

# Your views could help shape future research



East Suffolk and  
North Essex  
NHS Foundation Trust

ESNEFT Patient and Public Involvement  
Project Team



*Understanding more about how sleep and your body clock affect mental health.*

Have you recently felt like your surroundings were unreal, as if there was a veil between you and the world? Or felt disconnected, like you weren't quite real or cut off from everything around you?

If this sounds familiar, you are not alone, and your experiences matter.

A new research project is being launched at the University of Essex, to explore how **sleep** and your **body clock** affect **mental health**.

We are looking for young adults (**aged 18-25**) to join focus groups that will help shape the research, especially those who have experienced dissociation, anxiety, depression, or psychosis.

Please contact the ESNEFT Research and Development team using the contact information below if you would like more information. As a valued voice in the project, you will be paid £25 for your time.

Patient and public involvement being conducted on behalf of:



University of Essex

Contact information:

Tel: 01473 704343

Email: [PPIN@esneft.nhs.uk](mailto:PPIN@esneft.nhs.uk)