



Better care together

Leicester, Leicestershire & Rutland health and social care

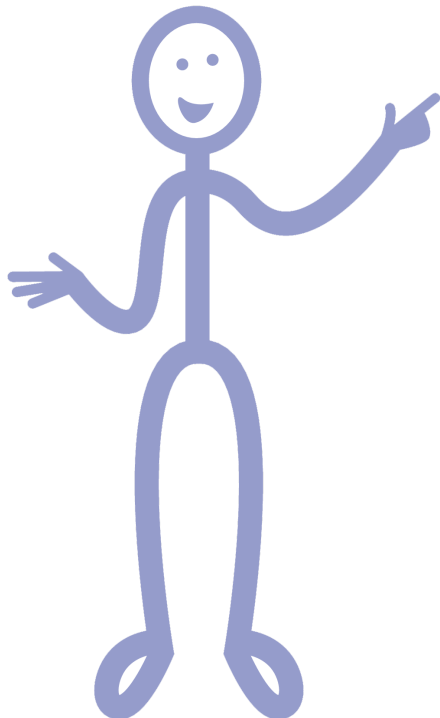
Healthier In Mind

Feeling healthy is about body and mind.
Mental health is about how healthy our mind is.

Sometimes we feel healthy and happy.
Sometimes we feel sad and worried.

There are times that we can feel very mentally unwell.
There are times when our physical health can affect our mental health.

Together we need to talk about our mental health, support each other in our communities, and improve the services to better provide help to people when they need it.



*We haven't always
got support for mental
health right, and we need
to make it better.
By completing this survey,
you will help us to better
understand what local
people need.*

#HealthierInMind

To complete online go to surveymonkey.com/r/healthierinmind
If you need help to complete the questions or would like it in a different language or format such as large print, Braille or audio, please call 0116 295 1337.

Introduction

All health, social care and voluntary organisations across Leicester, Leicestershire and Rutland are committed to working together to provide the best care and support for those that experience mental illness and for their families.

It is important that as we talk more about mental health, that we have the right support in place as statutory services and that we can support communities to support each other.

Our current focus is on:

- helping people to get well and stay well
- expanding support offered by community services and GPs
- giving the best quality care
- challenging mental health stigma
- ensuring mental health is prioritised in the same way as physical health

Why should I fill in this survey?

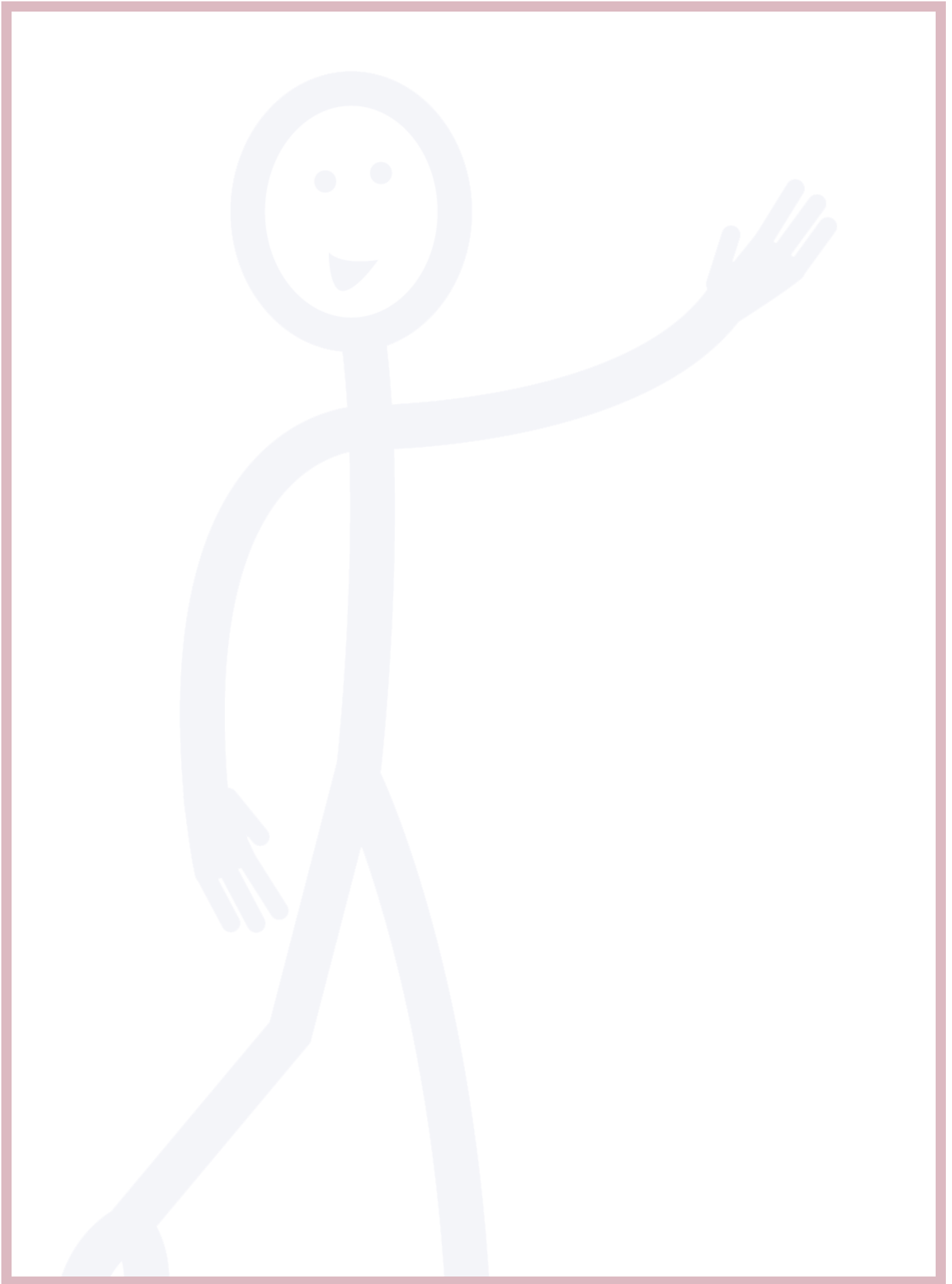
You may or may not have needed to use mental health services before but we are all likely to experience a change in our mental health at some point. The question is if it did happen, what support might you need and what would be your priorities?

What will we do with the information?

All the responses to the questions will be collected together and used to help shape how we change services for the better.

This information will be shared at a mental health event on the 27th September 2017 at the **NSPCC, 3 Gilmour Close, Leicester LE4 1EZ** and online at www.bettercareleicester.nhs.uk

Thinking about your mental health, if you were to feel unwell, what would make the biggest difference to you?



Q2 -Thinking about your mental health, if you felt unwell, what would you need most from local services like the NHS, Council, or Voluntary sector? (Tick the three most important statements to you listed below)

I know what help I can get and where ☐

There is support for my family ☐

I feel encouraged to talk about my needs ☐

I have support near to where I live ☐

I want support to be able to work ☐

Services work together and I only need to tell my story once ☐

I want to see someone who cares and not feel patronised or judged ☐

I get supported to stay well ☐

When I need it, I can get support quickly ☐

Additional comments...

Q3 - What would help the mental health of your community?
(consider your community to be the physical place that you live in and/ or a group of people that you have a common interest and spend time with).

We want people to be involved in shaping services in the future.
If you would like to be involved, please provide an email address that you can be contacted on...

Email address:

About you

We recognise and actively promote the benefits of diversity and are committed to treating everyone with dignity and respect regardless of age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex (gender) or sexual orientation. To ensure that our services are designed for the population we serve, we would like you to complete the short monitoring section below. The information provided will only be used for the purpose described above and will not be passed on to any third parties.

Data Protection Statement -

All information will be kept strictly confidential and in accordance with the Data Protection Act 1998 and associated protocols.

Please tick the relevant box following each question.

What is your Postcode? The first part of your postcode, this may be three or four letters/numbers (for example, LE6 or LE11).

This information will help us to understand where services may need to be directed (we will not be able to identify your address from this information).

First part of post code

--	--	--	--

☐ Prefer not to say

What is your Date of Birth? (month and year only)

M	M	Y	Y	Y	Y
---	---	---	---	---	---

☐ Prefer not to say

What is your gender?

☐ Male ☐ Female ☐ Transgender ☐ Prefer not to say

Please choose one option that best describes how you think of yourself:

☐ Hetrosexual / Straight ☐ Gay ☐ Other
☐ Bisexual ☐ Lesbian ☐ Prefer not to say

Please choose one option that best describes your relationship status:

☐ Married / Civil Partnership

☐ Widowed / Surviving civil partner

☐ Divorced / Dissolved civil partnership

☐ Living with partner

☐ Separated, but still legally married or in a civil partnership

☐ In a relationship

☐ Single

☐ Other

☐ Prefer not to say

Do you look after, or give any help or support to family members, friends, neighbours or others?

☐ Yes

☐ No

☐ Prefer not to say

If “Yes”, please can you tell us why those that you help or support require assistance?

☐ Long-term physical or mental ill-health / disability

☐ Problems related to old age

☐ Prefer not to say

☐ Other, please describe

Are your day-to-day activities limited because of a physical or mental health condition or illness which has lasted, or is expected to last, at least 12 months?

☐ Yes, limited a lot

☐ Yes, limited a little

☐ No

☐ Prefer not to say

Please choose one option that best describes your Ethnic Group or Background:

White

- ☐ English / Welsh / Scottish / Northern Irish / British
- ☐ Irish
- ☐ Gypsy or Irish Traveller
- ☐ Other Western European
- ☐ European Mixed
- ☐ Other, please describe:

Asian/Asian British

- ☐ Indian or British Indian
- ☐ Pakistani or British Pakistani
- ☐ Bangladeshi or British Bangladeshi
- ☐ British Asian
- ☐ Sri Lankan
- ☐ Chinese
- ☐ Other, please describe:

Black / African / Caribbean / Black British

- ☐ African
- ☐ Caribbean
- ☐ Somali
- ☐ Other, please describe:

Mixed/multiple ethnic groups

- ☐ White and Asian
- ☐ White and Black African
- ☐ White and Black Caribbean
- ☐ Other, please describe:

Other ethnic group

- ☐ Arab
- ☐ Other, please describe:

- ☐ Prefer not say

Ways to return this survey:



Online

To complete online,
go to:

surveymonkey.com
/r/healthierinmind



Post

Remove front page
and send back in an
envelope to:

Freepost
LPT Membership



Email

If you want to email
your responses,
please send to:

bctcomms@
leicspart.nhs.uk