

# GlobalMinds Newsletter

GlobalMinds team wishes you a very

## HAPPY NEW YEAR



## A proud first year for GlobalMinds

Thank you for helping us build something meaningful

In 2025, GlobalMinds took its first steps from idea to reality. What began as a shared belief in doing things differently became a growing community rooted in trust, collaboration, and lived experience. This first year reflects the collective effort of everyone who helped shape, challenge, and build GlobalMinds into what it is today.



Together, this community has laid a strong foundation for research that is more inclusive, more connected, and driven by real-world impact. As GlobalMinds continues to grow, these early contributions will remain central to everything we do, but this is only the beginning.

## Why GlobalMinds Was Created

Millions of people are affected, yet mental health care has been left behind:



**Receiving an accurate diagnosis can take years**, with many people facing delays, misdiagnosis, or long periods without clear answers.



**Many medications can cause severe side effects**, leaving people to manage difficult trade-offs alongside their mental health.



**Treatments often focus on symptoms, not causes**, meaning underlying drivers of mental health conditions are still poorly understood.



**Mental health receives less than 1% of research funding**, despite affecting millions and placing huge pressure on individuals and systems.

## GlobalMinds is designed to change this, it is:

### Powered by people

Shaped through the ongoing participation of people living with serious mental health conditions



### Built at national scale

Bringing together data from across the UK to improve understanding over time



### Combining science and experience

Linking biological samples, clinical information, and lived experience



### Focused on long-term improvement

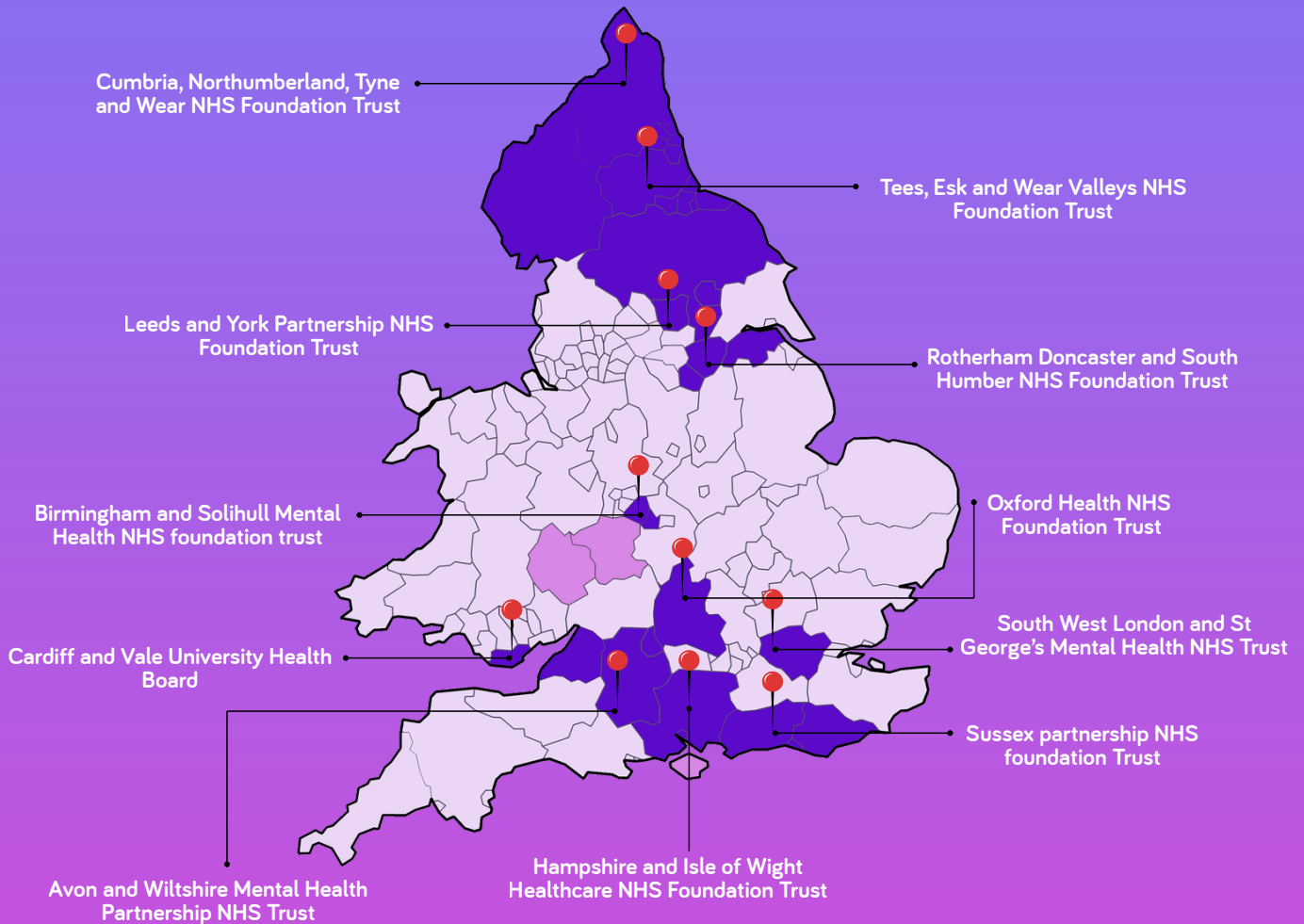
Supporting research to improve diagnosis, treatment, and outcomes in the future



# Growing With Purpose

Throughout 2025, GlobalMinds continued to grow through meaningful partnerships that strengthen every part of the study. Our partners have helped raise awareness, support recruitment, provide expert guidance, enable secure NHS data access, and deliver key services.

## Active NHS Sites:

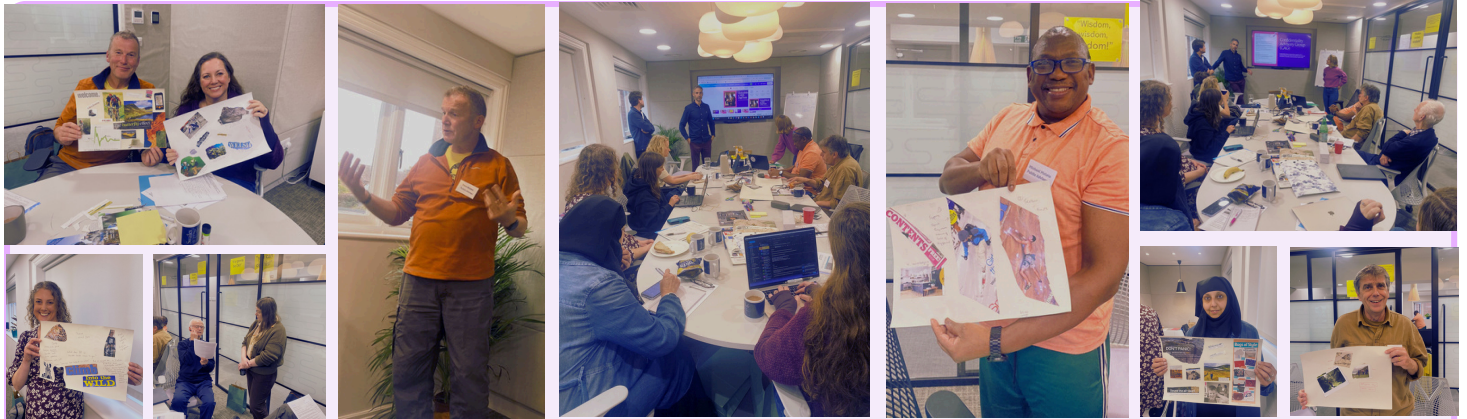


We're proud to be supported by **Cardiff University**, **NHS DigiTrials**, **Wellcome Trust**, **National Institute for Health and Care Research (NIHR)**, **Johnson & Johnson**, **Rethink Mental Illness**, **Claremont**, **CeraCare**, **Kaizen** and **Global Initiative**, and **12 healthcare organisations** working with us across the UK.



## Powered by Lived Experience

Our PPIE advisers are not just voices. They are lived experience experts and valued members of the GlobalMinds community. From the very beginning, people with lived experience have helped create and power GlobalMinds.



Lived experience advisers shape GlobalMinds through involvement in steering and recruitment groups, social media and newsletter working groups, review of key study documents, participation in the GlobalMinds film, and contributions to communications and website content.

## In their own words...

### Why This Research Matters

“Quite simply, this is finally asking the questions and doing the research that has needed to be done for a very, very long time. It feels incredible not to feel like I’m banging my head against a brick wall.” - PPIE Advisor

### Turning Experience Into Impact

“The GlobalMinds project excited me because it felt like a unique opportunity to turn the most difficult experiences of my life into something positive, like a lotus growing out of the mud.” - PPIE Advisor

### Hope for Better Understanding and Care

“Excited to see more targeted support for people with these conditions. Too often diagnosis and medication are given with little understanding of the person.” - PPIE Advisor

### A New Way Forward

“What I like about GlobalMinds is the use of technology and AI to make sense of huge amounts of data, revealing insights that were previously difficult to see.” - PPIE Advisor

## The People Behind GlobalMinds

We are a team brought together by shared purpose, belief, and determination to do mental health research differently. Guided by lived experience and driven by collaboration, we are committed to building research that is meaningful, inclusive, and capable of creating lasting change.



**James Walter**  
Chief Investigator



**Byron Tibbitts**  
Operational Lead



**Samantha Yuille**  
Project Manager



**Judith Harrison**  
GlobalMinds dementia PI



**Dave Brown**  
Lead PPIE Adviser



**Lauren Heaton**  
Clinical Recruitment Lead



**Honey Wilson**  
Study Coordinator



**Ifunanya Aniagoh**  
Data Manager



**Tanisha Kamat**  
Communication & Content  
Specialist

2025 was the beginning. With your continued support, 2026 will be about growing stronger, reaching further, and creating lasting change together.