



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 community, 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

Complete online at surveymonkey.com/r/healthierinmind_youngpeople
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 people 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
- making it normal to talk about your mental health
- 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 the support of a professional to help you when you have been feeling sad, lonely, angry or worried.

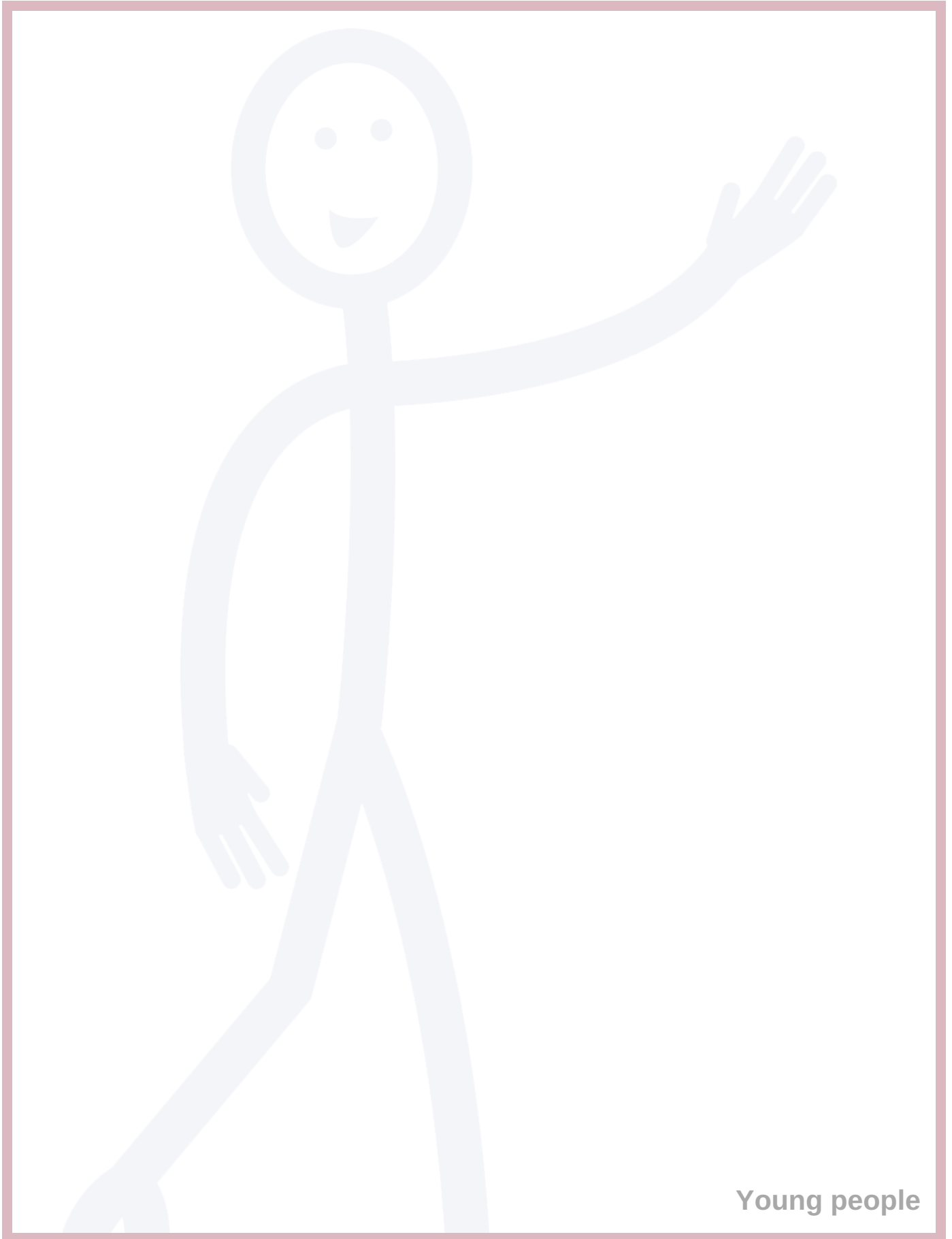
The question is if you did need that support, what would you really need to help you to feel better?

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

Q1 - We all experience times when we feel sad, lonely, angry or worried, and sometimes it can get so bad that it makes life tough. What helps you to feel better again?



Young people

Q2 - If you do feel really sad, lonely, angry or worried what would you want to help you? (Tick the three most important statements to you listed below)

To know where to go for advice and help ☐

To have support for people who look after me ☐

To feel encouraged to talk about how I am feeling ☐

To have support near to where I live ☐

To have support to be able to do what's important to me ☐

To only having to tell someone once about how I am feeling ☐

To feel listened to without feeling judged or patronised ☐

To be able to get help straightaway when I need it ☐

Additional comments...

Young people

Q3 - How could people work together to help others feel better where you live?



Young people

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 are committed to treating everyone with respect regardless of their age, gender, ability or background. To make sure that we consider everyone's needs when we make our improvements, please can you give us a bit of detail about your background. We will not pass it on to anyone else. Your answers will not identify who you are and will remain confidential.

Please tick the relevant box following each question.

Are you a male or female?

☐ Male ☐ Female ☐ Transgender ☐ Prefer not to say

What is your ethnic group?

☐ White ☐ Mixed / Multiple ethnic groups ☐ Asian / Asian British ☐ Other ethnic group
☐ Prefer not to say

How old are you?

☐ Prefer not to say

Do you have a disability?

☐ Yes ☐ No ☐ 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

Ways to return this survey:



Online

To complete online, go to:
surveymonkey.com
/r/healthierinmind_
youngpeople



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