

Call for applications: Mental Health Award: Using physical activity and circadian-based interventions to reduce anxiety and depression in young people

<https://wellcome.org/research-funding/schemes/mental-health-award-using-physical-activity-and-circadian-based-0>

Keywords: established researcher, diverse and interdisciplinary teams, mental health science, circadian-based interventions

Funding amount and duration of funding: Salary and up to £400,000 for research expenses over 5 years

Funder deadline: 14 July 2026, 17:00 GMT

UCT Intention to Submit deadline: Please complete UCT's [intention-to-submit](#) form by **immediately** to help ensure timely submission of your completed application.

UCT internal deadlines: Approval via UCT's electronic Research Administration (eRA) system is **required prior to submission** to the funder. Applicants should:

- Complete UCT's intention-to-submit form. Your finance staff will be automatically contacted when you complete and submit the form.
- Ensure [eRA Internal Approvals forms](#) reach the Finance Approver step by no later than **30 June 2026**
- Ensure faculty approved eRA forms reach RC&I by **7 July 2026**

Contacts: Faculty of Health Sciences: fhs.researchfunding@uct.ac.za Other Faculties - internationalgrants@uct.ac.za

Wellcome is soliciting applications for the [Mental Health Award: Using physical activity and circadian-based interventions to reduce anxiety and depression in young people](#). This award will fund mechanistically informed trials of interventions for anxiety and depression in young people aged 10-18 years. Successful teams will build on existing mechanistic evidence to develop more precise and effective early interventions that have the potential to scale.

Award details:

£1-4 million per grant, for 3-4 years

Eligibility:

Established researchers with the skills, knowledge, and resources necessary to carry out the proposed research as the Principal Investigator

Submission process: This proposal requires the PI to complete an online application on the funder portal ([Wellcome Funding platform](#)) as well as requesting institutional approval via UCT's electronic Research Administration (eRA) system, prior to submission of the application.

NOTE: Final submission of an application on Wellcome Funding is actioned by UCT's Research Contracts and Innovation (RC&I) office.

	Deadline
PI to initiate an eRA approval request and alert their faculty finance staff of the budget support needed at least 6 weeks before the funder deadline	Immediately
PI to submit an eRA Proposal Approval request with a draft budget to the Budget Reviewer step on eRA at least 4 weeks before the funder deadline	Tuesday, 16 June
PI to submit an eRA Proposal Approval request to the Finance Approver step on eRA at least 2 weeks before the funder deadline	Tuesday, 30 June
PI to submit the application on the funder portal (Wellcome Funding) at least 1 week before the funder deadline	Tuesday, 7 July

RC&I to action final submission on Wellcome Funding by the funder deadline	Tuesday, 14 July
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Contact information:

- Health Sciences applicants contact rhs.researchfunding@uct.ac.za
- All other faculties contact internationalgrants@uct.ac.za