

# SYNERGIES - introduction

## SYNERGIES - What is it?

Meeting for Minds = SYNERGIES is not a scientific project per se but is designed to enhance the research process by introducing a “Co-operative Inquiry” programme involving people with lived experience of mental illness into specific brain research projects as partners and not subjects for research.

The meetings are filmed for greater numbers to benefit, to be found on our web site. This makes the SYNERGIES - SERIES an incredibly effective

platform for communicating the science of participating labs and researchers, within the context of an informal narrative.

The SYNERGIES mission is to establish and promote close collaboration and communication between people with mental illness and researchers studying the brain.



SYNERGIES offers a new type of innovative research that integrates people with lived experience of psychiatric disorders into brain research.

Meeting for Minds seeks to propagate SYNERGIES. Projects already exist in Australia and Switzerland and similar collaborations are planned in other countries.

## SYNERGIES - What does it do?

Involving people with mental health experience as partners in the planning and understanding of brain research and psychiatric disorders, brings an immediate added value to the research that will benefit all those involved.

## SYNERGIES - will:

- inspire new directions for research, based on personal perspectives and a unique understanding of psychiatric disorders.
- bring the lived experience of psychiatric disorders as an expertise useful for research.
- enable people with mental illness (PLEX) to play a major role in the development, design and communication of brain research.
- arm researchers with a powerful tool to help combat the stigma associated with mental illness.

