

TURNER  
INSTITUTE FOR  
BRAIN AND  
MENTAL HEALTH

# STRATEGIC PLAN

2025–2028

Advancing the future of brain and mental  
health through transformative research



# MESSAGE FROM THE HEAD OF SCHOOL



The School of Psychological Sciences is delighted to host as its research hub, the Turner Institute for Brain and Mental Health. The Turner will continue to make a significant impact in transforming brain and mental health through world-leading research, innovation, training, and community engagement.

Following the establishment of the Institute by Professor Kim Cornish, our Inaugural Director, the Turner has developed a growing reputation as a national and international leader in brain and mental health research. I look forward to the next phase of the Institute under the leadership of Professor Mark Bellgrove.

The Institute provides an unparalleled opportunity for

our researchers, educators and students to collaborate across disciplines, translate cutting-edge discoveries into real-world outcomes, and drive meaningful change in the lives of individuals, families and communities.

We invite you to connect, collaborate, and contribute to the Turner Institute's mission as we shape the future of brain and mental health together.

**Professor Shantha M. Wilson Rajaratnam,**  
PhD, FAHMS  
Head of School  
School of Psychological Sciences





# DIRECTOR'S INTRODUCTION

At the Turner Institute for Brain and Mental Health, we advance the future of brain and mental health through transformative research.



I am honoured to lead the Turner Institute at this pivotal moment. I wish to acknowledge our Inaugural Director, Professor Kim Cornish, whose leadership established our foundations. Building on her work, I look forward to guiding our next transformative phase alongside our talented researchers, partners, and community.

Brain and mental health are among the most pressing global challenges, with millions affected by anxiety, depression, neurodevelopmental and neurodegenerative conditions. Through collaboration, inclusivity and translation, we can drive meaningful change for Australian and global communities. Our international partnerships across Asia Pacific, the Middle East, Europe and North America ensure our research is culturally informed and globally relevant.

The Turner Institute, as the research hub of the School of Psychological Sciences, has led neuroscience and mental health research since its inception, propelled by David Winston Turner's generous gift.

Today, we share our 2025-28 Strategic Plan, which builds on our strengths and sets a bold direction for the future. It outlines our strategic priorities and provides the framework to engage our research community, foster new collaborations and amplify our impact.

Our Strategic Plan is structured around three key areas of Research Engagement and five Research Priorities that will be implemented across six thematic Research Programs to drive innovation in brain and mental health.



## AREAS OF RESEARCH ENGAGEMENT

- Discovery Science
- Industry & Applied Research
- Clinical Research



## RESEARCH PRIORITIES

- Excellence & Innovation
- Equity, Diversity & Inclusion
- Supporting Emerging Leaders
- Community & Lived Experience
- Translation & Impact



## RESEARCH PROGRAMS

- Cognition, Ageing & Neurodegeneration
- Brain Injury & Rehabilitation
- Brain Mapping & Modelling
- Mental Health & Wellbeing
- Neurodevelopment
- Sleep & Circadian Rhythms

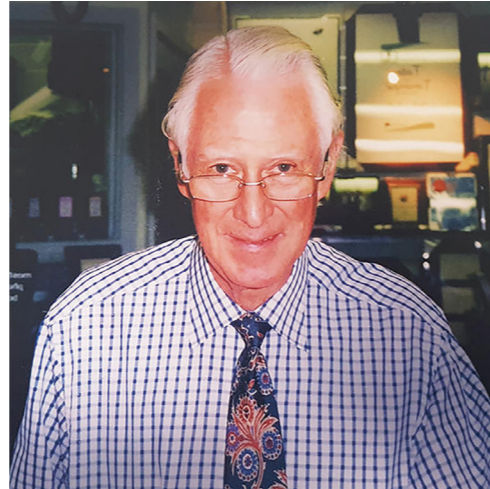
Our shared vision and commitment to these research priorities — whether we are doing discovery science, industry or applied, or clinical research — will guide us as we work with Australian, international, and government partners. Together, we will shape a future where brain and mental health research transforms lives for generations to come.

I invite you to join us on this exciting journey.

**Professor Mark A. Bellgrove, BSc(Hons), PhD, FASSA**  
**Director**  
**Turner Institute for Brain and Mental Health**  
**School of Psychological Sciences**

# ABOUT THE TURNER INSTITUTE

The Turner Institute’s heritage dates back to 1964, when the discipline of Psychology was established within Monash University’s Faculty of Science. From these strong scientific foundations, the Department evolved into a leading centre for pioneering research in experimental psychology, later transitioning to the Faculty of Medicine to expand its focus on health and clinical applications. Today, the School of Psychological Sciences is a vibrant hub of innovation across psychological research.



David Winston Turner

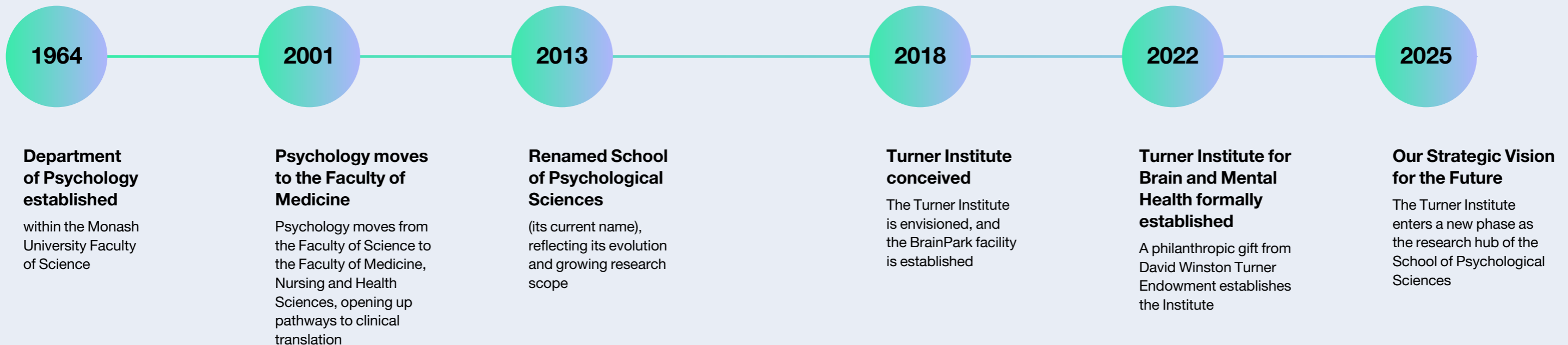
Established in 2022 through David Winston Turner’s landmark philanthropic gift, the Turner Institute for Brain and Mental Health serves as the research hub of Monash’s School of Psychological Sciences. We bring together more than 100 leading scientists and over 150 PhD students in a dynamic hub focused on cutting-edge projects delivering societal impact at scale.

Building on six decades of scientific excellence, the Turner Institute has rapidly established itself as a leading centre for neuroscience and mental health research and for the development of novel interventions. Our research spans

psychological science, translational neuroscience, mental health innovation, and policy ethics. By integrating discovery science, clinical research and industry partnerships, we are uniquely positioned to address the most pressing brain and mental health challenges.

We are now poised to expand our reach, amplify our impact, and drive groundbreaking discoveries through clinical translation to shape the future of brain and mental health.

## OUR JOURNEY SO FAR



# THE FUTURE OF BRAIN AND MENTAL HEALTH



The global significance of brain and mental health cannot be understated. Nearly one billion people worldwide live with mental health disorders<sup>(1)</sup>, and in Australia, almost half the population will experience a mental health condition during their lifetime<sup>(2)</sup>. Mental and substance use disorders account for 15% of Australia’s total disease burden—second only to cancer—with anxiety and depression among the leading causes of disability<sup>(3)</sup>.

The economic impact is equally profound. Depression and anxiety alone cost the global economy nearly \$1 trillion USD annually in lost productivity, representing 12 billion working days lost each year<sup>(4)</sup>. This growing burden underscores the urgent need for evidence-based solutions that can transform mental health care and improve outcomes at scale.

## A CRITICAL MOMENT FOR INNOVATION

Governments and funding bodies around the world are responding with unprecedented investment in research and innovation. The *World Health Organization’s Comprehensive Mental Health Action Plan 2013–2030* highlights the importance of using data to inform decisions and shape policy. Major philanthropic organisations, such as the Wellcome Trust, are committing significant resources to advance mental health science and drive innovation in prevention, early intervention and treatment.

In Australia, both federal and state governments are prioritising evidence-based approaches. *The National Mental Health and Suicide Prevention Plan* supports research to improve outcomes, while the Victorian Government’s response to the *Royal Commission into Victoria’s Mental Health System* places strong emphasis on evidence-based change.

## POSITIONED FOR IMPACT

The Turner Institute is uniquely positioned to respond to these challenges through our comprehensive expertise spanning cognitive and clinical neuroscience. From understanding the biological mechanisms of neurodevelopmental, neurodegenerative and neuropsychological conditions, to pioneering new treatment approaches to mental health care, our researchers are at the leading edge internationally.

Our integrated approach—combining advanced neuroimaging, computational modelling, large-scale clinical studies, and cutting-edge research into emerging treatments like psychedelics—ensures that discoveries translate rapidly into practice. Through strong partnerships with communities and those with lived experience, we co-design interventions that are acceptable, accessible and effective, helping to reduce stigma and improve access to care.

This collaborative, evidence-based approach positions the Turner Institute to push the boundaries of neuroscience and mental health research. Our commitment to translation ensures that discoveries lead to meaningful, scalable solutions that improve peoples’ lives in Australia and around the world.

### References:

- (1) World Health Organization 2024
- (2) Australian Bureau of Statistics 2023
- (3) Australian Burden of Disease Study 2024
- (4) World Health Organization 2022

# OUR STRATEGIC PLAN

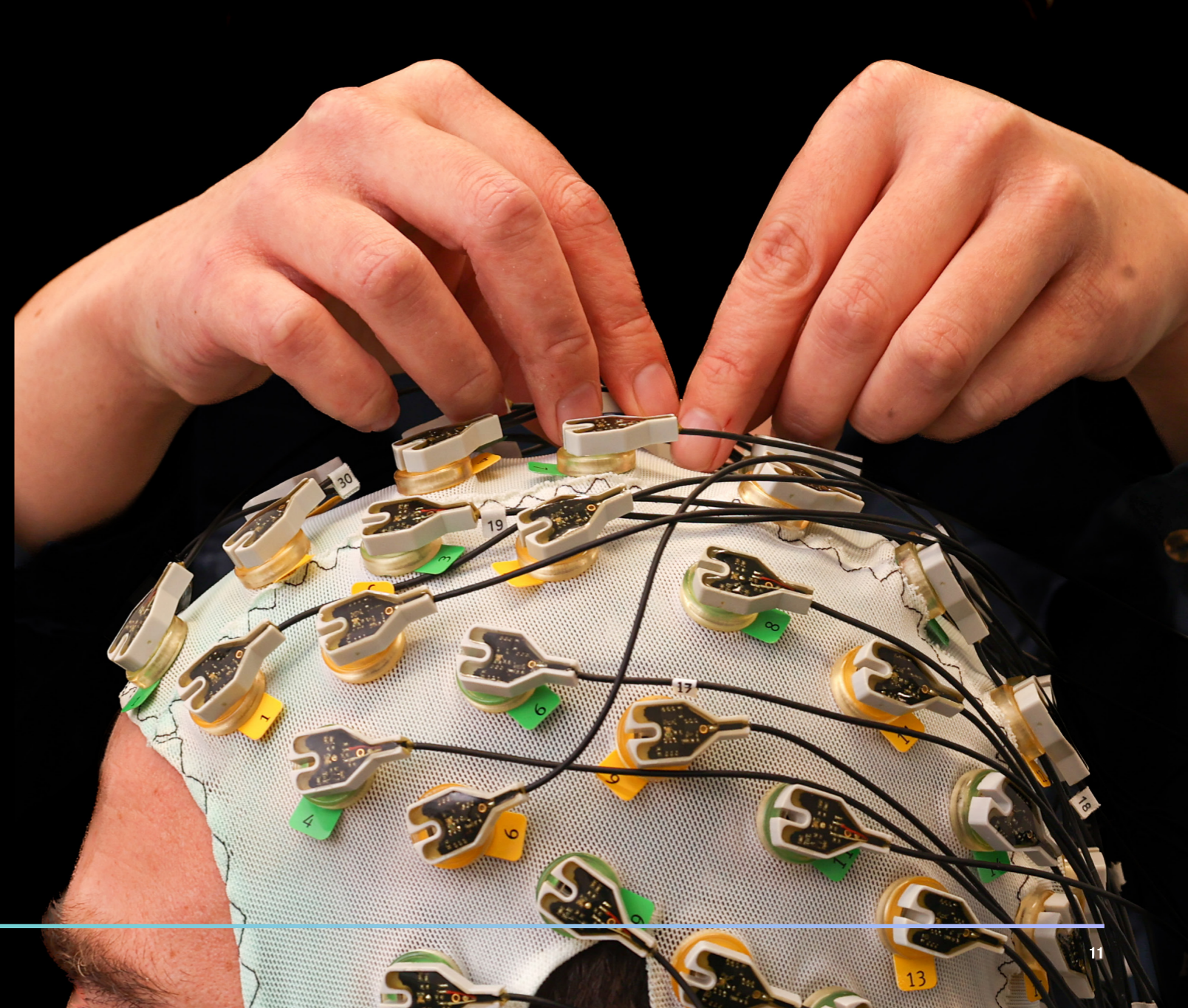
Our Strategic Plan is guided by a comprehensive framework that reflects our Vision, Areas of Research Engagement, Research Priorities, Research Programs and key enablers. Each of these is outlined on the following pages.

# VISION

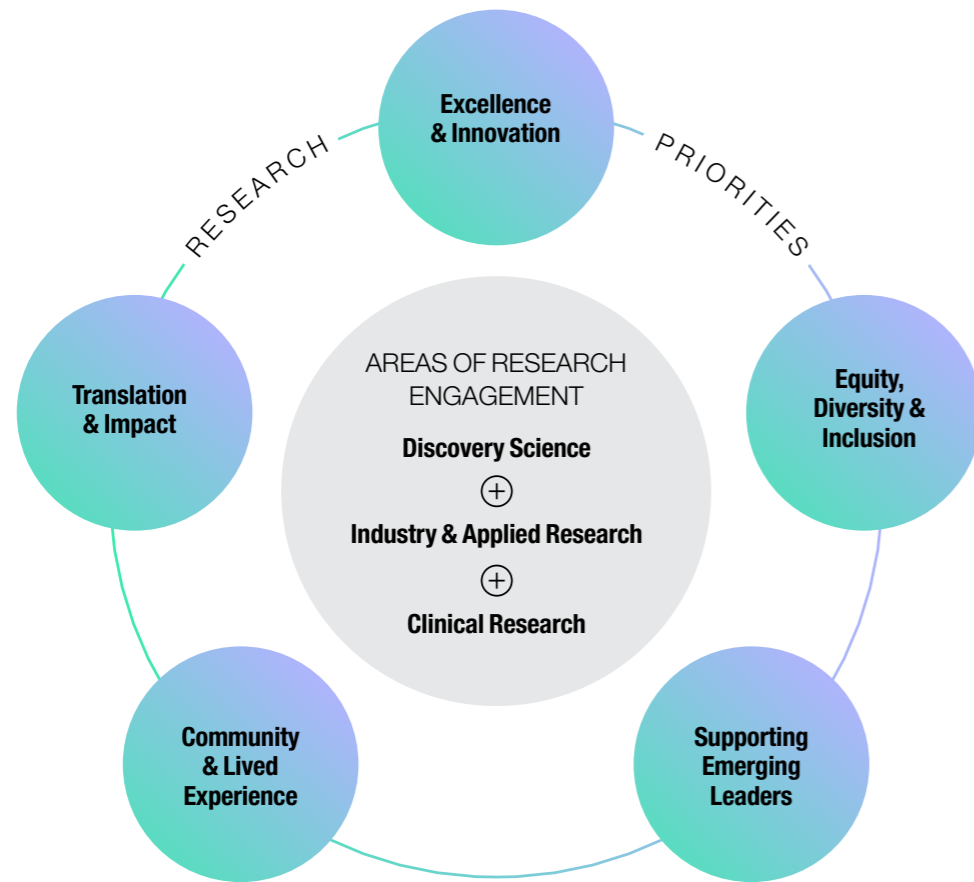
Our vision is to advance the future of brain and mental health through transformative research.

This aspiration reflects both the urgency of global brain and mental health challenges and the Turner Institute's commitment to pioneering innovative solutions. By focusing on transformative research, we aim to achieve world-class scientific discoveries that deliver real-world impact, improve lives, and shape the future of brain and mental health care. This vision guides our strategic direction, research priorities, and mission as a leader in brain and mental health research.

<b>VISION</b> Advancing the future of brain and mental health through transformative research					
<b>AREAS OF RESEARCH ENGAGEMENT</b> Discovery Science Industry & Applied Research Clinical Research	Commitment to Indigenous peoples and country	Lived experience & community engagement framework			
<b>RESEARCH PRIORITIES</b> Excellence & Innovation Equity, Diversity & Inclusion Supporting Emerging Leaders Community & Lived Experience Translation & Impact			Strategic research infrastructure	Partnerships & collaborations	
<b>RESEARCH PROGRAMS</b> Cognition, Ageing & Neurodegeneration Brain Injury & Rehabilitation Brain Mapping & Modelling Mental Health & Wellbeing Neurodevelopment Sleep & Circadian Rhythms					Major initiatives



# AREAS OF RESEARCH ENGAGEMENT



Our research is structured around three key areas of engagement:

## + DISCOVERY SCIENCE

At the core of our research strategy is a commitment to foundational science that advances our understanding of the brain and mental health conditions. This includes molecular and genetic studies, cognitive neuroscience, circadian neurobiology, advanced neuroimaging (MRI, fMRI, PET, EEG), neurodisruption techniques (TMS, Focused Ultrasound Stimulation) and computational modelling. Our work spans clinical and non-clinical populations, driving new insights into neural mechanisms, cognitive processes and behaviour.

## + INDUSTRY & APPLIED RESEARCH

We collaborate with industry, community organisations, healthcare providers and government partners to design research and translate scientific findings into practical applications. These partnerships accelerate the development of diagnostic tools, therapeutic interventions and digital health solutions, while building the evidence base that informs policy development to improve outcomes and accessibility.

## + CLINICAL RESEARCH

Our clinical research bridges the gap between bench science and patient care. We focus on developing and evaluating clinical interventions for brain and mental health conditions through clinical trials, treatment efficacy studies, and implementing evidence-based practices in healthcare settings.

# RESEARCH PRIORITIES

Our Strategic Plan is anchored by five core research priorities that guide all of our initiatives:

## > EXCELLENCE & INNOVATION

### Core Objectives:

- 1.1: To drive transformative research and innovation in brain and mental health
- 1.2: To foster collaborations that enhance and expand our research capabilities and impact

We push the boundaries of knowledge through groundbreaking research that addresses urgent challenges in brain and mental health. Our commitment to excellence fosters a culture of scientific rigour and innovation, ensuring the Institute remains at the forefront of research.

## > EQUITY, DIVERSITY & INCLUSION

### Core Objectives:

- 2.1: To foster equitable, diverse and inclusive research teams and partnerships
- 2.2: To promote inclusive practices across the entire research process

We cultivate equitable research environments that embrace diversity and foster inclusion in both our research teams and the research we conduct. We value all voices and actively work to ensure we produce outcomes that benefit diverse communities.

## > SUPPORTING EMERGING LEADERS

### Core Objectives:

- 3.1: To retain and attract emerging leaders in brain and mental health research
- 3.2: To develop and empower emerging leaders through career development initiatives

We invest in the next generation of research leaders through targeted support, mentorship, and development opportunities. Through nurturing the potential of our emerging leaders, we are ensuring a strong future for research across our disciplines.

## > COMMUNITY & LIVED EXPERIENCE

### Core Objectives:

- 4.1: To build capacity and capability in working with the community and people with lived and living experience
- 4.2: To foster meaningful community engagement, partnerships and participation in research

We engage meaningfully with people with lived experience and the broader community, recognising the importance of diverse perspectives in shaping research that is relevant, impactful and responsive to real-world needs.

## > TRANSLATION & IMPACT

### Core Objectives:

- 5.1: To embed the translational pathway across all of our research, from discovery to implementation, and strengthen partnerships for maximising the impact of our research
- 5.2: To inform and influence policy and practice

We are committed to translating research into practice and ensuring that our scientific discoveries are effectively communicated. This includes ensuring our research influences clinical practice, informs policy, and contributes to broader societal impact.

# RESEARCH PROGRAMS

The Turner Institute's research is organised into six thematic programs, each addressing critical areas of brain and mental health



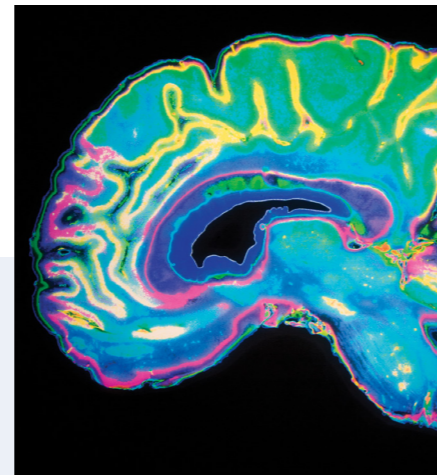
## COGNITION, AGEING & NEURODEGENERATION

Our research is dedicated to understanding brain changes across the lifespan and in persons with neurodegenerative conditions. Through this work, we aim to enhance both brain and body health, helping individuals live and age well. We also study how the brain enables cognitive functions such as learning, memory, and decision-making, and explore how targeted interventions can support and improve these abilities throughout life.



## BRAIN INJURY & REHABILITATION

We develop and evaluate intervention programs for individuals with brain injuries or trauma-related injuries. Our aim is to maximise functional, psychological and social outcomes, helping people rebuild their lives after life-changing injuries. The work of this theme is undertaken through the [Monash Epworth Rehabilitation Research Centre](#), a Faculty Centre.



## BRAIN MAPPING & MODELLING

We explore how thoughts, experiences and behaviours emerge from brain activity. Using advanced imaging, computational modelling, statistical and mathematical models, we map the brain in unprecedented detail, unlocking the mysteries of how the mind works.



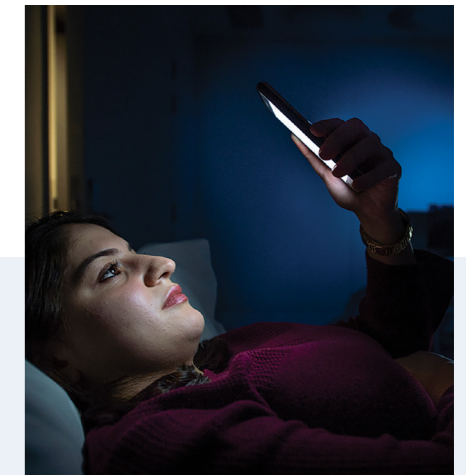
## MENTAL HEALTH & WELLBEING

Our research addresses youth mental health, addiction, eating disorders, mood disorders, trauma, suicide prevention, and wellbeing. We work closely with clinicians, communities, and people with lived experience - including underserved and Indigenous communities - to develop accessible and effective interventions.



## NEURODEVELOPMENT

Our program integrates neuroscience, developmental science, psychology and implementation research to co-design scalable, evidence-based models of care that support children and families. We are dedicated to building new models of neuroscience and clinical care that connect the lab, clinic and community through the involvement of young people and their families who have lived experience of disability. We approach this work with humility, recognising that we learn the most from the voices and experiences of the children and families we serve.



## SLEEP & CIRCADIAN RHYTHMS

Sleep is a cornerstone of health, alongside diet and exercise. Our research examines the influence of circadian rhythms and sleep patterns across diverse populations, including the general community, shift workers, elite athletes, and clinical cohorts, with the aim of advancing strategies to optimise sleep and thereby improve overall health and performance.

# COMMITMENT TO INDIGENOUS PEOPLES AND COUNTRY

The Turner Institute is committed to fostering a research environment that recognises, respects and celebrates Indigenous peoples, cultures, and knowledges.



We recognise the importance of Aboriginal and Torres Strait Islander self-determination in research practice, and acknowledge that we currently lack capacity within the Institute for Indigenous-led research. As such, we commit to the following:

1

To be guided by, and adhere to, the principles of *marra ngarrgoo marra goorri* (Community Knowledge, Community Health): *The Victorian Aboriginal Health, Medical and Wellbeing Research Accord*.

2

To prioritise the recruitment of Indigenous researchers to build the Institute's capacity for Indigenous-led research.

3

To work towards developing an Indigenous-led research plan for the Institute

We will ensure our activities align with Monash University's [Aboriginal and Torres Strait Islander Framework 2019–2030](#).

We aim to foster an environment in which Indigenous peoples can lead research that yields meaningful and lasting outcomes.

# LIVED EXPERIENCE AND COMMUNITY ENGAGEMENT FRAMEWORK

At the Turner Institute, engagement with communities and partnership with people with lived experience are central to our research philosophy. We recognise that meaningful collaboration with communities enriches our research, ensuring it is relevant, respectful and impactful. This approach reflects a broader shift towards embedding lived experience at every stage of the research journey.

To guide our commitment, we have adopted the *International Association for Public Participation (IAP2) Spectrum* – a respected framework that conceptualises levels of public participation. We apply this model within a research context to clarify the different ways communities and people with lived experience can be involved in research decisions and contribute to the direction of our work.

Depending on the nature of each project, our engagement approach spans a continuum: from informing to consulting, involving, collaborating, and empowering. This flexible approach allows us to foster authentic partnerships with communities, promote co-designed research, and ensure our findings translate into meaningful change.

By embedding this framework across the Institute, we affirm our commitment to ensuring that lived experience actively shapes our research priorities, methods and impact.

## IAP2 SPECTRUM INCREASING IMPACT ON THE DECISION

	INFORM	CONSULT	INVOLVE	COLLABORATE	EMPOWER
PUBLIC PARTICIPATION GOAL	To provide the public with balanced and objective information to assist them in understanding the problem, alternatives, opportunities and/or solutions.	To obtain public feedback on analysis, alternatives and/or decisions.	To work directly with the public throughout the process to ensure that public concerns and aspirations are consistently understood and considered.	To partner with the public in each aspect of the decision, including the development of alternatives and the identification of the preferred solution.	To place final decision making in the hands of the public.
PROMISE TO THE PUBLIC	We will keep you informed.	We will keep you informed, listen to and acknowledge concerns and aspirations, and provide feedback on how public input influenced the decision.	We will work with you to ensure that your concerns and aspirations are directly reflected in the alternatives developed and provide feedback on how public input influenced the decision.	We will look to you for advice and innovation in formulating solutions and incorporate your advice and recommendations into the decisions to the maximum extent possible.	We will implement what you decide.

©International Association for Public Participation [www.iap2.org](http://www.iap2.org). Permission use granted

# STRATEGIC RESEARCH INFRASTRUCTURE

Our research is supported by world-class infrastructure, datasets, and capabilities that enable us to conduct cutting-edge research and deliver transformative outcomes.

Our world class facilities include:



BrainPark

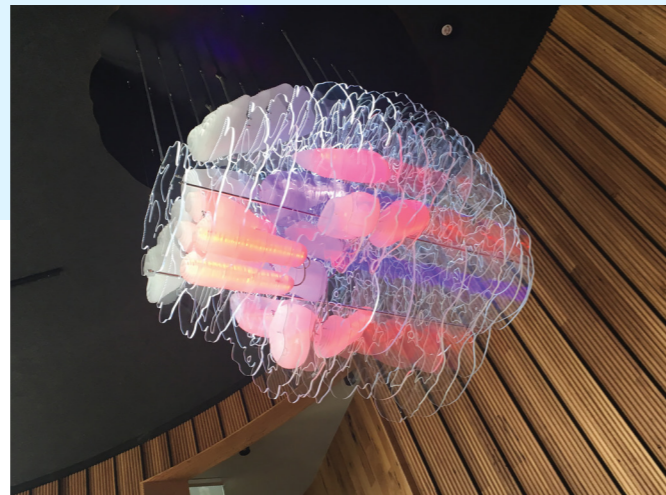
Functional Genomics Facility

Monash Sleep and Circadian Medicine Laboratory

Monash Biomedical Imaging (MBI)

Cognitive Neurophysiology Lab

Turner Clinics



## BRAINPARK

BrainPark is a world-first neuroscience research clinic dedicated to improving brain, mental and physical health. Located within the Monash Biomedical Imaging (MBI) facility, it integrates advanced brain imaging with digital assessments and innovative therapies including exercise, meditation, virtual reality and cognitive training. Designed as a warm, non-clinical space, BrainPark fosters engagement and scalability in research translation.



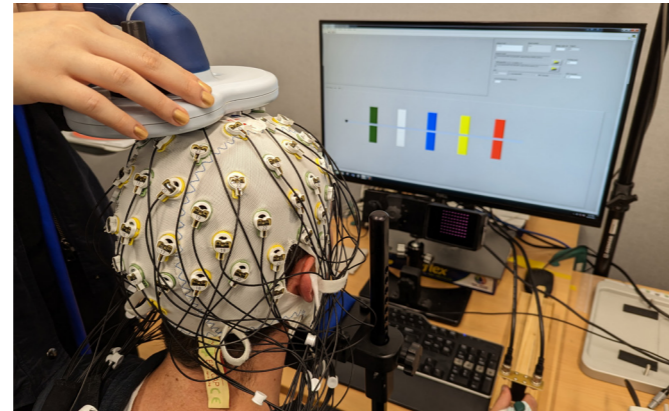
## FUNCTIONAL GENOMICS FACILITY

Our state-of-the-art laboratory supports medium-throughput DNA genotyping and the generation of patient-derived induced pluripotent stem cells (iPSCs) for modelling the molecular basis of clinical conditions, including ADHD and autism spectrum disorder. The facility is the first in Australia to derive induced iPSCs for ADHD and also houses iPSC lines for autism. By integrating functional genomics capabilities with stem cell technology, our facility contributes significantly to understanding the molecular basis of neurodevelopmental conditions and supports the development of personalised therapeutic strategies.



## MONASH SLEEP AND CIRCADIAN MEDICINE LABORATORY

Purpose-built for sleep research, this facility includes four time-isolated bedroom suites, a participant lounge, and a soundproof cognitive testing room known as the “Whisper Room”. Equipped with advanced hardware and software, it supports overnight assessments and the development of novel sleep interventions.



### MONASH BIOMEDICAL IMAGING (MBI)

MBI is a globally recognised imaging centre offering multi-modal capabilities for preclinical and clinical research. Key technologies include Australia’s only research-dedicated MR-PET scanner, the Cima.X MRI, and full-body PET/CT scanner - enabling high-resolution investigation of the brain.

### COGNITIVE NEUROPHYSIOLOGY LAB

Our cognitive and neurophysiology testing suites house state-of-the-art facilities for cognitive and motor neuroscience experiments. The Lab includes quiet, ‘sound-attenuated’ testing booths, millisecond-accurate behavioural response recording, and equipment for non-invasive brain stimulation (TMS, ultrasound). The lab enables precise measurement of brain function and behaviour, including electromyography, EEG, pupil dilation tracking and rapid eye movement monitoring.



### TURNER CLINICS

The Turner Clinics represent a unique community-facing resource that bridges clinical research with practical mental health support—a distinctive capability that sets us apart in the field. Our four specialist domains provide psychological services to over 3,000 clients across Victoria, creating an unparalleled platform for real-world research translation and community impact.

Led by registered clinical psychologists and clinical neuropsychologists, the Turner Clinics serve as both a vital community resource and a sophisticated research infrastructure. They provide essential training for provisionally registered psychologists within our PhD programs while generating invaluable research opportunities and clinical trial capabilities that directly inform evidence-based practice.

Specialist domains include:

**Healthy Sleep Clinic:** Specialist assessment and treatment of adult sleep disorders

**Trauma Clinic:** Services for occupational trauma, including PTSD programs for ambulance paramedics

**Child, Youth & Family Clinic:** Child and family-centred assessment and interventions for young people experiencing developmental and mental health challenges

**Neuropsychology Clinic:** Comprehensive neuropsychology assessment and evidence-based treatment for cognitive, behavioural, and mental health issues linked to brain injury and neurological conditions

## DATA ASSETS

The Turner Institute develops and leverages major data assets - some of the most comprehensive and distinctive datasets in the field. These resources position us as an unparalleled partner for collaborative research and innovation across academia, government and industry. Our diverse datasets serve as critical resources for driving discovery, analysis, and transformative insights.

### HEALTHY BRAIN PROJECT

A large-scale online research initiative collecting cognitive, genetic, lifestyle, and health data from over 7,500 Australians aged 40+. The project aims to identify midlife risk factors for dementia and inform the development of early detection and prevention strategies for Alzheimer’s disease.

[View Project](#)

### BRAIN AND COGNITIVE HEALTH (BACH) COHORT STUDY

A Monash-led longitudinal study examining how health, lifestyle, psychological, and social factors contribute to optimal brain health in ageing. The BACH study aims to generate actionable insights to make dementia preventable for future generations.

[View Project](#)

### MONASH BRAIN & BEHAVIOUR PROJECT

This pioneering study recruits over 1,000 community members with diverse mental health histories for comprehensive psychiatric, psychological, neuroimaging, and genetic assessments. The dataset supports new models for understanding mental illness and aims to improve diagnostic accuracy by mapping relationships between symptoms.

### PSICONNECT PROJECT

Australia’s first psychedelic neuroimaging study, PSICONNECT investigates the effects of psilocybin on human brain dynamics through longitudinal, multimodal imaging (fMRI, EEG) and behavioural assessments in healthy participants. This comprehensive dataset supports foundational neuroscience, identifies biomarkers of altered states, and informs future therapeutic frameworks.

[View Project](#)

### MAGNET PROJECT

The Monash Autism and ADHD Genetics and Neurodevelopment (MAGNET) Project is a landmark longitudinal study with a targeted recruitment of 1,000 Victorian families. It explores the overlap between neurodevelopmental and mental health conditions, with the goal of enabling earlier, more precise, and holistic support for children and families. The dataset serves as a long-term evidence base for key health, disability and education sectors.

[View Project](#)

### MONASH UNIVERSITY HEALTHY SLEEP CLINIC DATABASE

The Monash University Healthy Sleep Clinic is a busy outpatient service that provides treatments for sleep disorders and serves as a research and training platform. Over eight years, it has compiled detailed sleep and mental health profiles for more than 2,700 patients, including clinician and patient reports, actigraphy, sleep diaries and polysomnography data.

### CLASS AND MYSLEEP

The CLASS (Circadian Light in Adolescence, Sleep and School) Study tracks cohorts of teenagers from Year 7 into young adulthood, examining the links between sleep, circadian rhythms, mental health and academic performance during the formative adolescent years. MYSLEEP (Mapping Youth Sleep, Lifestyle, and Emotions Project) expands this internationally across Australia, U.S., U.K., Malaysia, and South Africa. These studies identify biopsychosocial and environmental factors influencing youth wellbeing and inform prevention and intervention strategies. Funded by ARC, NHMRC, and the Wellcome Trust.

[View Project](#)

### SHINE

The Sleep Health in Perinatal Care (SHINE) study is an NHMRC-funded clinical trial evaluating the real-world effectiveness of Cognitive Behavioural Therapy (CBT) for Insomnia during pregnancy and postpartum. Following over 1,000 parents from pregnancy to two years post-birth, it tracks sleep, mental health, service utilisation, and psychosocial outcomes, and explores CBT’s potential as part of routine perinatal care.

[View Project](#)

### IMAGE-HD AND IMAGE-FRDA

Neuroimaging research in Huntington’s disease (IMAGE-HD) and Friedreich Ataxia (IMAGE-FRDA) that has pioneered multi-modal imaging and discovered novel biomarkers sensitive to tracking disease progression, providing new insights for examining and treating such diseases at the brain, cognitive, motor, blood, and speech level.

### TRACK-FA

TRACK-FA is a global natural history study that tracks the neurobiological changes underlying Friedreich Ataxia. The leadership of the TRACK-FA study exemplifies commitment to high quality cutting-edge interdisciplinary research that strives to improve health outcomes for individuals with Friedreich Ataxia.

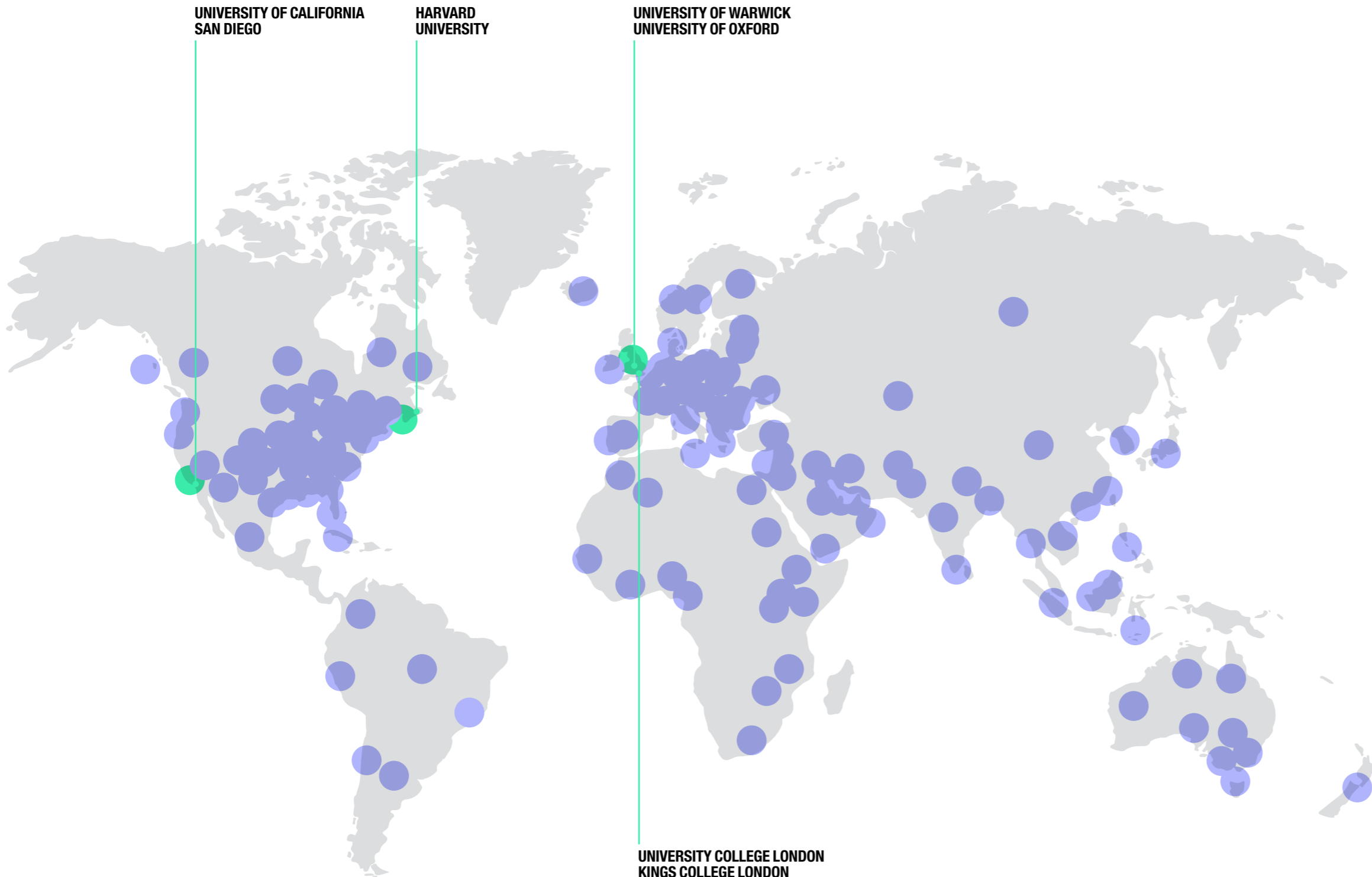
[View Project](#)

# PARTNERSHIPS AND COLLABORATIONS

UNIVERSITY OF CALIFORNIA  
SAN DIEGO

HARVARD  
UNIVERSITY

UNIVERSITY OF WARWICK  
UNIVERSITY OF OXFORD



Transforming brain and mental health demands bold collaboration across disciplines, sectors, and borders. At the Turner Institute, we harness the power of partnership to accelerate discovery and impact, leading to meaningful change for individuals and communities.

We build on Monash University's global network—spanning Australia, Malaysia, Indonesia, Italy, India and China—to connect with leading research institutions, industry partners, healthcare providers, government agencies and community organisations worldwide.

Our close collaboration with clinical and healthcare partners enhances early detection, prevention and treatment strategies. Engagement with industry and government enables us to scale evidence-based solutions to address urgent mental health challenges. Deep partnerships with community organisations ensure that lived experience informs every stage of our work.

These dynamic collaborations drive innovation across all levels—transforming academic research into life-changing interventions. Together, we are shaping a healthier, more resilient society.

## Our partners include:

Apnimed

Brain Injury SA

headspace

Lifetime Support Government of South Australia

Monash Health

raisingchildren.net.au

QANTAS

theAlfred

# MAJOR INITIATIVES

The Turner Institute’s major research initiatives tackle complex brain and mental health challenges through scale, focus and collaboration. These dynamic programs support large, interdisciplinary research, attract sustained investment, and deliver enduring impact across these key domains.

Together, they represent a growing portfolio of expertise and activity that positions the Turner Institute at the forefront of discovery, translation, impact and global influence. This Strategic Plan provides a blueprint to accelerate our engagement with further major initiatives that deepen our community impact and enhance the scale and focus of our work.

### **ARC Training Centre for Optimal Ageing**

Funded by the Australian Research Council, this Centre advances preventative approaches to healthy ageing. It fosters collaboration with a range of industry partners and trains the next generation of health scientists in ageing, robotics, digital health, artificial intelligence, bioinformatics, commercialisation and stakeholder engagement.

### **Global Sleep and Mental Health Collaborative**

This Wellcome Trust-funded international program investigates how sleep and circadian disruptions contribute to youth depression and anxiety. Integrating biological, psychological, social and environmental factors across Australia, Malaysia, USA, UK and South Africa, the initiative is developing transformative early intervention frameworks and open-access tools for global clinical practice.

### **Centre of Research Excellence in Bipolar Disorder (CORE-BD)**

CORE-BD unites world-class multidisciplinary teams - including researchers, clinicians, advocates, economists, policy makers and individuals with lived experience - to transform bipolar disorder care. Funded by the NHMRC, this flagship initiative focuses on early intervention, enhanced treatments, and reducing diagnostic delays.

### **Precision Brain Stimulation for Alcohol Recovery**

Supported by Wellcome Leap, this program applies brain imaging to identify connectivity patterns and match individuals with tailored, non-invasive brain stimulation treatments for alcohol use disorder. This personalised approach has potential to double treatment effectiveness, representing a paradigm shift in addiction medicine.

### **Mentally Healthy Workplaces Australia (MHWA)**

MHWA is a global-first initiative championing workplace mental health innovation. As the national centre, we unite diverse partners across the workplace mental health and wellbeing ecosystem to create scalable, measurable change. The initiative develops integrated solutions driven by Australian workplace and worker needs, now and into the future.

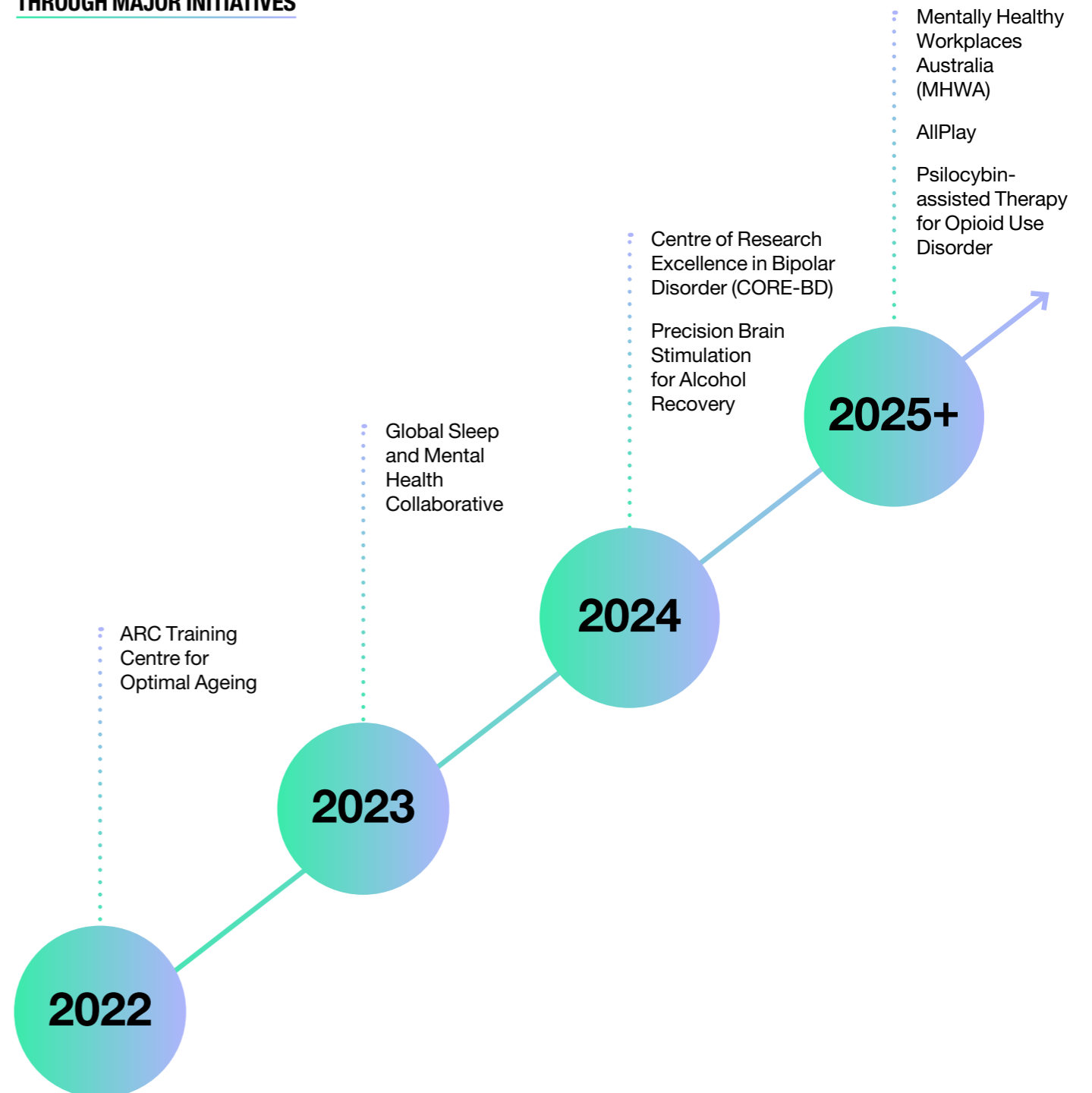
### **AllPlay**

AllPlay enhances psychological and developmental outcomes for children by placing families at the centre of coordinated efforts with government, industry and community partners. AllPlay develops, evaluates and scales evidence-based programs, and collaborates with partners such as MAGNET to accelerate research translation.

### **Psilocybin-assisted Therapy for Opioid Use Disorder**

This pioneering program explores whether psilocybin, combined with specialised therapy, can transform recovery for people living with opioid dependence. By tracking brain function, cognitive skills and wellbeing over the trial period, the study aims to generate breakthrough insights that could shape the future of addiction treatment. This initiative is supported by Wellcome Leap.

## **ACCELERATING OUR IMPACT THROUGH MAJOR INITIATIVES**





# FROM STRATEGY

# TO ACTION

This strategy is more than a roadmap - **it is a call to action.** Advancing the future of brain and mental health demands bold thinking, cross-sector collaboration, and unwavering commitment to discovery and impact.

The Turner Directorate will lead the implementation of this strategy, working closely with key stakeholders through a comprehensive delivery plan. However, our success depends on the collective engagement of the entire Turner community.

Our strength lies in our people and partnerships - from world-class researchers and dedicated students to valued collaborators across industry, government and community.

United by a shared vision to transform brain and mental health, we will challenge conventional approaches, expand the boundaries of knowledge, and create solutions that improve lives.

With this strategy as our foundation, we are ready to drive discovery, shape policy, and deliver real-world impact for individuals and communities.

## CONTACT US

Monash University  
18 Innovation Walk  
Clayton Campus  
Clayton VIC 3800

T: +61 3 9905 9889  
E: [Turner.Institute@monash.edu](mailto:Turner.Institute@monash.edu)  
W: [monash.edu/turner-institute](http://monash.edu/turner-institute)

## REFERENCES

Australian Bureau of Statistics 2023, National Study of Mental Health and Wellbeing, 2020-2022, ABS, viewed 30 June 2025, <https://www.abs.gov.au/statistics/health/mental-health/national-study-mental-health-and-wellbeing/latest-release>

Australian Institute of Health and Welfare 2024, Australian Burden of Disease Study 2024, AIHW, viewed 30 June 2025, <https://www.aihw.gov.au/reports/burden-of-disease/australian-burden-of-disease-study-2024/contents/about>

World Health Organization 2022, World mental health report: Transforming mental health for all, WHO, viewed 30 June 2025, <https://www.who.int/publications/item/9789240049338>

World Health Organization 2024, Mental Health, WHO, viewed 30 June 2025, <https://www.who.int/health-topics/mental-health>

