

Join the Lifespan Health and Wellbeing Research Centre Consumer Network

Join our Consumer Network

We are inviting individuals to provide feedback on Centre projects related to our strategic areas of focus. See some of our research interests [here](#). Your perspective matters.

- Do you have lived experience with anxiety or depression, cognitive impairment or dementia, loneliness or social isolation?
- Are you a parent or carer for someone with depression or anxiety, cognitive impairment or dementia?
- Are you a clinician or health practitioner providing support for people with anxiety or depression, cognitive impairment or dementia, or social isolation and loneliness?

What is involved?

When we have a new research idea or research project that we think you might be able to contribute to, we will send you information about the project and the type of input we are looking for. This might include providing feedback in-person, via videoconference (e.g., Zoom), or written feedback, and may involve discussing issues as a group, or one on one with some of our researchers.

Participation is voluntary, and you can choose whether or not you want to contribute to any activity that you are offered. Consumer Network members will be remunerated for their time where possible.

Consumers are an essential part of our Lifespan Health and Wellbeing research and innovation.

Consumer feedback:

- Enhances research quality and influences health outcomes.
- Improves research relevance and awareness to health needs.
- Supports the successful translation of research into policies and practice

Our aims and research

The Lifespan Health and Wellbeing Research Centre aims to maximise emotional, social and cognitive health and wellbeing for all Australians – regardless of age, background or psychosocial advantage.

Our research seeks to:

- increase our understanding of the complex interactions among factors underlying psychological, social and cognitive health and wellbeing as well as risks to psychosocial health and wellbeing
- develop cost-effective interventions and practices to foster, protect and repair disruptions to psychological, social and cognitive health and wellbeing
- improve the translation of knowledge into practice and promote legal and policy reform for maximum impact across all age groups, settings (eg families, educational, workplaces, health services, primary care, aged care and community) and contexts (CALD, intergenerational, life transitions, carers, and health conditions like dementia and chronic illness)
- transform the way individuals, families, communities, clinicians and organisations access information to assist them in managing threats to wellbeing.

We invite you to express your interest in joining the Lifespan Health and Wellbeing Research Centre Consumer Network via the QR code or following [this link](#).

Please contact lifespan@mq.edu.au with any questions.

