

# Corporate Partnerships

## Celebrating 10 Years: Partner with MQ Mental Health Research

**MQ Mental Health Research is a leading global mental health research charity.**

Our vision is a world where mental conditions are understood, effectively treated and, one day, prevented. We do this through launching research across the translational spectrum, putting impact at the heart of all we do. Since 2013, we have invested over £23m into over 40 research projects across the world.



## The Problem

When we look at the statistics for men, we see around **1 in 8** experiencing a common mental health problem. In male-dominated industries, like the construction industry, employees can be particularly vulnerable to developing poor mental health, which may go unrecognised and untreated. While many of the same difficulties are experienced by all genders, some of the effects may be more pertinent to men.

Despite significant improvements in physical safety in the construction workforce in recent years, mental health has become a silent crisis. **Men are three times more likely to die by suicide than women.** In Britain, statistics indicate that **men working in construction are three times more likely to take their own lives than men on average.** Furthermore, stress, anxiety, and depression account for one-fifth of work-related illnesses, resulting in 70 million days off sick per year at an estimated annual cost of £70bn-£100bn according to the National Building Specification.

**And the problem doesn't end here...**



**Mental health research**

**Over two thirds** of construction workers feel there is a stigma surrounding mental health which stops them from talking about it.

**48%** have taken time off work owing to unmanageable stress.

**91%** have felt overwhelmed and **26%** have experienced suicidal thoughts.

**2 people** working in construction in the UK die by suicide every working day, that's **over 700 per year.**

**Certain factors could be contributing to the high numbers of poor mental health we see:**

- Limited-term contracts
- Long hours
- Lengthy commutes
- Time away from family
- Pressurised work timelines and budget limits
- The 'macho' culture that exists
- Late payments on work
- Uncertainty over pipeline of work

**Unfortunately, the research delving into the problem is scarce. If the industry is to prosper in the future, these cultural norms need to change.**

# The Solution

**We exist because not enough funding is directed into mental health research and without research it's just guesswork. Only £9 per person affected by mental illness is spent on research, that's 25 times less than what is invested into cancer research. With a health crisis this prevalent, it is not only vital that more funding is invested, but that the focus is shifted towards solutions that will transform people's lives. In partnership with MQ you can be a part of the next breakthrough, we know that no two partnerships look the same and we would be open to exploring ways we can work together to achieve greater impact.**

## Examples of MQ's Impact so far:

- **A brand new tool** to predict who will develop depression. The MQ IDEA Project (Identifying Depression in Early Adolescence) was a ground-breaking international study that successfully developed a tool to detect which young people are at risk of developing depression. This means they can be identified and given help earlier to prevent depression symptoms from developing.
- **A PTSD intervention** with a 90% success rate. In 2017 MQ funded the work of Dr Jennifer Wild at Oxford University who was researching tools to help emergency workers and paramedics with PTSD. This has led to the development of a new intervention called SHAPE recovery which has been found to have a success rate of 90%. Since the COVID pandemic, this study has now been expanded to work with over 3,000 frontline healthcare workers across England and with 8,000 London Ambulance employees and staff.

**Below highlight some opportunities where you could help make a difference.**

## Develop Bespoke, Industry Relevant Research

Connect with our work on a deeper level. Mental health affects everyone, across all sectors. If your company has an invested interest in how mental health affects the workforce on an industry level, we would love to work with you at a strategic level to explore what more can be done in the research space to combat mental health challenges faced within your industry. **Get in touch with [alaking@mqmentalhealth.org](mailto:alaking@mqmentalhealth.org) to find out more.**

# Fund vital research

- **MQ Fellows Award Programme**

This is MQ's flagship programme that supports the brightest early-career scientists across the globe. By supporting a diverse portfolio of early career scientists MQ is working to retain talent in the field and increase the diversity of the professionals researching mental health conditions. This year's theme focuses on the link between early mortality and mental illness both as a result of suicide and the connection between physical and mental health.

- **MQ Scholarships**

Now the Fellows Programme is well established, respected and delivering impactful results, we are excitedly in a position to take this work to the next level. This is a new fund designed to support early career researchers, aimed at those up to 2 years after achieving their PhD or students in their final year of post-doc studies. The fund will prioritise applications examining children and young people, public mental health and socio-economic determinants of mental health.

# Sponsor our work

- **Mental Health Science Festival**

MQ hosts an annual event that convenes experts, researchers, experts by experience, policy makers and mental health practitioners all into one place so that together, we can tackle some of the biggest challenges in mental health. Could you be the next leading sponsor at the event?

- **Data Science Workshop**

These conferences bring together and catalyse the mental health data science community to encourage knowledge sharing and inspire collaboration, ultimately to reach impact quicker. Sponsoring such an event would raise the profile of your company whilst widening MQ's reach.

- **MQ Participate Platform**

Be a sponsor of MQ's Participate Platform which is a ground-breaking resource for researchers to recruit volunteers to participate in questionnaires, surveys and interviews. Without this input research studies would not happen and development of mental health treatments would not exist.

- **MQ Open Mind Award-Winning Podcast**

The show digs deep into the cutting-edge research taking on mental illness and speaks to the people it could help. Our listeners hear conversations on a range of different conditions and would be inspired to know companies back thought-provoking conversations in the field of mental health. Featured guests have included dancers AJ and Curtis Pritchard, actress Linda Lusardi and cricketer Azeem Rafiq.



## Charity partner

As a Charity Partner you will have access to a whole host of employee engagement opportunities:

Colleague engagement opportunities bolster workplace morale and team bonding. Through MQ we can offer an array of further opportunities to get involved, you can:

- Be inspired and engage employees with MQ ambassador led talks and workshops
- Support the mental health of your workforce through tailored workshops and training sessions
- Take part in bespoke, skills-based volunteering
- Track and monitor the mental health of your workforce through MQ's Workplace Mental Health Research Programme
- Achieve and participate in the **MQ 10 for 10 Challenge**
- Access places in some of the UK's most iconic **challenge events**
- Get hands on with mental health research through the **MQ Participate Platform**
- Continuously fund vital research by giving regularly through Payroll Giving

## Get in touch

Through research we can inspire the next great shift in healthcare. If you want to find out more about our work and ways to get involved please contact Anastasia at [alaking@mqmentalhealth.org](mailto:alaking@mqmentalhealth.org)

**Because without research, it's just guesswork**



**Mental  
health  
research**

MQ: Transforming mental health is a company registered in England and Wales (Co number 7406055) and a charity registered in England and Wales (Charity number 1139916) and Scotland (SC046075).

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