

## 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 your details be kept confidential?

**Yes**. Your confidentiality and the security of your personal data is paramount. If you have specific concerns about your confidentiality, you can contact the Trust via

[CaldicottGuardian@slam.nhs.uk](mailto:CaldicottGuardian@slam.nhs.uk)

## Who can you talk to about C4C?

Your nurse, psychiatrist, occupational therapist, psychologist, social worker or anyone else at SLaM who you are seeing.

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

Just tell your care coordinator, or anyone else from SLaM who you are seeing - and they will change your record.

You may be contacted by a researcher after you've been discharged - you can also let them know if you would like 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](mailto: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




Consent for Contact (C4C)

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

Information for patients

**[www.slam.nhs.uk/consent-for-contact](http://www.slam.nhs.uk/consent-for-contact)**



# 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 you might be able to help with or benefit from a particular study. This could be because of symptoms you have, services you have used, or medications you are taking.
- To look at your electronic notes at the South London and Maudsley NHS Foundation Trust. These are the records we keep of your 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 - the South London & 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 make the decision to take part - or not
- If there is no research that you 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 need to decide.

## Do you have to agree to C4C?

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

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

### Depending on the project, you might:

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