



MEND Study

LET'S TALK

Mental Health

PREVENTION & PROMOTION

Support new research exploring the effects of a psychological intervention on our **mental health and wellbeing.**

If you are 16+ and have been feeling low, anxious or stressed speak to your G.P on how you can be a part of the MEND study.

If you are interested in the study, email us at mendstudy@lscft.nhs.uk or text us on 07973770774 and we'll get back to you with more details.



University of
Central Lancashire
UCLan

NIHR | National Institute
for Health Research



Lancashire &
South Cumbria
NHS Foundation Trust

MEND Study

Feeling low or anxious?

Research into the prevention and promotion of mental health is looking for participants for the MEND study.

The MEND study needs participants who can help us understand the benefits of a psychological intervention to improve emotional wellbeing.



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