

Young People's Survey

Covid-19: Emotional Wellbeing and Mental Health

Healthwatch Worcestershire finds out what people think about health and social care services. We use this information to tell those who run the services how they can be improved.

We want to hear the views and experiences of young people in Worcestershire during the Covid-19 pandemic. We especially want to hear about how this has impacted on your emotional wellbeing and how you would like to access information and support if you needed it.

The information you provide is confidential, although we may use anonymised quotes. By completing this survey you are agreeing that we can use your feedback as described above.

1. How much of an impact has the Covid-19 pandemic had on your mental health and emotional wellbeing?

- A lot worse
 A bit worse
 No change
 A bit better
 A lot better

Why is this?

2. How worried do you feel about the following?

	Not worried at all	A bit worried	Very worried
Catching Covid-19 (yourself)			
Your friends or family catching Covid-19			
Not being able to meet friends and family outside your household			
Changes and limitations due to restrictions at school / college			
Impact of Covid-19 on your school / college work / grades / exam results			
Impact on future job / career opportunities			
Impact on ability to earn money / part time work			
Loss of freedom / loss of usual routine and activities / restrictions			
Having more responsibilities at home e.g. looking after a family member			

Is there anything else that is worrying you related to Covid-19?

3. How well do you feel you understand current social distancing rules?

- Really well
 OK
 Not very well
 Not at all

4. Have you been able to talk to someone about any worries / concerns you have had related to Covid-19 /during the pandemic?

Yes - definitely Yes - kind of No Not sure

5. Who would you talk to / have you talked to about worries or feeling unhappy?

	Definitely	Possibly	No	Not sure
Family				
Friends				
Teachers at school /college				
Support staff at school /college				
School Nurse				
Doctor or nurse at GP practice				

Other - e.g. Support Worker or Youth Worker (please specify)

6. Do you think you have enough information about looking after your emotional wellbeing / mental health and who you could talk to if you need to?

Yes - definitely Yes - kind of No Not sure

7. Would you use any of the following to find information about looking after your emotional wellbeing and how to find support if you wanted it?

	Definitely	Possibly	No	Don't know
School / college website or online shared area				
Local health website e.g. Worcestershire's NHS Healthy Minds				
Worcestershire Children First (County Council) website				
An app for young people in Worcestershire about health and wellbeing				
Google search				
Facebook				
Twitter				
YouTube				

Other - please specify

8. Is there any information in particular you would find or have found helpful?

If yes - please specify

9. Is there any information you have wanted but been unable to find?

If yes - please specify

10. If you needed to talk to someone about feeling unhappy or worried - which of the following would you be happy to use?

	Yes - definitely	Yes - possibly	No	Don't know
One-to-one face-to-face session with a school nurse, counsellor or mental health professional				
Face- to-face group support sessions				
Online support / counselling - using typed conversation e.g. Kooth				
Counselling or individual support session via video call e.g. Zoom				
Group support session via video call e.g. Zoom				
Support via text message chat e.g. Chat Health				
Support via an App e.g. BESTIE				

Additional comments / Any other type of support you would be happy to use

11. Please rate how easy you would find these issues when accessing support -

	Easy	Ok	Difficult	Not sure
Having a quiet and private space at home to talk to someone via video call				
Having a computer or laptop at home				
Having broadband / reliable internet connection at home				
Having my own smart phone				
Having enough mobile phone data e.g. to be able to speak to someone via video call or download apps				
Having enough storage space on your phone to download and use apps				

Additional comments / any other reasons you would find it difficult to access support online or digitally -

12. Communication. How would you prefer health or support services contact you? For example to arrange appointments.

- | | |
|---|---|
| <input type="checkbox"/> Telephone call - to landline | <input type="checkbox"/> Email |
| <input type="checkbox"/> Telephone call - to mobile | <input type="checkbox"/> Letter by post |
| <input type="checkbox"/> Text message | <input type="checkbox"/> None - I would rather they contacted my parent / carer |
| <input type="checkbox"/> Whats App | <input type="checkbox"/> Other (please specify) |
| <input type="checkbox"/> Via a specific App e.g. BESTIE | |

13. Have you received any support for emotional wellbeing or mental health from NHS or other support services since March 2020?

- Yes
- No - I have not needed any support - *please go to question 15*
- No - I have needed support but not been able to get it - *please go to question 15*
 - If you have needed support but not been able to get it - please explain -

14. If you have received support since March 2020 from any of the following - how would you rate this?

	Very good	Good	OK	Not very good	I have not used it
Child and Adolescent Mental Health Service (CAMHS)					
Comments -					
Reach4Wellbeing - group support					
Comments -					
BESTIE App					
Comments -					

	Very good	Good	OK	Not very good	I have not used it
Kooth - online counselling					
Comments -					
School Nurse					
Comments -					
Chat Health - text service					
Comments -					
School / College Counsellor					
Comments -					
School / College wellbeing / support staff					
Comments -					
Any other provider - e.g. Mentor Link - please specify below					
Comments -					

15. Is there anything else you would like to tell us about relating to Covid-19 and accessing support for your emotional wellbeing and mental health at this time?

About You

This information will not be used to identify you. It just helps us to know who we have gathered feedback from overall.

16. How old are you?

17. How do you describe your gender identity?

- Male Female Trans Male Trans Female
 Non binary Unsure / Questioning Other (please specify) -

18. Do you have a disability or long term health condition? Tick any which apply.

- Autism Spectrum Condition Visual impairment
 Learning Disability Hearing impairment
 Physical disability
 Long term health condition e.g. diabetes, epilepsy
 Other (please specify) -

19. Where do you live?

- Worcester City Wyre Forest (e.g. Kidderminster, Stourport)
 Redditch Wychavon (e.g. Droitwich, Evesham, Pershore)
 Bromsgrove Malvern Hills

20. How would you describe your ethnic group?

White	Mixed ethnic groups	Asian / Asian British	Black / Black British
<input type="checkbox"/> British <input type="checkbox"/> Irish <input type="checkbox"/> Gypsy/Irish Traveller <input type="checkbox"/> White other: _____	<input type="checkbox"/> White and Caribbean <input type="checkbox"/> White and Black African <input type="checkbox"/> White and Asian <input type="checkbox"/> Any other mixed: _____	<input type="checkbox"/> Indian <input type="checkbox"/> Pakistani <input type="checkbox"/> Bangladeshi <input type="checkbox"/> Chinese <input type="checkbox"/> Any other Asian: _____	<input type="checkbox"/> African <input type="checkbox"/> Caribbean <input type="checkbox"/> Any other Black: _____ <input type="checkbox"/> Arab/any other group: _____

Thank you for taking part - we will put the report with all our findings on our website when it is published in March 2021 - www.healthwatchworcestershire.co.uk

Freepost return address -

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