

# Questionnaire



1. Do you use/have you used any of these as part of your mental health recovery?

*[Please tick as appropriate - you can tick more than 1 place]*

- GP surgery
- Hospital
- Supported Housing
- Safe House
- Drop -in
- Direct Payments
- Resource Centre [Lymebrook, Clydesdale, Ashcombe Centre, Brandon Centre]
- Other *[Please say where]*.....

2. Which of the following do you find helpful to your mental health?

*[please tick all that you have tried and found useful]*

- Drop-in
- Organised group [Art, walking, gardening, etc]
- Someone to talk to [help lines, counsellor, friends]
- Mutual advice and support group [Changes, Hearing Voices, etc]
- Courses [Anger Management, Assertiveness, Confidence building, etc]
- Self help
- Advice agencies [CAB, benefits help, Housing advice, etc]
- Something else *[Please say what it is]*.....
- Employment Support
- A space away from home
- Exercise
- Volunteering
- Professional Help [Counselling, Psychotherapy, CPN]
- Medication
- Information [books / leaflets about your condition]

3. What do you think has helped you most in your recovery?.....

Why do you think this is?.....

*please turn over*

# Questionnaire



4. What do you think was the least helpful in your recovery?.....  
 .....  
 Why do you think it was unhelpful?.....  
 .....

5. If you could only have **3** things to help you with your Mental Health  
 - Which would you choose as the most important to you?  
 [Please only tick **3**]

When would you most want this to be available to you? [answer only for the 3 you have chosen]

	<u>Daytime</u>	<u>Evenings</u>	<u>Weekends</u>
<input type="checkbox"/> Drop-in	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Organised group [Art, walking, gardening, etc]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> A space away from home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Someone to talk to [help lines, counsellor, friends]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Mutual advice and support group [Changes, Hearing Voices, etc]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Volunteering	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Courses [Anger Management, Assertiveness, Confidence building, etc]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Professional Help [Counselling, Psychotherapy, CPN]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Self help	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Medication	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Employment Support	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Advice agencies [CAB, benefits help, Housing advice, etc]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Information [books / leaflets about your condition]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Something else [Please say what it is] .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

please turn over

# Questionnaire



6. Are there any services/facilities that you think would help you that are not currently available in Newcastle or the Moorlands?  
*[Please say what they are, including things that you might already use in Stoke or Hanley]*

.....  
.....  
.....  
.....

7. Do you want to be more involved in the planning, monitoring and checking of the services that are offered?  Yes  No

The following questions will help us to identify if there are a particular group of people that answer differently to others. It is personal information but as you have not given your name or address it is not enough for anyone to be able to identify you. You do not have to give this information but it will help us to write a more detailed report and make more specific recommendations to help tailor services to those using the services. Please feel free to answer some if not all of the questions.

1. Have you sought help/support with your mental health in the last 12 months?  Yes  No

2. Do you live in:  Newcastle  Staffordshire Moorlands  Other [please state].....

3. Are you  Male  Female

4. Are you gay / lesbian / bi-sexual/ transgender?  Yes  No

5. In what year were you were born? 19 \_ \_

*please turn over*

# Questionnaire



6. Do you have a Disability?  Yes  No

7. Are you addicted to drugs or alcohol?  Yes  No

8. Please tick your ethnic background

White British  White Irish  Other White background

Black or Black British  Black Caribbean  Black African  Other Black background

Asian or Asian British  Indian  Pakistani  Bangladeshi  Other Asian background

White/Black Caribbean  White/Asian  White/Black African  Other Mixed background

Chinese  Other ethnic group[please specify].....

**THANK YOU FOR YOUR TIME ☺**

*Please send your completed questionnaire to:  
NSUG, Freepost ST1947, Dudson Centre, Hope Street,  
Hanley, Stoke-on-Trent. ST1 5BR*

*please turn over*