



# Til Wykes

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Working with people who experience mental health problems stimulated my curiosity (and my admiration) about how they cope with odd and frightening experiences. They shape my research by asking important questions. I'm proud to have led the NIHR Mental Health Research Network which recruits more than 30,000 people a year into mental health studies, making a huge difference to our understanding and treatment. In my spare time I contribute to the family food blog: sampling gourmet and not-so-gourmet offerings in our local restaurants.