

ACTIVE INGREDIENTS

The aspects of mental health interventions that make the difference

FLYING OBJECT



REDUCED COMPETITIVE NEGATIVE THINKING



In June 2020, Wellcome commissioned research teams to explore the evidence for active ingredients: the aspects of interventions that really make a difference in preventing and treating anxiety and/or depression in young people (14-24) worldwide.

30 global teams each reviewed the evidence for one active ingredient they deem among the most likely to help.

The proposed 26 active ingredients were diverse. They ranged, for example, from improving gut microbiome function to increasing financial resources via cash transfer, from the use of antidepressants to increased self-compassion.

We will work with the mental health science community to refine and review these initial active ingredients to provide strong foundations for the next generation of mental health treatments and approaches.

Think about your kitchen store cupboard or fridge and the ingredients they contain.



Many contain essential nutrients for a healthy life.



Others may provide particular flavours or textures.



Some could be cooked by themselves.



But when you combine them with other ingredients, you can produce something really tasty.



Different quantities and methods can even turn the same ingredients into a completely different dish.



These points almost go without saying.

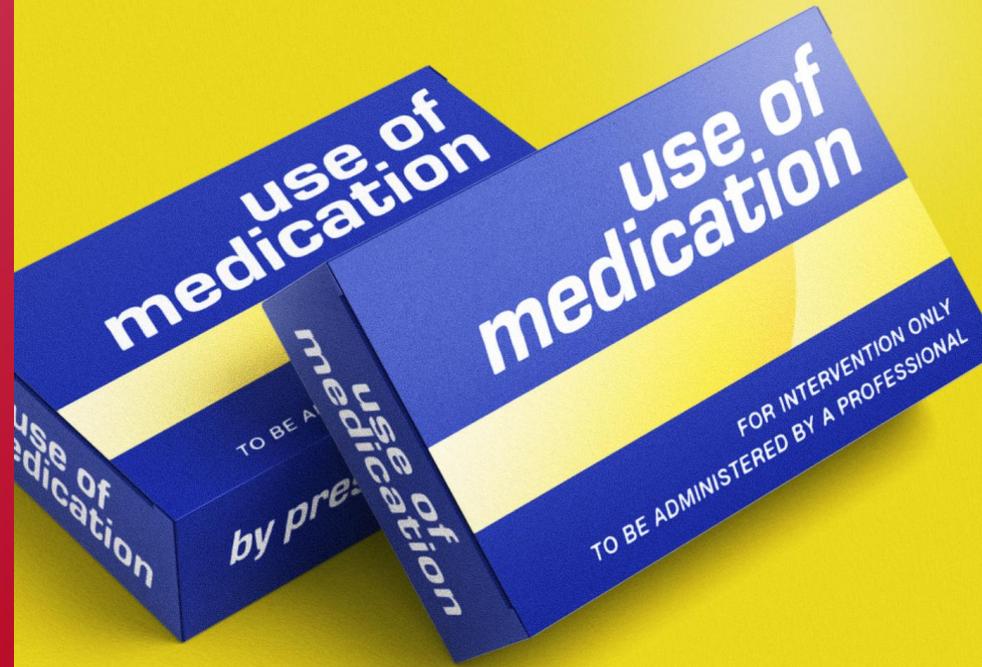
They are intrinsic to how we understand food and nutrition.

Ingredients are also a useful way to think about mental health.

Introducing (some of) the active ingredients in the mental health store cupboard...



Some of these ingredients are classic ways of treating mental illness.



Some of these items ingredients
contain different ways of thinking.



Others are activities or practices that an individual can take up.



Some need to be activated on
a societal level by
governments.

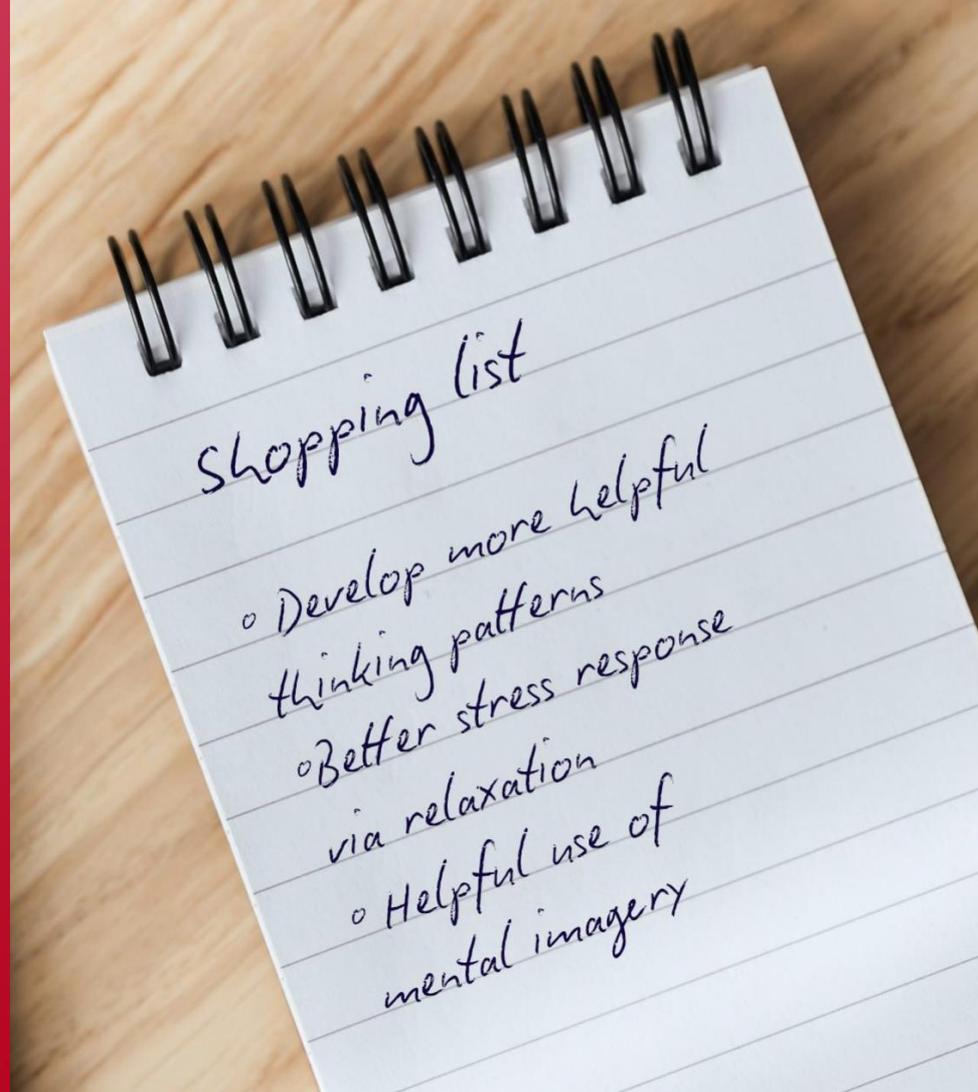


While others are ones that
we can all play a part in
“serving”.



Most people have favourite foods. Ingredients that, for whatever reason, ignite their taste buds, and make you feel good.

In the same way, ingredients from the mental health store cupboard can be chosen based on what works for an individual.



Shopping list

- Develop more helpful thinking patterns
- Better stress response via relaxation
- Helpful use of mental imagery

Ingredients can be used in
different ways.

Some may form the basis of
our diet, while others are best
used selectively to add
“seasoning”.



We all have our own “dietary requirements” and not all ingredients are suitable for everyone, and some can be dangerous if used too much.

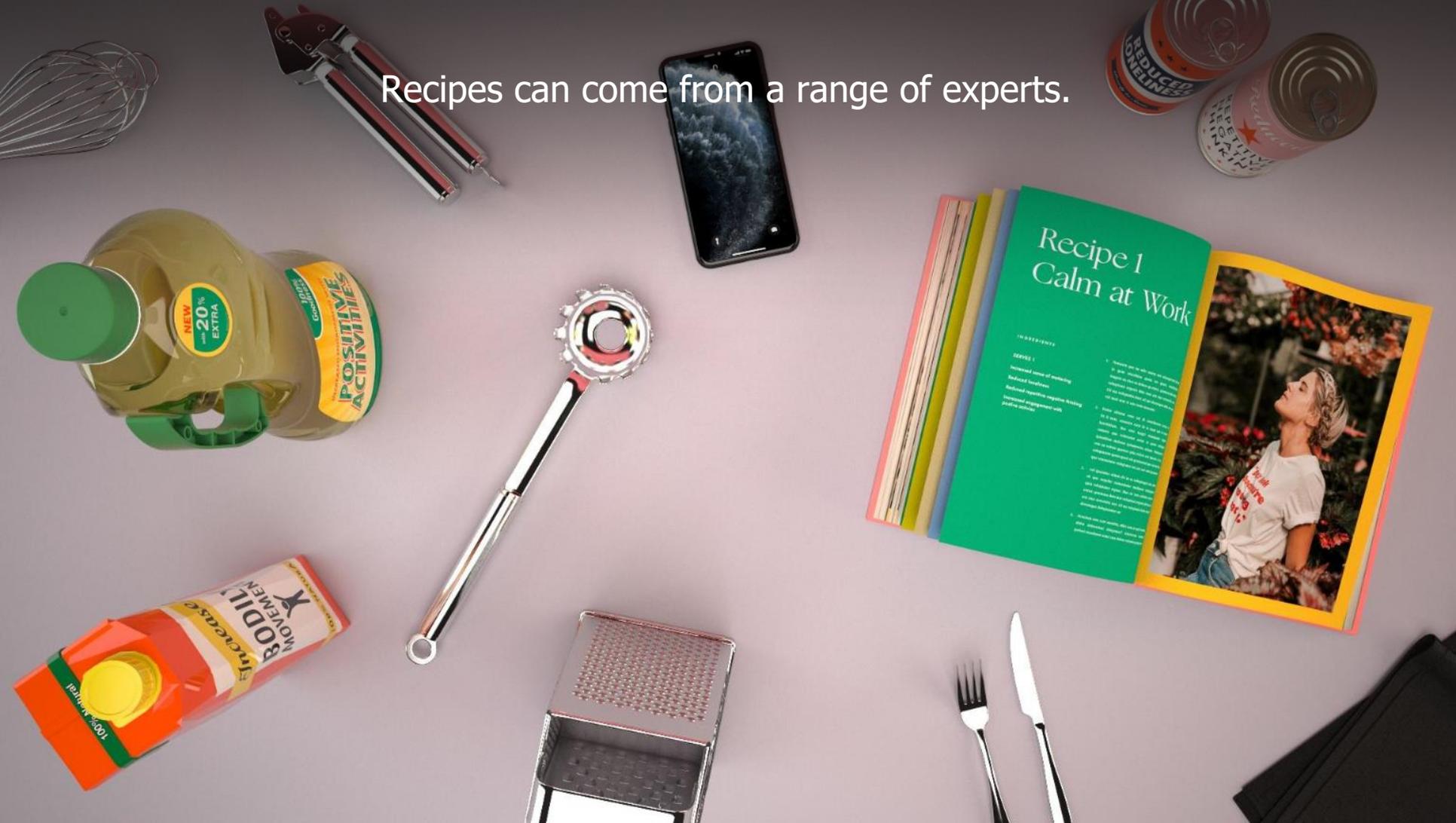


Some of the ingredients are well known favourites. Others are new and less well researched.

Our state of knowledge is really low. Often we're still reaching for "old fashioned" ingredients, rather than setting out to find new ones.



Recipes can come from a range of experts.



Including those passed down the generations, or between friends.

Recipe for less stress

500g Better stress response via relaxation
600g Reduced-perfectionism
a handful of Increased self-compassion
200g Increased sense of motivation

Method

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Much like our food tastes, the active ingredients that work best may change depending on our situation: when, where and why we are using them.

Find out more: [wellcome.org](https://www.wellcome.org)

#ActiveIngredientsMH