

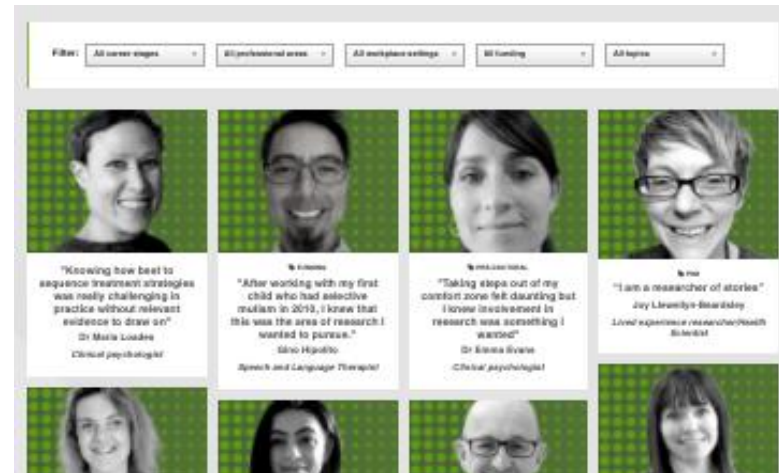
# Mental Health Research Incubator



# Career support and multidisciplinary networking

- Online
- In person

# Building the profile of mental health researchers



Incubator for Mental Health Research @MHRIncubator · Jun 23

Researcher & physiotherapist @PH\_Hodgson is in a great position as the role of physical activity in managing #mentalhealth symptoms is growing in clinical service.

Finding confidence to reach out has been key to his recent #funding success

Phil's story: [tinyurl.com/mr2m7k3r](https://tinyurl.com/mr2m7k3r)



I was encouraged to contact researchers and clinicians who were experts in my area of interest and this has given me the opportunity to learn directly from leaders in the field.




# Opportunities Update (#OppUps)

## Funding, training, jobs, events

All of the latest and upcoming funding and career development opportunities for mental health and addiction researchers.

FILTER: All career stages All entry types

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### Predoctoral Award

🕒 20/03/2025 1:00 PM 🏛️ NIHR 📁 DOCTORAL; PRE-DOCTORAL; ENDS IN 1 DAY

The Predoctoral Award is designed to advance your health and social care research career at masters level. It supports early career researchers to undertake a masters degree, or a bespoke training and development plan comprising masters-level training, and provides protected time to develop a competitive PhD award application.

**Eligibility**  
The Predoctoral Award is available to 4 audiences:

- [Registered health and care professionals \(HCPs\)](#) working in NHS settings, excluding doctors and dentists
- anyone working in a local authority, or an associated setting
- fully qualified general practitioners, general dental practitioners, community dentists and [registered HCPs](#) working in primary care settings
- applicants proposing to undertake training to develop as a methodologist in one of the applicable methodological areas

MARCH

# Profession-specific research career advice

## BEING A RESEARCHER

Career case studies

Advice for lived experience researchers

Advice for psychologists

Advice for social workers

Advice for medics

## CAREER DEVELOPMENT

New

Tip  
train  
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### INTRODUCTION

### RESOURCES

### COLLABORATE

## Allied health professionals do mental health research

There are 14 allied health professions (AHPs) in England. We work across various practice settings, often in specialised mental health roles. Regardless of the setting, AHPs provide instrumental services to help people with complex health needs. We have roles in preventing ill-health, responding to crisis, aiding recovery, promoting health and preserving good quality of life across the life-course.

Thanks to the diverse contexts we work in, AHPs bring unique insights which can deepen and broaden applied mental health research. Across roles, we work with service users, their families and carers and so have developed advanced skills in making sense of nuanced and complex clinical information. AHP skills in thinking, implementing, learning and working together with others make AHPs strong clinicians, strong researchers and capable of combining clinical practice, research and leadership.

## 5 REASONS WHY ALLIED HEALTH PROFESSIONALS MAKE GOOD RESEARCHERS

1. We are person-centred; we therefore naturally aspire to carry out meaningful and robust patient and public engagement in research.
2. We are familiar with complexity and asking insightful questions
3. Our drive to create new pathways with people
4. Our resilience
5. We build new collaborations, expand our networks and build teams with shared purpose and clear aims

## TAKE THE NEXT STEP

Seek mentors and peer support

Write a short statement of your research interests and career goals and update your CV

HEE / NIHR Integrated Clinical Academic Training programme – is this for you?

CAHPR gives valuable guidance at every stage of your research career

Keep your eyes open for small grants

## CASE STUDIES OF ALLIED HEALTH PROFESSIONAL RESEARCHERS

## GET INSPIRED



"I would recommend anyone

# In-person opportunities

- **GROW**
- **Peer coaching (PeCo)**
- **Writing retreats**
- **Seed fund**

# GROW

## Researcher Development Programme

- 1:1 professional coaching
- Peer support network
- Working across disciplines
- Research beyond academia
- Research to inform policy and practice
- Securing funding
- Involving people with lived experience expertise
- Looking to the future of mental health research





# PeCo peer coaching

- **6 month programme, led by professional coach**
- Supporting postdoc mental health researchers to develop coaching skills to: progress their career goals; improve workplace relationships; develop a key leadership skill.
- Networking opportunities with GROW programme alumni.



# 2 writing retreats in 2026!

- **July, in North Wales:** fellowship application preparation focus.
- **September, in Oxfordshire:** write up a paper from your recently completed PhD/fellowship
- 10 hours of writing time over 2.5 days + presentation on academic writing approaches + peer feedback session + networking time + relaxation activities + all food/drink in rural location.
- Focused time; healthy balanced schedule;
- Sense of community among mental health researchers.



# Alumni: seed fund

A taste of what we've funded



Facilitation of an institutional visit to Griffith University's Obsessive Compulsive Disorder (OCD) clinic in Australia. Delivery of an online event for Incubator Alumni and wider Early Career Researchers (ECRs) on the topic of 'International Networking and Collaborations'.



Creation of a network for lived-experience mental health researchers.

Delivery of 3 online workshops and an in-person meeting to collaborate on a research paper disseminating these findings.



4 day workshop (one day per month) equipping researchers with wellbeing skills and tools

to enable them to reduce stress, improve wellbeing and strengthen healthy performance to mitigate mental illness for better career success.



One-day workshop on grant and fellowship writing, along with networking opportunities, for the Eating Disorder ECRs network.

Timing of the workshop allows for participants to attend a following workshop the next day (costs for that workshop are covered elsewhere).

# The MHR Incubator Gathering!

A chance to reconnect with your cohort, learn and network with mental health researchers across the UK

A supportive and active community of  
mental health researchers from many  
different professional backgrounds

**Join us on Bluesky and LinkedIn!**

**@MHRIncubator.bsky.social**

# MHR Incubator

- 1 Follow @MHRIncubator.bsky.social on Bluesky!
- 2 Share your career case study – we'll promote you
- 3 Add your research interests to #MHRmap

[www.mentalhealthresearch.org.uk/eoi](http://www.mentalhealthresearch.org.uk/eoi)

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