Funding research.
Building a community.
Engaging more people.
At MQ, our vision is simple: to create a world where mental illness is understood, effectively treated and ultimately prevented. This is how we worked to turn that vision into reality throughout 2018.
Research, by its very nature, takes time. To be effective, it must be reflective, considered, deliberate, precise, unhurried. Yet we are all aware of the urgency for progress in mental healthcare – and at MQ we have no doubt that research should be the guide and catalyst for that progress.

So it meant a great deal to me personally to see, throughout 2018, a tranche of MQ’s early funded research projects coming to fruition. As you can read on page 6, that meant we learnt the potential impact on mental illness of everything from virtual therapies to lab-created 3D brain circuits, as those initial projects came to an end.

Each study we fund is a stepping stone to greater knowledge, and each one brings us closer to the world we want to help create: a world where mental illness is understood, effectively treated and one day prevented. In this year’s review, you can read both about research that was completed in 2018 and about the new projects we funded to ensure our understanding continues to expand.

But our work has always been about more than simply funding research, so you can also discover how we continue to bring together a global community of people and organisations who share our ambitions and determination. And you can also read about how we’re continuing to engage a growing public movement of people who recognise the potential of research and understand why it urgently requires far greater public attention.

The transformative progress we need to see will not happen overnight, but nor should it be seen as some pipedream for a faraway future. MQ continued to move forward in 2018, and so did our understanding of mental illness – thanks to the endless determination and commitment of our researchers, and to the dedication and generosity of our supporters.

Together, step-by-step, we will find the answers we need to break through the uncertainty, ignorance and fear that too often shape our response to mental illness. The first signs of change are already beginning to show.

Thank you for your support at this crucial time,

Sir Philip Campbell
Chairman, MQ
We’re MQ, the UK’s mental health research charity, and we’re setting an agenda to transform mental health through research.

By working in these three closely linked ways throughout 2018, we kept moving closer to the future we are determined to create. A future where mental illnesses are understood, effectively treated and one day prevented.

Right now, our understanding of mental illness is nowhere near where it needs to be.

One in four of us experiences a mental illness each year, yet our knowledge is so limited that it can take an average of ten years to get help after symptoms first develop. Treatments and interventions are nowhere near effective enough. Side effects from medications can be exhausting. And a painful period of trial-and-error is often needed to move towards a helpful solution.

At MQ, we won’t accept this status quo.

Through research, we can inspire the next great shift in healthcare. Think of the huge advances made through research in areas from HIV to cancer to haemophilia. Treatment for these and many other diseases is unrecognisable compared to what existed 30 years ago. We’re committed to inspiring an equivalent transformation in our response to mental illness.

Through research, we can – and will:
- Improve understanding of mental health conditions
- Improve current mental health treatments
- Prevent mental illness from developing.
Why it’s time to transform mental health research

Just 5.8% of all UK health research spending goes towards mental health research, despite 23% of the population being affected in the UK.

We are MQ, the mental health research charity, and we know that research lies at the heart of transforming mental health for good.

We’ll transform the future for people like Charly

As a teenager, to look into the eyes of a doctor and see them looking back at me in the same way I was looking at them – to see they were just as petrified of the situation as I was – was terrifying.

You want answers, but instead you can see someone realise they have a responsibility to deal with something they don’t understand. I could see doctors thinking: ‘You’re right, there is something wrong, but I don’t know how to handle that for you’.

There was never any rhyme or reason to the treatment I was given: no sense of trying new medication because my doctors understood what it would do. And at the same time I was constantly getting conflicting information. I was told things could get better or worse as I got older. It was suggested this might be hereditary but also it might not be. It was so frustrating!

As soon as I heard about MQ, it struck a chord with me. It made change feel tangible. It’s incredibly scary that we know so little about the brain and yet we’re so nonchalant about that.

So MQ’s work feels exciting: it’s so exciting that there are research teams working out there right now that could make changes that will have a huge, huge impact. My experiences left me so broken: mentally broken and heartbroken. But it’s so exciting to think that in my lifetime we could really come to understand mental illness.

Charly Cox, Poet and MQ Ambassador, spent years seeking help unsuccessfully before finally being diagnosed with bipolar disorder.
How we funded innovative research with the power to transform lives

Throughout 2018, our scientists worked worldwide to fill the huge gaps in what we know about depression, anxiety, schizophrenia, eating disorders and more. By funding new research and analysing results of completed projects, we kept searching for answers that will transform mental illness forever.

**Helen discovered what makes psychosis more likely in young people**

MQ funding period: 2015–18

Dr Helen Fisher and her team at King’s College London analysed information from three studies on childhood development involving 17,000 children, and combined it with epigenetic data. Their groundbreaking research identified various factors that could make victimised young people more resilient and less likely to experience psychosis. The team also identified differences in how genes were regulated that made psychotic symptoms more likely. Together, these findings could help to develop new ways to intervene early to prevent psychotic symptoms. Helen has been awarded two prestigious research prizes for this work.

**Learning from research that ended in 2018**

Seven of our MQ researchers finished their funded studies this year, pushing our understanding forward – and giving others the data to go even further.
Sergiu helped us see the brain as never before

MQ funding period: 2015–18

Based at Stanford University, neuroscientist and stem-cell biologist Dr Sergiu Pasca used his MQ Fellowship to pioneer the technology that creates, from stem cells, functional 3D brain tissue in a dish. By growing cultures from stem cells derived from people with schizophrenia, he generated and assembled functioning parts of human brain in structures called organoids and assembloids. He then used these to study cell and molecular processes that go awry in people who live with the condition. Sergiu’s research has helped us understand fundamental questions about what happens in the brain during schizophrenia – and what happens in the brain to cause it. The amazing stem cell models he produced also have the potential to reveal secrets in the brain that go far beyond this one mental illness.

John proved that mental health interventions can be fully automated

MQ funding period: 2015–18

An ever-increasing number of self-guided, internet-based therapies for a range of mental health problems have been launched in recent years, but we have very little evidence of whether or not most of them work. So we gave Professor John Powell, a public health physician and health services researcher based at the University of Oxford, a three-year PsyImpact grant to investigate an internet treatment for social anxiety. Using an online therapy programme called E-Couch, John showed that this digital intervention can improve social anxiety symptoms in the general population. Not only that, but as this was one of the first scientifically rigorous and large scale tests of digital technologies being used in this way, the project has helped move the debate forward on how to test the effectiveness of this kind of digital self-help.

Andrew showed that virtual therapies can help treat psychosis

MQ funding period: 2016–18

Current treatments for psychosis often require people to attend therapy sessions to help them engage in social situations, but many people with the condition find this problematic. We funded Dr Andrew Thompson, a psychiatrist at the University of Warwick, to see if a virtual reality approach could offer an effective alternative treatment. He co-designed and tested a virtual world therapy with people experiencing psychosis, and showed for the first time that virtual therapies can be a viable treatment option. As well as providing vital guidance on new ways to treat psychosis, Andrew’s research marked an important step in the use of virtual worlds in mental healthcare more widely.
Ernst tested how attention training could reduce depression

MQ funding period: 2016–18

People who experience one or more episodes of depression are more at risk of experiencing another episode, but the exact reasons why are unknown. Dr Ernst Koster, a psychologist based at Ghent University, joined with MQ to investigate whether a computer-based intervention designed to improve attention and increase awareness of mental biases – both of which have links to depression – could help. The initial results of a feasibility trial were positive, and Ernst is now moving on to a randomised-controlled trial to test the approach further. He is also developing an app-based version of the intervention, which he hopes to make available for free if further trials prove effective.

Jeremiah discovered how to track serotonin in the brain

Funding period: 2015–18

Serotonin is widely thought to be linked to feelings of wellbeing. In particular, it’s often considered to be part of the brain’s reward mechanism. But we actually know very little about the role this neurotransmitter plays in the processes of the brain. So Dr Jeremiah Cohen, based at the Johns Hopkins University School of Medicine, has been investigating what causes serotonin to be released and how it is controlled. His work shows for the first time that it is possible to track the behaviour of serotonin neurons in the brain, furthering our understanding of this complex system and paving the way for better treatments.

Zach and Rob searched for an algorithm to transform ‘trial and error’ treatments

Funding period: 2017–18

The UK drive to increase access to psychological therapies should see 1.5 million adults receiving support by 2020/21. But around 40% of people who get help currently don’t see an improvement. Dr Zachary Cohen and Prof Rob DeRubeis were involved in a previous MQ study that investigated whether an algorithm could be found to predict which treatment would be most likely to work for each individual. That study suggested it could, so in this research they ran a tournament encouraging researchers worldwide to hunt for the algorithm, based on the huge amounts of data collected through the UK’s Improving Access to Psychological Treatments programme. They’re now putting the suggested solutions to the test – in a project that could finally help doctors find the best treatment far more quickly.
The MQ Adolescent Data Platform has been set up as an unprecedented data resource for researchers and policymakers looking to drive improvements in young people’s mental health. In 2018 the platform team focused on understanding the technology needed and began analysing the first datasets on self-harm and eating disorders. This project will further be enhanced by funding from the Medical Research Council.

We launched our Brighter Futures programme back in 2017, with three major research projects designed to tackle some of the biggest mental health challenges facing young people.

75% of people with mental illness start developing symptoms before the age of 18, and through Brighter Futures we’re bringing together scientists, clinicians, people with experience of mental health problems and partner organisations to change the trajectory of mental illness in young people.

75% of mental illness begins before the age of 18

Our HOPES project is aiming to develop a global model for predicting who is most at risk of suicide, by analysing brain scans and data on suicidal behaviour. In 2018, Dr Anne-Laura Van Harmelen, who’s leading the project, finished recruiting her team, put the infrastructure in place to help share data among researchers worldwide and helped build awareness of the project.

Our IDEA project is designed to identify universal risk factors for depression in young people by analysing a wealth of data from around the world. In 2018 the team reviewed existing literature, began analysing data and – in a sign of the interest already created by this project – secured further funding from the Medical Research Council.

The MQ Adolescent Data Platform

Continuing our push for Brighter Futures
By analysing existing data in new ways and collecting new data with mental health in mind, researchers can uncover hidden insights and move towards a new understanding of mental illness. In 2018 we announced £230,000 of funding for five innovative data science projects designed to do just that.

### Driving new discoveries through data

**Exploring the impact of parents and social media**

**Professor Liz Twigg, University of Portsmouth**

Liz and her team want to understand how three key factors can affect a child’s mental health: their relationship with their parents or carers, the mental health of their parents or carers, and their own social media use. In doing so, they hope to bring us closer to understanding the causes of mental illness in young people. By analysing data from a leading study that asks children and adults from the same 40,000 households to answer questions each year, they hope to identify new ways to act earlier and support young people’s wellbeing.

**Improving the mental health of young people in care**

**Dr Rachel Hiller, University of Bath**

At least half of young people in care experience mental health conditions, but many have little or no access to the help they need. Rachel and her team are working with UK local authorities to analyse social care data they hope will change that – by transforming our understanding of why this is the case. The data will help the team gain a clear picture of how children develop mental health conditions in care and how services respond. The findings could help social care workers, NHS services and policy-makers to provide more effective support more quickly for vulnerable children.

**Examining whether inflammation could be linked to depression**

**Dr Golam Khandaker and Professor Peter Jones, University of Cambridge**

The links between mental and physical health are gradually becoming clearer, but our knowledge is still very limited. We know, for example, that depression and heart disease commonly occur together, but we don’t know why. Golam and Peter are analysing data from the UK Biobank, testing blood samples and doing statistical analysis to test the theory that inflammation could be linked to the development of depression and heart disease together. If they can prove the link, the team will help clinicians to screen patients and open up the possibility of finding new treatments.

**Providing better support to young Gypsies and Travellers**

**Professors Louise Condon and Ann John, Swansea University**

We know from previous research that mental illness is rife in the Gypsy and Traveller community. But because there is no option for people to identify as a Gypsy or Traveller on medical questionnaires, our knowledge of the issues people face and how to improve support is hugely limited. Now, using a new technique developed at Swansea University, Louise and Ann are working to match people from Gypsy and Traveller sites with their health records for the first time. They hope both to change attitudes to mental health within these communities, and to improve how mental health services engage with them.

**Exploring if reducing access to guns could prevent suicide**

**Dr Aideen Maguire, Queen’s University Belfast**

Over 6,000 people died by suicide last year in the UK – with rates rising by nearly 4% since 2014. But how can we help protect more people from taking their own lives? One proven method is restricting access to means – like controlling toxic substances and limiting the availability of weapons – which enable someone to complete suicide. Aideen Maguire and her team are finding out if having access to a gun increases suicide risk. This has been proven in the US, but in the UK – where laws and culture differ considerably – no research has ever been done to understand if this could be the same. Aideen’s innovative study will find out and has the potential to support vital new ways to prevent the tragedy of suicide.
Research that gets results

We fund innovative studies with the power to transform lives.

In 2018 we were funding 37 separate research projects.

1 in 5 MQ projects have already led to new methods, models and products, helping to drive future research forward.

Since 2015, MQ scientists have produced 180 groundbreaking research papers, increasing knowledge and inspiring new thinking.

We build the mental health community worldwide.

MQ researchers began 46 new collaborations and partnerships in 2018, linking with scientists across disciplines and across the globe.

Since 2015, MQ researchers have secured £16m+ of additional funding to continue searching for answers that will transform mental health.

71% of our scientists have received awards for their MQ-funded work, boosting awareness of their research.

We engage more people to support mental health research – guided by people with direct experience of mental illness.

Almost 1 in 5 MQ projects have had a direct influence on changing policies on mental health.

Since 2014, MQ scientists have spoken about mental health research at 250 events – stressing the need for more funding and more focus.
Inspiring new research based on real experiences

People with experience of mental illness guide what we do, right down to helping set the priorities for future mental health research. In 2018, we worked on two projects led by MindTech and the McPin Foundation to identify the top ten priority issues people most want to be explored in more detail.

MQ and MindTech: digital discovery

With MindTech, we focused on the use of digital technology in mental healthcare. People with experience of mental illness, along with health professionals, submitted 1350 potential questions on the subject. The top three choices were:

1. What are the benefits and risks of delivering mental health care through technology instead of face-to-face, and what impact does the removal of face-to-face human interaction have?
2. How do certain mental health conditions (e.g. depression) affect how people engage with technology?
3. How can treatment outcomes be maximised by combining existing treatment options (medication, psychological therapies etc) with digital mental health interventions?

MQ and the McPin Foundation: focusing on young people

In a similar project led by McPin, 2,566 people – mostly young people and parents – suggested 5,500 questions they wanted answers to about young people’s mental health. The top three priorities were:

1. Would the screening of young people be appropriate for the early identification of mental health difficulties, and if so, what would be the best way of carrying this out?
2. How can young people be more involved in making decisions about their mental health treatment?
3. How can Child and Adolescent Mental Health Services (CAMHS), education providers and health and social care departments work together in a more effective manner in order to improve the mental health outcomes of children and young people?

Building these kind of partnerships plays a vital role in identifying the areas where research is needed most. These will help to guide our new research projects and partnerships so we can address the most pressing questions and deliver lasting change.

We’ll keep learning to help people like Asha

Research plays an absolutely massive part in every aspect of life and impacts how every campaigner runs their work. But we just haven’t got the accurate stats and data about South Asian communities we need to understand levels of mental illness and what support is helping in those communities.

The lack of research stops people getting the right help. It also restricts people like me who want funding to tackle more issues facing these communities but don’t have the information showing the problems that exist. It’s so important to have an organisation like MQ funding research to build our knowledge.”

Asha Iqbal, MQ Ambassador, runs workshops and campaigns to break through the prejudice and misconceptions she believes stop people in South Asian communities from being honest about their mental health.
Collaboration is a catalyst. It fires new thinking. So, throughout 2018, we connected all kinds of people who have the power to take our understanding of mental health further. Not only the best scientists, but the politicians and policy-makers who can invest in more research and other organisations who share our vision. We’re building and galvanising a community to achieve more, more quickly.
The year began with our Mental Health Science Meeting in February. Our theme for 2018 was ‘Towards Prevention and Early Intervention’. It was clearly one that resonated, with tickets selling out well in advance. Over 220 scientists, policy makers, clinicians and mental health professionals joined us for two days of keynote speeches, presentations and discussions.

The meeting is one of the largest international scientific meetings dedicated solely to mental health. It’s also the perfect environment for people across disciplines and across the globe to come together and focus on how we can understand, treat and prevent mental illness more effectively.

Subjects covered at this year’s event included:

- The benefits and limitations of genetics in mental health research
- The relationship between brain changes and behaviour changes in adolescence
- Therapies that involve families as well as young people struggling with mental illness
- The impact of mental health support at schools
- Preventing depression in adolescents at risk from the condition
- How stress in early life has long-lasting affects on the brain
- How the latest neuroscience could help to prevent mental illness before it occurs
- The ethics of preventing mental illness.
Our Mental Health Data Science Meeting followed in September. The wide-ranging programme included speeches and discussions on everything from the challenges and opportunities of mental health data science, to building health-tech companies and using predictive analytics.

The need to bring together the huge amount of data collected every day with relevance to mental health – in schools, GP clinics, hospitals and more – was another key theme. We’ll keep working to make that happen, including through our own Adolescent Data Platform (see page 9).

Showcasing our work to inspire collaboration

Our research projects were also selected to help inspire the mental health science community at conferences including the first Global Ministerial Mental Health Summit, hosted by the Department of Health and Social Care in London. Two MQ-funded projects were showcased at the event as examples of innovative global research:

- Dr Ethel Nakimuli-Mpungu (right, top) is a psychiatrist based at Makerere University in Kampala, Uganda. Delegates at the summit heard how she is exploring a new way of getting help to people in remote rural communities, by training community health workers to identify the signs of depression and run psychotherapy sessions.

- Dr Valeria Mondelli (right, bottom) is leading our IDEA project to identify the risk factors of depression. Attendees at the ministerial summit heard how Valeria and her team are in the midst of a groundbreaking analysis of data from the UK, Brazil, Nigeria and Nepal.

We see sharing our work as a critical part of our mission to transform mental health through research. We can’t achieve this alone, so we’re constantly looking for new ways to inspire others and drive collaboration.
Pushing for policy change based on research

Improving young people’s mental health has fast become a defining issue of our times. But while mental health policy has begun to shift in response to this challenge, research has yet to be given the attention it deserves.

To highlight this issue and galvanise both policy makers and researchers, in August we published a new policy report: ‘Young People’s Mental Health Research – Towards a Brighter Future’. It was based on four key priorities:

1. The need to make mental health research funding a national priority – and to ensure young people are a specific priority group for research funders.

2. The need to improve data quality and access to data – so researchers can continue to build on and develop existing knowledge.

3. The need to involve young people in research – at every stage, from planning to the publication of results.

4. The need for more research in ‘real world’ settings – so we can build knowledge of the support that is already being offered and new types of help that could be possible.

Through this kind of thought leadership, we kept building awareness of the need for research – and bringing together the global community of people needed to make lasting change happen.

We’ll prevent suicide with experts like Rory

“10 years ago, I lost a close friend to suicide. I was devastated, and all these years later I still think of her daily. Initially I didn’t know whether I could continue working in the field of suicide research, but I am glad that I did. I am even more passionate now about suicide prevention than when I first started out in the field 20 years ago.

It amazes me how little we still know about suicide in men. Although three quarters of all suicides in the UK are by men, and suicide is the leading cause of death in men under 50, we still know comparatively little about which interventions or components of interventions are effective to prevent their deaths. We need to prioritise the development of novel interventions, tailored specifically for men.

None of us has all the answers in suicide research and prevention. We will only advance the prediction and prevention of suicide by working collaboratively together. We all have a role in suicide prevention – scientists, clinicians, those with lived experience and policy makers alike. We are all experts and this synergy will help us to succeed.”

Rory O’Connor is an MQ-funded researcher who leads the Suicidal Behaviour Research Laboratory at Glasgow University.
To build the pressure for more ambition and more investment, last year we kept raising awareness of the need for research and brought together people who know how much it could mean. From those with experience of mental illness who took part in our research, to fundraisers who helped make our pioneering studies possible, we kept inspiring a movement of people determined to change lives through research.

How we engaged more people to help transform lives through research

Making sure research reflects reality

We’re serious about involving the greatest number of people with experience of mental illness in our research. It’s a vital way to make sure that researchers are tackling the most pressing issues and that research represents the truth about mental health.

So in 2018, we launched our Take Part in Research online portal, making it easier than ever for people to find opportunities relevant to them. There are typically dozens of opportunities on the site, with researchers looking for applicants across the UK and for online studies. In 2018, thousands of people searched for ways to get involved through the portal, which is already helping researchers find people for trials related to mental health.

Our Young People’s Advisory Group met four times in 2018. It gives 16–25 year olds with experience of mental illness the chance to share their perspectives on our research. The group shares a guiding principle with the online portal: ‘Don’t talk about us without us’.
Our *We Swear* campaign continued to build public support for mental health research. It’s defined by one simple call to action: we swear to take action on mental illness, if you swear to help. For one week in 2018, the campaign was the inspiration for our very own pop-up venue in a shop close to London’s Old Street Tube station: the MQ Swearbox.

It featured an exclusive exhibition with photos of everyone from Gillian Anderson to Greg James getting sweary about the state of mental illness. We organised talks from our researchers too, on subjects from the mysteries of the teenage brain to the role video games could play in developing new treatments. Visitors also had the chance to experiment with VR therapy, sensory toys and the latest eye tracking technology.

The Swearbox brought hundreds of people in to find out more about MQ and raised hundreds of pounds as we trialled new tap-to-donate boxes. It was also featured on Radio 4 and the London Live digital TV channel.
Announcing our new Creative Ambassador

We were delighted to announce this year that world-leading celebrity photographer Matt Holyoak became a Creative Ambassador for MQ. Matt has taken all of our We Swear campaign images, each one shot with real emotion.

“...It’s outrageous that 1 in 4 people are affected by mental illness each year, yet so few are getting the right support, or early enough. MQ is a charity that is actually making a difference.”

Matt Holyoak

Reaching new audiences, from pubs to pods

Pint of Science is a not-for-profit organisation that arranges for some of the biggest names in science to share their latest work at local pubs. It’s a great way to introduce new ideas to new audiences, and in 2018 we partnered with Pint of Science to organise events in London and Manchester. In Manchester, the discussion was on using art and technology to understand mental health, while in London scientists discussed the impact of cities on wellbeing. The London event attracted more people than any other Pint of Science event.

More people continued to tune into our MQ podcast: Open Mind. We released new episodes in 2018, exploring topics including suicide, and the reasons why women are twice as likely to experience anxiety. These episodes are available to listen to on iTunes and Podbean.

Putting research on the radio (and in the papers, and online...)

From Radio 4’s Today programme to the Spectator, the Metro, the Guardian and BBC News, our research was featured in more places and seen by more people than ever, as our earliest funded studies began to produce results.
Thank yous

We’ve got a lot of thank yous to say

All the progress we’ve covered in this review is only possible because of the incredible support we receive from a wide range of individuals and organisations. This includes our amazing MQ Ambassadors who bravely shared their stories, gave a helping hand at events raising vital funds towards our research, and spread the word about MQ far and wide. You’re all at the heart of the MQ community. Thank you for being with us.

Here’s to our fantastic fundraisers

Ain’t no mountain high enough for Gemma Montgomery, who took on TrekFest, traversing the Peak District sporting a stylish MQ manicure, to raise a fantastic £1,020 for mental health research.

Kelly Frain flew all the way to sunny San Francisco to run, swim and cycle the mammoth Escape from Alcatraz Triathlon beneath the Golden Gate Bridge. A massive congratulations, Kelly.

Chloe Edwards-Wood’s very merry Christmas fundraiser brought together artists, writers, designers and creatives to spread the word about mental health research. Featuring a reading from MQ Ambassador and poet Desree Gumbs-Carty, the event was a truly festive success!

Holly Scott and her friends sold tons of treats in their town centre, hosting a delicious fundraiser for NCS Social Action. They raised over £200 – thank you, Holly!

Chloe Edwards-Wood’s very merry Christmas fundraiser brought together artists, writers, designers and creatives to spread the word about mental health research. Featuring a reading from MQ Ambassador and poet Desree Gumbs-Carty, the event was a truly festive success!
And two dedicated cyclists went to incredible lengths to support our work last year. Rob Stephenson (below, left) raised £4,897 by cycling the entire length of the Tour de France on a static bike, while Leigh Timmis (below, right) smashed the world record for cycling across Europe – pedalling from Portugal to Russia in just 16 days, and raising £4,772 along the way. Amazing.

I have so many questions personally that I hope research could answer. Along with better understanding of the underlying causes and improving treatments, I’d like to see research look at how we can improve workplace wellbeing, from finding best practices for managing mental health in the workplace to showing the impact of business leaders speaking out about their own mental health challenges.”

Rob Stephenson, cyclist extraordinaire

Here’s to our corporate champions

Kemp Little (above) chose MQ as its charity of the year for 2018/19, raising awareness of mental health in the workplace and tonnes of cash for our vital research through all kinds of fundraising – including an auction, a Christmas carol concert, a mega St Paddy’s Day quiz and highly competitive bake offs throughout the year.

The O2 continued to support our work, raising over £7,500 by donating sought-after concert and show tickets for us to auction to supporters.

We also formed a voluntary corporate advisory board. Eight members are now generously giving us guidance on developing further corporate partnerships. They met four times last year to share their insights and experience. We’d like to thank them all:

- Richard Holmes (Chair), Non-Exec Board Member, Ulster Bank
- Andy Brown, CEO, Engage
- Stephen Clarke, CEO, WHSmith
- Joanne Hackett, Chief Commercial Officer, Genomics England
- John Godfrey, Corporate Affairs Director, Legal & General
- David Rees, Managing Partner, Izy Capital
- Stephen Sly, Partner, DLA Piper
- Daniel Ball, Director, Wiser

After two incredible years, we said a final thank you to Howard Kennedy as our partnership with the law firm came to an end. In total, employees at the firm raised over £30,000 to support our life-changing work. A huge and truly transformative sum. Thank you!
We would like to thank everyone who has helped MQ to progress in 2018, including our Trustees, Founding Chairman Lord Dennis Stevenson, and all of the people and organisations who have supported us so generously.

Donors

MQ: Founding Partner
The Bedford Family
The Bernard Lewis Family Charitable Trust

MQ: Research Patron
Family of Jan T. Szczuka

MQ: Investor
Rosetrees Trust
Stephen Palmer’s Family

MQ: Influencer
Beth and David Blood
Debbie and Chris Parsons
Helen Munn
Henri Lambert
Howard Kennedy LLP
M&C Trust
Richard Holmes
St. James’s Place Charitable Foundation
The Enid Linder Foundation

MQ: Advocate
Helen Lowe and Peter Simpson
Kemp Little LLP
The O2
The Parise Family

Legacy Donors

MQ: Founding Legator
Jan Tymoteusz Szczuka

Legacy Pledgers

MQ: Visionaries
Norman and Alison Lillie
Cynthia Joyce
Dennis Stevenson

Senior Volunteers

Investment Network
Henry Bedford
John Herrmann

Development Partners
David Roach, Founder, David Roach Consulting Ltd
Emma Ryalance, Head of Business Development – Charities, Bequeathed
Rob Stephenson, Founder, InsideOut and MindCycle Events
Arden Tomison, Founder, Thalamos
John Wilkes and Susan Walker, Emeritus Professor, University College London and Emerita Fellow, Wolfson College, University of Oxford
Charlotte Wiseman, Founder, Step-Inside

Board of Trustees

Sir Philip Campbell, PhD (Chair), Editor-in-Chief, Nature and the Nature Publishing Group
Dr Arash Hejazi, Editorial Director, Social Sciences and Humanities, John Wiley & Sons
Mr John Herrmann, Vice Chairman, Lincoln International LLC
Prof Emily Holmes, PhD, Division of Psychology Department of Clinical Neuroscience Karolinska Institutet, Sweden
Mr Shaun Horan, Joint CEO, Halpin Partnership (Resigned September 2018)
Prof Peter Jones, Professor of Psychiatry & Deputy Head, School of Clinical Medicine, University of Cambridge
Dr Shahzad Malik, General Partner, Advent Life Sciences
Ms Clare Matterson, CBE, Director of Engagement, Natural History Museum
Dr Helen Munn, Executive Director, Academy of Medical Sciences
Mr Chris Parsons, Chairman, India Practice, Herbert Smith Freehills
Prof Irene Traceg, DPhil, FRCA, FMedSci, Head of Department and Nuffield Chair in Anaesthetic Science, University of Oxford
Our financial report 2018

In 2018, with the continued generosity of The Wellcome Trust, we took important steps forward in building a core fundraising platform to support world-class mental health research and advocacy.

Thanks to all of our supporters, from individual investors to regular committed donors and corporate partners, we raised £1.6m of income on top of Wellcome funding. This included our first major six-figure legacy gift. We were pleased to consolidate progress made in 2017, almost matching our record breaking four-fold increase in fundraising growth that year.

Our innovative research projects and world-class scientists continue to attract interest and support from funders in the UK and internationally. In 2018, we fully funded the first stage of our flagship Young People’s programme Brighter Futures. We also further grew income streams around our vital work in building a connected mental health research community to support our data intelligence work and Mental Health Science Meeting.

Income

<table>
<thead>
<tr>
<th>Source</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wellcome Trust</td>
<td>£4,079,650</td>
</tr>
<tr>
<td>Philanthropic partnerships</td>
<td>£865,976</td>
</tr>
<tr>
<td>Community fundraising</td>
<td>£141,033</td>
</tr>
<tr>
<td>Individual giving</td>
<td>£605,741</td>
</tr>
<tr>
<td>Investments and other income</td>
<td>£38,511</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>£5,730,911</td>
</tr>
</tbody>
</table>

Expenditure

<table>
<thead>
<tr>
<th>Category</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Charitable activity:</td>
<td></td>
</tr>
<tr>
<td>Funding research</td>
<td>£3,257,445</td>
</tr>
<tr>
<td>Engagement</td>
<td>£645,478</td>
</tr>
<tr>
<td>Other:</td>
<td></td>
</tr>
<tr>
<td>Fundraising</td>
<td>£679,679</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>£4,582,602</td>
</tr>
</tbody>
</table>
Thank you for being with us in 2018. Let’s work together to transform mental health in 2019 and beyond.

Talk to us
Whether you have personal experience of mental illness or support others who do, we want your interests to be at the heart of our work. To take part in our surveys or to share your story and show the world the reality of mental illness, email us at supportercare@mqmentalhealth.org

Talk about us
Help to make sure our work keeps getting noticed. Tell your friends and family about MQ, like us on Facebook and follow us on Twitter and Instagram.

Take part in research
Help drive forward our understanding of mental health by taking part in studies & shaping future research. Find out more by searching 'MQ take part in research'.

Fundraise for us
Ready to raise money to help fund life-changing research? Whether it’s a coffee morning, a sponsored silence, an egg-and-spoon race or anything else – we’d love to support you. Email supportercare@mqmentalhealth.org to let us know what you’ve got in mind.

Take on a challenge
We have places for events across the UK, including the Virgin Money London Marathon. So whether you’ve got your eye on a run, a bike ride or a triathlon, email us at supportercare@mqmentalhealth.org to find out more.

Remember us in your Will
Once you have provided for your loved ones in your Will, would you consider leaving a gift to us? Transforming mental health is a big task, but we are in it for the long haul. Your support can help the world’s finest scientists to find much-needed answers about mental health. Together we can revolutionise our understanding of, and ability to tackle, mental illness.

For further information please contact Emily Wheeler at supportercare@mqmentalhealth.org or visit www.mqmentalhealth.org/legacy-gift

MQ: Transforming Mental Health
6 Honduras St, London EC1Y 0TH

T: 0300 030 8100
E: info@MQmentalhealth.org
W: MQmentalhealth.org
@MQmentalhealth
@MQmentalhealth
facebook.com/MQmentalhealth

Registered charity in England / Wales: 1139916 & Scotland: SC046075