

Take part  
in an  
award-winning  
study!

To find out  
more about the  
EQUIP study:  
Telephone:  
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Real patients  
and carers like you  
have helped to  
design this study

We are running a research  
study called EQUIP. Our study team  
includes real patients and carers,  
as well as researchers

We hope you will consider  
taking part in the EQUIP study

Outstanding  
Carer  
Involvement  
Award winning  
study

Professor Karina Lovell,  
EQUIP study lead, and  
Lindsey Cree, a carer and  
member of the study team,  
received the award from  
the Mental Health Research  
Network on behalf of the  
EQUIP study team.



“ I used to think  
research was just for  
academics, but since  
I’ve been involved in  
EQUIP I’ve realised  
how much my  
opinions matter and  
are taken on board ”

*Lindsey, Carer*

“ We have worked  
closely with patients  
and carers and are  
delighted that this has  
been recognised ”

*Professor Karina Lovell*



## What do real patients and carers say about the EQUIP study?

“As a patient, I think this study is very important because patients need to have more of a voice and involvement in the decisions about their own future well-being.”

*Donna, Patient*

**Donna is a patient.** As part of EQUIP she trains mental health professionals to better involve patients and carers in care planning.



## Real patients and carers say that by taking part in this study, you can help make a difference

Donna, a patient, and Lindsey, a carer, say their involvement in the EQUIP study is to focus on the needs of real patients and carers. They also helped to design this leaflet.

**Lindsey is a carer.** She helped to apply for funding for EQUIP and is part of the study management team. She also trains mental health professionals to better involve patients and carers in care planning as part of EQUIP.



“As a carer, I feel I am making a difference towards change in mental health care. If we don't get involved in research, other people will be making decisions that can affect the future of people we care about. By taking part, I am making a difference to the future and there is no better feeling than that.”

*Lindsey, Carer*

### Important things that we think you should remember:

- If you decide to take part in this study, you will be helping other patients in the future.
- The study appointments will be arranged at a time to suit you.
- You can pull out of the study at any time if you no longer want to take part, without giving a reason.
- EQUIP has been approved by an independent research ethics committee, to make sure patients taking part in it will not be harmed.
- We are asking you to consider taking part in this study because your care team think that you may be interested in taking part.

