

Mental health and well being in young people. EasyRead version



We are North East and North Cumbria Integrated Care Board.



Our job is to make sure health services meet the needs of local people.



We want to talk to young people about mental health.



We want to talk to young people about early mental health support.



This will tell us what young people think and feel.



What is mental health?



We all have mental health.



Mental health is how we think, feel and act.



We need to take care of our mental health.



With good mental health we can feel good and be calm.



With poor mental health we might find things difficult to cope with.



We might not like doing things we used to.



We might be angry or sad for longer.



We might feel we can not look after how we feel or act.



This survey:



- Is quick to fill in.



- Is for 11 to 25 year olds.



- Does not need any private information.



You do not have to have used any mental health support to fill in this survey.



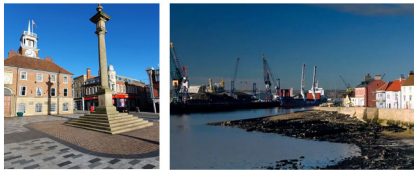
Where to get help



If you want to talk to someone about your mental health or this survey there are services who can help.



You can talk to a teacher.



If you live in Stockton or Hartlepool:



• Alliance Psychological Services



<https://www.alliancepsychology.com/young-people/support-request>



or call 01642 352747
and pick option 2



If you live in Middlesbrough or Redcar and Cleveland:



• The Link



<https://www.redcarlink.com/contact-us/>



or call 01642 505580



• **The Junction**



<https://thejunctionfoundation.com/services/emotional-wellbeing>



or call 01642 756000



• **Teesside Mind**



<https://www.teessidemind.org.uk/how-we-can-support-you/our-services/children-young-people-and-families/getting-help>



or call 01642 257020



• **Teesside Tees,
Esk and Wear Valleys
NHS Foundation Trust**

**Tees, Esk and Wear Valleys
NHS Foundation Trust**



Single point of contact -
call 0300 013 2000



If you live in Darlington:

**Tees, Esk and Wear Valleys
NHS Foundation Trust**

• **Tees, Esk and Wear Valleys
NHS Foundation Trust.**



Single point of contact -
call 0300 123 9296



Part One: Your worries and stresses



We want to know what makes you feel sad, stressed or worried.



We want to know who you talk to when you feel sad, stressed or worried.



1) What in your life makes you sad, stressed or worried.
(Tick all that do)



Family or life at home.



Problems with friends or other young people.



School work or exams.



Other things I do in my spare time.



Social media.



Money issues.



Your body or health.



Bad feelings you have about yourself.



The future.



None of these.



Tell us here:

2) Tell us anything else that makes you sad, stressed or worried.



3) Who do you talk to when you feel sad, stressed or worried.

(Tick as many as you want)



Friend.



Mum, Dad or a carer.



Brother or sister.



Grandparent.



Aunt, uncle or another family member.



Teacher or someone at school.



Doctor or health worker.



Sports coach or leader of a group you go to.



Do not talk to anyone.



Someone else.

Tell us who here:



4)If you wanted to talk to someone about your mental health what would you do?
(Pick as many as you want)



Talk to a friend.



Talk to your Mum or Dad or carer.



Talk to your brother or sister.



Talk to a grandparent.



Talk to your aunt or uncle or another family member.



Talk to a teacher or someone at school.



Talk to a doctor or health worker.



Talk to a sports coach or leader of a group you go to.



Go online for help.



Go on social media.



Do not know.



Not want to talk to anyone.



Someone or something else.

Tell us here:



Part Two: Using mental health services



We want to know if you have ever had help with your mental health.



We want to know what it was like using mental health services.



5) Have you ever had help with your mental health?



Yes – go to **Question 6**.



No – go to **Question 11**.



Do not know or do not want to say – go to **Question 11**.



6) Where did you get help with your mental health?

(Pick as many as needed)



At school or college.



At GP's.



In hospital.



At a mental health service.



Do not know or can not remember.

Somewhere else.



Tell us here:



7) Who did you get help from? (Pick as many as needed)



A teacher.



A doctor or GP.



A mental health worker.



Do not know or
can not remember.

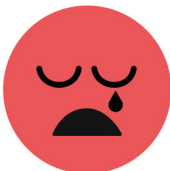


Someone else.

Tell us who here:



8) What did you think of the support you got? (Pick one). Was it



Poor?



OK?



Good?



Very good?

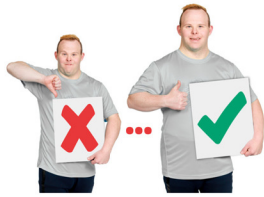


Excellent?



9) Tell us what was good about when you got help.

Tell us here:



10) Tell us what could have been better about when you got help.

Tell us here:



Part Three: Getting help



We want to know what matters to young people when they go to mental health services.



11) In mental health services for children and young people how do you feel about:



- Being part of making plans.



It is very Important.



It is important.



I have no feelings.



It is not important.



It is not at all important.



I do not know.



- Not having to wait a long time to get help.



It is very Important.



It is important.



I have no feelings.



It is not important.



It is not at all important.



I do not know.



• Knowing you will be seen by the right service or person for you.



It is very Important.



It is important.



I have no feelings.



It is not important.



It is not at all important.



I do not know.



• Seeing the same person each time and not have to tell them the same story each time.



It is very Important.



It is important.



I have no feelings.



It is not important.



It is not at all important.



I do not know.



• Getting support in a place you know.



It is very Important.



It is important.



I have no feelings.



It is not important.



It is not at all important.



I do not know.



• Getting support in a place near you.



It is very Important.



It is important.



I have no feelings.



It is not important.



It is not at all important.



I do not know.



• Knowing that anything you say will not be shared.



It is very Important.



It is important.



I have no feelings.



It is not important.



It is not at all important.



I do not know.



• Feeling free to be who you are and not feeling shy or judged.



It is very Important.



It is important.



I have no feelings.



It is not important.



It is not at all important.



I do not know.



• The person you see speaks your home language or has a translator.



It is very Important.



It is important.



I have no feelings.



It is not important.



It is not at all important.



I do not know.



• The person you see understands your culture and beliefs.



It is very Important.



It is important.



I have no feelings.



It is not important.



It is not at all important.



I do not know.



• You can choose to see the person in real life or by computer.



It is very Important.



It is important.



I have no feelings.



It is not important.



It is not at all important.



I do not know.



• You can get help online.



It is very Important.



It is important.



I have no feelings.



It is not important.



It is not at all important.



I do not know.



12) Can you tell us anything else that you feel is important for mental health services for young people?

Tell us here:



13) How important do you feel is it to have online mental health support services for young people?
(Pick one answer)



It is very Important.



It is important.



I have no feelings.



It is not important.



It is not at all important.



I do not know.



14) If you had worries about your mental health how likely would you use an online support service?

(Pick one answer)



Very likely.



Likely.



Not sure.



Not likely.



Not likely at all.



I do not know.



15) If you picked 'not likely at all' or 'not likely' tell us why.

Tell us here:



16) What would you want from an online mental health support service?

(Pick as many as you want)



Free to use.



To talk to young people who have the same problems as me.



To get advice from a health worker.



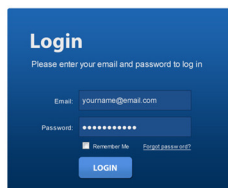
To have email or text support if I want.



To learn how to make my mental health better.



For it to be private.



17) Is there anything else you would want from an online mental health service?

Tell us here:



Part 4: About you



You can help us by telling us about you but you do not have to.



You will not need to tell us anything that will show us who you are.



18) Where do you live?
(Pick one)



Stockton.



Hartlepool.



Middlesbrough.



Redcar and Cleveland.



Darlington.



Somewhere else.



19) How old are you?
(Pick one)

Age 11, 12 or 13.

Age 14, 15, 16 or 17.

Age 18, 19, 20 or 21.

Age 22, 23, 24 or 25.



I do not want to tell you.

20) Are you...?
(Please select only one)



Female.



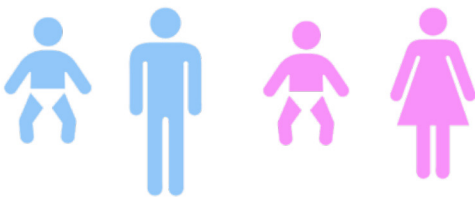
Male.



Other.



Prefer not to say.



21) Does your gender identity match your sex as registered at birth?



Yes.



No.



Prefer not to say.



22). What is your race / ethnicity?

(Please select only one)



Asian / British Asian
(Bangladeshi, Chinese,
Indian, Pakistani, or other).



White (British, Irish, European,
or other).



Black / British Black (African,
Caribbean, or other).



Mixed race (Black & white,
Asian & white, or other).



Gypsy or traveller.


Other.




Prefer not to say.



23) Do you have a disability, or health need?
(Please select only one)


 Yes.


 No.

 Prefer not to say.



24) Are you an unpaid carer for anyone?
(Please select only one)


 Yes.


 No.

 Prefer not to say.



25) Are you currently serving in the UK Armed Forces?
(Please select only one)


 Yes.


 No.

 Prefer not to say.



26) Have you ever served in the UK Armed Forces?
(Please select only one)

 Yes.

 No.

 Prefer not to say.

27) Your religion.

Are you...

(Please select only one)



No religion.



Christian.



Buddhist.



Hindu.



Jewish.



Muslim.



Sikh.



Prefer not to say.

Other.
Tell us here:



Thank you for doing this survey.



If you want to talk to someone about anything that has worried you when you were doing this survey there are services that can help.

This EasyRead document was made by The Twisting Ducks EasyRead service. It was written with and checked by people with learning disabilities. For more information:



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