

# MQ: Introduction



Globally, **1 in 4 people** will be diagnosed with a mental illness this year, yet only 17% of investment goes towards research into prevention, diagnosis, and treatment.



**Only £3 billion** a year is spent on mental health research worldwide, equivalent to less than 41 pence per person.



**Research areas** of self-harm and suicide are particularly under-funded receiving less than 1% of global funding.

## Not enough funding is directed into mental health research

with investments remaining flat over the past ten years. Alongside this lack of funding, not enough existing research is transformed into tangible results, which directly help people living with mental illness. It is not only vital that more funding is invested into mental health research, but also that further focus is put towards solutions that improve people's lives.



## Without research, it's just guesswork

Through research, we can inspire the next great shift in healthcare. Think of the speed at which the COVID-19 vaccines were developed, this being proof that research can have impact if given adequate resources and funding. We are committed to inspiring an equivalent response to tackling the ever-rising tide of mental illness. It is only through research that we will create a world where mental illness is detected, effectively treated, and eventually prevented.

## Who is MQ?

MQ Mental Health Research is a global mental health research charity that launches research exploring the detection, treatment, and prevention of mental illness. To achieve our mission of transforming mental health research, we follow four objectives:

- **Growing Talent**  
We will invest and support the brightest researchers to expand capability and drive innovation.
- **Investing in Impact**  
We will invest in research that drives change in policy and practice while also challenging the status quo.
- **Challenging Inequality**  
We will tackle mental health inequalities for young people, minoritised communities, and those living with serious mental health issues.
- **Engaging People**  
We will triple the number of people who actively support mental health research and engage a diverse range of research participants.

# Our Impact

**Since 2013**, MQ has invested over £23 million into more than 40 research projects across the world, including LMICs and HICs.

**MQ's research** has led to new discoveries, including a therapeutic intervention with a 99% success rate for people living with HIV and depression in Uganda and new school guidelines on bullying and mental health in England and Wales.

**Our studies** have gone on to leverage a further £34.3 million investment to transition findings to the next stage.

## Supporting us

MQ has made great strides already, but we must do more. Below are different ways you can support MQ. If you would like more information please contact our Head of Development, Emily Wheeler: [ewheeler@mqmentalhealth.org](mailto:ewheeler@mqmentalhealth.org)

### 1. Philanthropy

Whether you are interested in funding a specific area of research, or in supporting MQ generally, we need people like you.

### 2. Fundraise

With a packed calendar of challenges and fundraising events, there's something for everyone. Join Team MQ today to be a part of the next great breakthrough in mental health.

### 3. Volunteer

Get hands on with research by volunteering your time to take part in pioneering studies across the UK using MQ's Participate platform.

To find out more please visit

[mqmentalhealth.org](http://mqmentalhealth.org)

## What are our goals?

MQ worked with the entire mental health sector to consolidate the global Research Goals for the next ten years. We have already put some of these into action:

### 1. Half the number of young people experiencing mental health problems

- **Problem:** 75% of mental illnesses occur before adulthood but despite this, only 26% of global mental health research is focused in this area.
- **Solution:** MQ developed the world-leading Adolescent Data Platform, a revolutionary resource which has already been used to identify trends in self-harm and eating disorders in young people.

### 2. Understand and Prevent Early Mortality

- **Problem:** People with severe mental illness die, on average 15-20 years earlier than the general population.
- **Solution:** MQ-funded research has already provided key evidence to show that inflammation can be a causal factor for both heart disease and depression.

### 3. Develop New Interventions

- **Problem:** Many people do not respond to existing mental health treatments, and there is often a painful period of trial and error to find a solution. Only 7% of global research investment is currently spent on developing new personalised interventions.
- **Solution:** MQ-funded research has developed a new PTSD intervention for emergency workers during the pandemic that has proved 90% effectiveness.

### 4. Improve Existing Interventions

- **Problem:** Research is key in understanding the barriers that prevent people from seeking help and accessing services.
- **Solution:** MQ has launched multiple initiatives to address this imbalance. For example, we are encouraging more people from under-represented or marginalised communities to get involved in research, ensuring that diverse lived experience is used to help share services.

Scan code to find out more

