioners, charities, those working in mental health services, policy makers and researchers to complete the survey.

The results of the survey will be used to identify research priorities to improve understanding and help to address loneliness and social isolation in 16 -25 year olds, also known as emerging adults. These research priorities will be used to develop interdisciplinary and cross-sector funding bids that aim to develop and test interventions to address these issues with the aim to prevent mental ill-health.

The team are particularly interested in developing approaches aimed at individuals who are not in education, employment or training (frequently referred to as NEET), who are at greater risk of mental ill-health. The team will be holding an online workshop on the 9th of June to discuss the survey results in more detail and identify the key research priorities.

The survey will be open from 25 March until 31 May 2021. All survey responses will be confidential and anonymised. You can complete the survey here:

https://forms.office.com/Pages/ResponsePage.aspx?id= oivH5ipW0yTySEKEdmlwp0nNQgmuD5Mmc9CjHGY_YNUN0ZXQUIJQkpVVzBMNFNyTIIWNFNESVRMWS4u

They also plan to host an **online workshop** on **9th July 2021 - 2-4pm**

The workshop will bring together members of the public, individuals from different disciplines and sectors to discuss the survey findings and identify key research areas to tackle loneliness and social isolation in 16-25 year olds. The event will provide an opportunity for those attending to form working groups and collaborate on grant proposals for funding opportunities in this area.

For more information and how to sign up, please visit the link below:

<https://www.ucl.ac.uk/psychiatry/research/epidemiology-and-applied-clinical-research-department/loneliness-and-social-isolation-0>

Transforming mental health in schools & colleges: the impact of COVID-19



Transforming mental health in schools and colleges



This important series bridges the gap between mental health specialists and education professionals to better understand how to provide thoughtful and informed care for children and young people. It explores the perspective of teachers, health professionals, policy-makers, and the children and parents themselves. Speakers will examine school-based interventions, the potential challenges, and how to make positive change happen.

In association with Mind Charity.

Thu 22 Apr 2021 10:00am to 5:00pm

Wed 5 May 2021 10:00am to 2:00pm

Wed 12 May 2021 10:00am to 2:00pm

Royal Society of Medicine



[Click here for more details ▶](#)

For more information and to register for the full-day webinars, please visit the link below:

<https://www.rsm.ac.uk/events/psychiatry/2020-21/pyp64/>

CAMHS around the Campfire



As part of ACAMH's vision to share best evidence and improve practice, they are continuing 'CAMHS around the Campfire', a free live online journal club, run with André Tomlin, the [Mental Elf](#).

The next meeting on **26 April 2021** at **5pm** will be on **Literature review of support tools for school staff to respond to CYP self-harm**

For more details and how to join:

<https://www.acamh.org/event/support-school-staff-cyp-self-harm/>



Early Career Researcher Lunchtime Seminar Series

The Violence, Abuse & Mental Health Network are continuing their lunchtime seminar series aimed at providing junior researchers with opportunities to develop their skills.

The next session will be on **Juggling commitments** on **12 May 2021 - 12-1.30pm**

For more information, visit the link below:

<http://www.vamhn.co.uk/ecr-lunchtime-seminar-series.html>



Tickets are now available for the MQ Mental Health Science Summit, held in collaboration with the Wellcome trust, on the 12 & 13 May 2021.

Now in its seventh year, the Summit is one of the largest international scientific meetings dedicated solely to mental health science – promoting multi-disciplinary collaboration and bringing together experts from around the world to tackle the biggest challenges in mental health.

Who is it for?

The Summit is for anyone with an interest in hearing about the latest world-leading mental health research. Scientists, those with lived experience, funders, charity representatives, healthcare and education professionals, and researchers at all stages of their career spanning diverse disciplines from genetics to anthropology and everything in between.

The Summit provides a space to showcase ideas, have important conversations and seed collaborations between people of diverse perspectives that would not otherwise take place.

Early-bird tickets for this event are available now, although the number of early bird tickets are limited.

Tickets are available here:

<https://www.eventbrite.co.uk/e/mq-mental-health-summit-2021-in-collaboration-with-wellcome-tickets-135518271799?aff=MentalElf>



Public Health
England

New Psychological First Aid training for supporting children and young people affected by emergencies and crisis situations including the COVID-19 pandemic

PHE has launched [a new psychological first aid \(PFA\) online training course](#) to help support children and young people that have been affected by emergencies like the COVID-19 pandemic.

It is available for all frontline workers such as teachers, health and social workers, charity and community volunteers and anyone who cares for or is regularly in contact with children and young people aged up to 25, including parents and caregivers.

Those completing the training will be equipped to better identify those children that are in distress and provide support to help them feel safe, connected and able to take steps to help themselves during the pandemic or other crisis situations. The course is free, takes up to three hours to complete (that the learner can complete at their own pace) and no previous qualifications are required.

PFA is a globally recognised training programme for emergency situations and PHE has developed this new course with input and advice from a range of experts, government and charitable organisations via an advisory group which includes NHS England, the Department for Education, British Red Cross and in partnership with FutureLearn.

NIHR Funding opportunities



Public Health Research Programme

[Application Development Award - Mental health and wellbeing among young women](#)

The Public Health Research (PHR) Programme is accepting Stage 2 applications to this Application Development Award, for mental health and wellbeing among young women.

This award will underpin development work, to support a later application to a future commissioned call, on mental health and wellbeing among young women aged 12-24.

Award opens 25 March 2021 and closes **12 August 2021 - 1pm**

For more information and to download the supporting documentation:

<https://www.nihr.ac.uk/funding/2136-application-development-award-mental-health-and-wellbeing-among-young-women/27276>

For more information and a list of all current funding opportunities, please visit the NIHR website here:

<https://www.nihr.ac.uk/researchers/funding-opportunities/>

Resources

Wellbeing for Education Return - resources for education staff



Wellbeing for Education Return is an £8million package of training and resources intended to support education staff to promote the mental wellbeing of children and young people, their colleagues, themselves and parents and carers during the pandemic.



More information about the resources can be found on the downloadable PDF below:

<https://emergingminds.org.uk/wp-content/uploads/2021/03/WER-Information-Sheet-and-FAQs-for-Education-Staff.pdf>

INK (2021) Neurodiverse Micro-Short Film - MYM Animation



INK is an animated short film created by a young person during lockdown and explores experiences of neurodiversity, mental health, and the beauty and importance of creativity.

You can watch it here:

<https://www.youtube.com/watch?v=OFmyx9Xq61g&t=116s>

Emerging Minds is part of the Cross-Disciplinary Mental Health Network Plus initiative supported by UK Research and Innovation.

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