

Improving Access to Mental Health Services across South Tees

WORKING TOGETHER TO IMPROVE ACCESS TO MENTAL HEALTH SERVICES in SOUTH TEES

Healthwatch South Tees as well as 4 other Healthwatch organisations across the Tees Valley are working with the local Mental Health Alliance Partnership to understand how mental health services are being used by local people.

We would like to know what keeps you well and how you would like to access mental health services in South Tees. It is important they know what this looks like and how it feels for you. Your views will also establish a baseline of what local people's knowledge of current services are and your expectations of mental health services.

Healthwatch are the independent champion for people who use health and care services. We find out what people like about services, and what could be improved, and we share these views with those with the authority to make change happen.

By sharing your views with us, we will be able to help local providers and partnerships to understand what they need to do to enable you to have greater choice and control over your care, and for you to be supported to live well in your community.

We appreciate your time in completing this survey and welcome your comments and suggestions.

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Tell us about yourself or the person you are completing this form on behalf of:

* 1. Please enter the first part of your postcode

* 2. Are you completing this survey on behalf of yourself or someone else?

Myself

Someone else

3. If you're completing this on behalf of someone else, can you please tell us who and why?

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About You

By answering these 9 questions, you can help us better understand how people's experiences may differ depending on their personal characteristics. However, if you do not wish to answer these questions you do not have to and can go straight to the survey.

4. What age category do you fall into?

- 13 - 17 years
- 18 - 24 years
- 25 - 34 years
- 35 - 44 years
- 45 - 54 years
- 55 - 64 years
- 65 - 74 years
- 75 years +
- I'd prefer not to say

5. Please tell us which gender you identify with:

- Woman
- Man
- Non-binary
- Other
- I'd prefer not to say

6. Is your gender different to the sex that was assigned to you at birth?

- Yes
- No
- I'd prefer not to say

7. Please select your ethnic background:

- Arab
- Asian/Asian British : Bangladeshi
- Asian/Asian British : Chinese
- Asian/Asian British : Indian
- Asian/Asian British : Pakistani
- Asian/Asian British : Any other Asian/Asian British Background
- Black/Black British : African
- Black/Black British : Caribbean
- Black/Black British: Any other Black/Black British Background
- Gypsy, Roma or Traveller
- Mixed/Multiple Ethnic Groups : Asian & White
- Mixed/Multiple Ethnic Groups : Black African & White
- Mixed/Multiple Ethnic Groups : Black Caribbean & White
- Multiple Ethnic Groups : Any other Mixed / Multiple Ethnic Background
- White : British/English/Northern Irish/Scottish/Welsh
- White: Irish
- White: Any other White background
- Another Ethnic background
- I'd prefer not to say

8. Please tell us which sexual orientation you identify with:

- Asexual
- Bisexual
- Gay
- Hetrosexual/Straight
- Lesbian
- Pansexual
- Other
- I'd prefer not to say

9. Please tell us about your religion or beliefs:

- Buddhist
- Christian
- Hindu
- Jewish
- Muslim
- Sikh
- No religion
- Other
- I'd prefer not to say

10. Please tell us about your marital or civil partnership status:

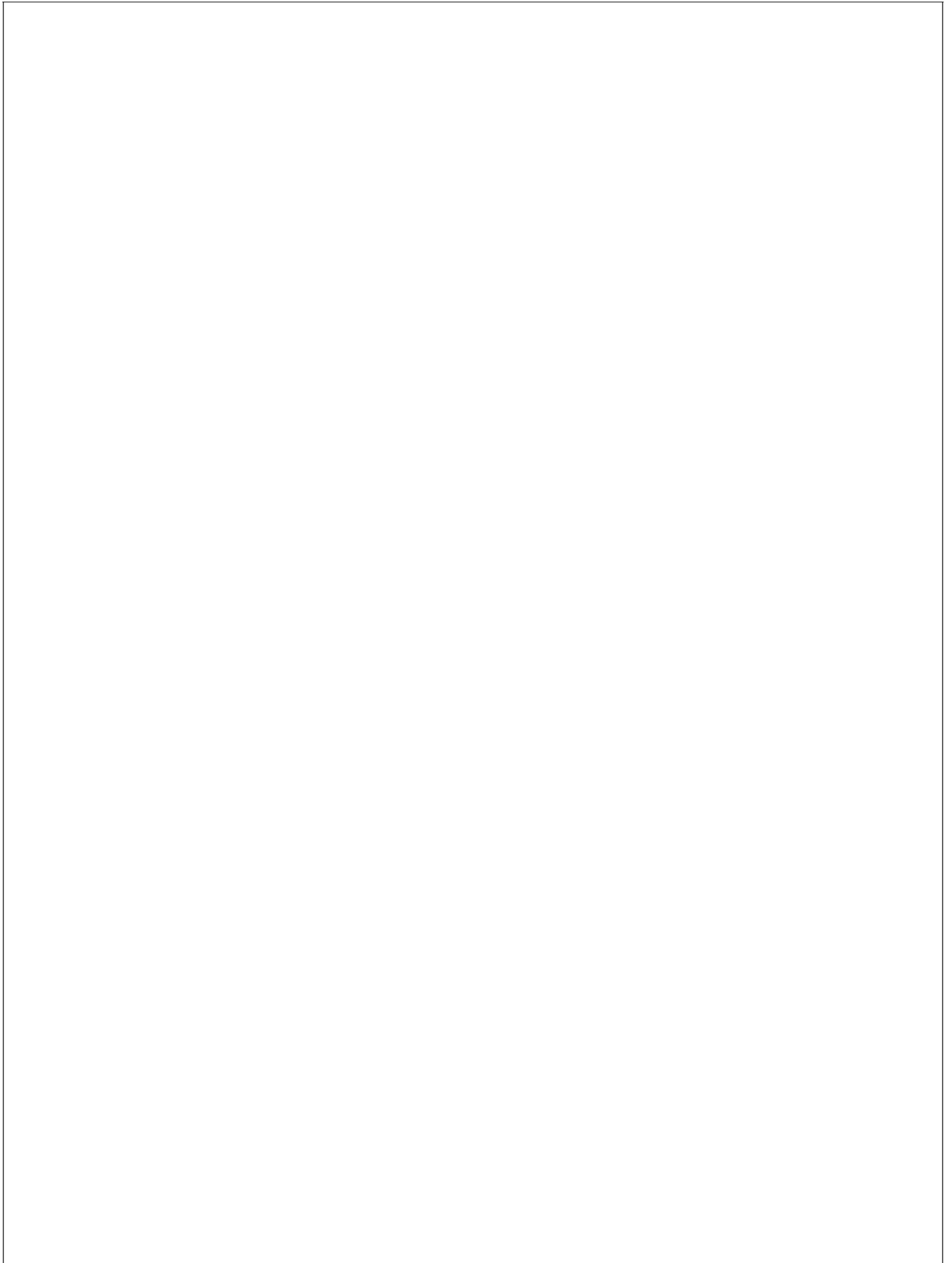
- Single
- Married
- In a Civil Partnership
- Co-habiting
- Separated
- Divorced/Dissolved Civil Partnership
- I'd prefer not to say

11. Are you currently pregnant or have you been pregnant in the last year?

- Yes
- No
- I'd prefer not to say

12. Do you consider yourself to be a Carer, have a disability or have a long-term health condition? (Please select all that apply)

- Yes, I consider myself to be a Carer
- Yes, I consider myself to have a disability
- Yes, I consider myself to have a long-term health condition
- None of the above
- Please give details of your disability or long-term health condition



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Survey Questions

13. Which of the following best reflects your current situation

- I am current receiving mental health and wellbeing support from a local service
- I have previously received mental health and wellbeing support from a local service
- I access community groups and activities which helps with my mental health and wellbeing
- I don't currently access any service or community group to help with my mental health and wellbeing

14. On a scale of 1-5 how would you currently describe your mental health and wellbeing (1 being extremely poor to 5 being extremely good)

15. Tell us up to 5 things that contribute to your positive mental health and wellbeing (eg friends, family, exercise, etc)

1	<input type="text"/>
2	<input type="text"/>
3	<input type="text"/>
4	<input type="text"/>
5	<input type="text"/>

16. Tell us up to 5 things that impact negatively on your mental health and wellbeing (eg debt, housing, etc)

1	<input type="text"/>
2	<input type="text"/>
3	<input type="text"/>
4	<input type="text"/>
5	<input type="text"/>

17. Who would you contact or go to for help/support for your mental health and wellbeing?

- GP
- Crisis Service
- Telephone Helpline
- Family
- Voluntary Organisation
- Friends
- Employer
- Other (please specify)

18. If you have received help and/or support for your mental health or wellbeing where was this from?

19. What help/and or support were you offered? (eg Counselling, Psychological Therapies, Group activities, medication, Peer Support, etc)

20. Did this support meet your needs?

- Yes
- No

21. If your answered no to Q20 please tell us why

22. Is there anything that would prevent or prevents your from seeking help?

- Yes
- No

23. If yes, can you tell us what this is?

24. Where would you prefer mental health and wellbeing support to be located?

- Community venues
- GP surgeries
- On-line
- Other

25. What would influence your decision to go and get the right help and support you need?

1

2

3

4

26. Do you have any additional needs that requires consideration to help you access mental health and wellbeing support?

27. Where would you like to find information about how you can improve and/or access support for your mental health and wellbeing?

- Phone app
- Leaflets
- Websites
- Social media
- Other (where?)

28. Which websites and social media?

Websites?

Social media?

29. If you take part in community activities or groups that help your mental health and wellbeing what are they?

1

2

3

4

5

30. If you don't take part in community activities or groups, can you tell us why?

31. Are there any community activities or groups that would help with your mental health and wellbeing that are not currently provided in your community?

32. Is there anything else you think is important for us to know?

33. If you would like to be kept informed of this work or be part of any future engagement, please provide your contact details below.

Name

Email Address

Phone Number

Thank you for taking the time to complete this survey, your response is extremely valuable to us and will help shape the future of mental health and wellbeing support and improve experiences for local people across Tees Valley.