

## Consent for Contact (C4C) Information for parents and guardians

### What's it about?

Research gives us better ways of helping mental health problems. But we need your help to do this.

### What are we asking for?

We'd like you to give permission for our researchers to:

- Get in touch with you if they think your child might be able to help with or benefit from a research study. This could be because of certain symptoms your child has, medications he/she is taking or services they use.
- To look at the electronic notes for your child at the South London and Maudsley NHS Foundation Trust. These are the records we keep of his or her care and treatment.

The researchers can't do this unless you say it's OK.

Your decision will be recorded in your child's electronic notes.

### What's the point of this?

It could:

- Help your child to have some of the latest treatments.
- Help researchers to find enough of the right sort of people to help with these studies.

### What sort of research are we talking about?

Finding out the causes of mental health problems – and what can be done to help. We are looking at anxiety, depression, physical health, and many other problems in every age group.

### Who does this research?

The Biomedical Research Centre. This is run by:

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

### What will happen if I agree to C4C?

- If there is no research that your child can help with or benefit from, you won't hear anything else from us.
- If we do have a suitable project, our researchers will get in touch.
- They will give you the information you and your child need to decide whether to take part or not.

### What if I agree to C4C – and then change my mind?

Just tell your child's care coordinator, doctor – or anyone else from SLaM whom you and your son or daughter are seeing - and they will change his/her record.

### If I am contacted – and agree – what might my child have to do?

He/she might:

- Be interviewed – once or a few times.
- Do computer games.
- Keep a diary of his/her symptoms.

### Can we choose which research projects my child takes part in?

Yes. You can tell us if there are any particular sorts of project that you would be interested in. We will put this in your child's records.

### Do I have to agree to C4C?

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

### Will my child's details be kept confidential?

- Yes. We stick strictly to the UK laws about confidentiality.
- If there are any parts of your medical record that you don't want us to use, just tell us.

### Who can I talk to about this?

Your child's nurse, psychiatrist, psychologist, social worker, or anyone else at SLaM who you are seeing.