

Can you choose which research projects you take part in?

Yes, you can tell us if there are particular types of research you would or wouldn't be interested in.

We will put this on your records.

Will the details of the person I am responsible for be kept confidential?

Yes. Their confidentiality and the security of their personal data is paramount. If you have concerns about their confidentiality, talk to us, or email

CaldicottGuardian@slam.nhs.uk

Who can you talk to about C4C?

The nurse, psychiatrist, occupational therapist, psychologist, social worker or anyone else at SLaM who is in touch with the person you are responsible for.

What if you agree to C4C – and then change your mind?

Just tell your the care coordinator, doctor, or anyone else at SLaM whom he or she is seeing - and they will change the clinical record.

You may be contacted by a researcher after the person you're caring for has been discharged - you can also let them know if you would like the person to be removed from the register.

Our research is already helping people:

- A new way to help people with sleep problems
- A better way of helping new mothers. This helps both the mother's mental health and the baby's development.
- Using brain scans to help diagnose dementia earlier

“It felt important to me to improve the understanding of my condition in future”

Contact Us

Call: **020 7848 0644**

Email: **c4c@slam.nhs.uk**

C4C is funded by NIHR Maudsley Biomedical Research Centre at South London and Maudsley NHS Foundation Trust & King's College London

NHS

**South London
and Maudsley
NHS Foundation Trust**



Consent for Contact (C4C)

**Research -
helps us, helps you,
together we can
make it happen**

Information for those responsible for another adult

www.slam.nhs.uk/c4c



C4C: What's it about? Research helps people with mental health issues

What are we asking for?

For you to let our researchers:

- Get in touch if they think the person you are responsible for might be able to help with or benefit from a particular study. This could be because of symptoms they have, services they have used, or medications they're taking.
- To look at the electronic notes about the person you are responsible for at the South London and Maudsley NHS Foundation Trust. These are the records we keep of their care and treatment. As with all care records, this may contain sensitive data.

What sort of research are we talking about?

Finding out what causes mental health problems and what can be done to help.

These issues include anxiety, psychosis and physical health problems - in adults, children and older people.

Who does this research?

Projects that have been approved in NHS Services, which includes:

- Your local NHS mental health service - South London and Maudsley NHS Foundation Trust
- The Institute of Psychiatry, Psychology & Neuroscience at King's College London



What will happen if you agree to C4C?

- If we contact you about a research project, you and the person you are responsible for decide whether or not to take part.
- If there is no research that the person you are responsible for can help with at the moment, you won't hear anything from us until there is.
- If we do have a suitable project, our researchers will be in touch.
- They will give you the information you both need to decide whether to take part or not.

Do you have to agree to C4C?

No, you don't have to give us any reason, and it won't affect this person's care or treatment.

If you are contacted - and agree to take part - what might you have to do?

Depending on the project, the person you are responsible for might:

- Be interviewed - once or a few times
- Do computer games
- Keep a diary of your symptoms
- Take part in commercially funded studies