

# Are you interested in joining a project aiming to support young people's mental health early?

The Anna Freud Centre is a national charity that specialises in supporting children and families' mental health and wellbeing. We are working with the University of Cambridge on a research project called Timely.

The Timely project aims to help professionals to identify young people struggling with mental health at an earlier stage. Our research team would like to find out if it is possible to anonymise the data collected by health, social care and education services and securely bring it together, in a way that people would find acceptable. Our goal would be to use this data to develop technology which could help professionals (like GPs, social workers or physical health doctors) to spot patterns and identify mental health problems in a young person earlier. This would help young people get mental health support sooner.

We are at the beginning of this project and we are committed to hearing the views of young people (aged 11 - 24), parents and guardians at an early stage and to keeping the general public informed about our plans throughout.

We are inviting you to either:

- Sign up to hear about opportunities to give your views and receive updates on the project. Everyone will have the option to receive vouchers for their participation.
- Become part of a co-creation group of young people, parents and carers who meet regularly to shape how we communicate about the project and how we can share people's information safely. Everyone will have the option to be paid for their time.

This is a good opportunity to get experience in health, mental health, communications and data science.

To sign up for the co-creation group please fill in this [short form](#) and we'll be in touch.

You can opt out at any time, please see our privacy notice for more information. [Privacy notice: Timely](#)

For more information contact [Timely1@annafreud.org](mailto:Timely1@annafreud.org)

