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**Denise Fisher** is a member of the OPWISE project. She spent 35 years in the area of mental health, initially as a nurse before joining the Faculty of Health Studies at Liverpool John Moores University (LJMU), as a Senior Lecturer. During her time at LMJU she was also seconded to the Charlie Waller Memorial Trust offering on their behalf training sessions in mental health to a variety of statutory and non-statutory organizations across North West England, including Mental Health First Aid courses. Although now retired and living in the Conwy area she continues to be interested in health care provision and is a Welsh Assembly appointee to North Wales Community Health Council. Denise has a particular interest in the mental health of individuals with serious physical health problems, particularly depression co-morbidity.