

## Mental Health and Wellbeing



Mental Health and Wellbeing research at Warwick is at the international forefront of unravelling vulnerabilities underpinning mental illnesses, individual and systemic factors promoting mental wellbeing, and using evidence to improve care pathways for young people experiencing emerging mental ill-health.

We have complimentary expertise in psychiatry, psychology, epidemiology, philosophy, law, history, sociology, economics, politics, computer sciences, digital health, statistics, humanities and the creative arts, supporting interdisciplinary projects that enable the bench-to-bedside translation.

We have had particular success in improving youth mental health care pathways - especially early intervention in psychosis, which we pioneered and is now internationally considered a major achievement - through our research in the needs of young people in mental health services, in the criminal justice system, in social care, as well as globally, in ethnic minority groups and lower-middle income countries. We are developing innovative methodologies and increasing capacity in disciplines such as health economics, implementation science, public and patient involvement (PPI) in research, and the use of theatre and film in public engagement in science.

We are also leading the transformation of mental wellbeing in the workplace, through our research in employment and mental health, the economics of happiness, and the recent successful funding from the UK government to pilot innovative ways to reduce levels of sickness absence and the number of people falling out of work due to mental health conditions across the whole of the Midlands.

These innovations are propelled by cross-cutting research themes within the GRP in the areas of sleep and circadian rhythms, physical activity, eating behaviour, student mental health, bullying, domestic violence, disability, neuro-rehabilitation, and applications of digital technology in the management of long-term conditions.



# HEALTH

Bringing different disciplines together  
to improve human health

[healthGRP@warwick.ac.uk](mailto:healthGRP@warwick.ac.uk)  
[warwick.ac.uk/GRPhealth](http://warwick.ac.uk/GRPhealth)

  
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