

Swindon Children & Young Peoples Mental Health Questionnaire

Report

Results for young people completing the questionnaire that have **NOT** received a direct service from Swindon Mental Health Services

Number of young people completing questionnaire = 16

Breakdown of gender – 11/16 (69%) = Females and 5/16 (21%) = Males

Age breakdown – 12.5% = 10 years, 6.25% = 11 years, 12.5% = 12 years, 18.75% = 13 years, 31.25% = 14 years, 12.5% = 15 years and 6.25% = 16 years

Schools 22% = Primary schools and 88% = Secondary schools (including 1 Special school)

Question 1 – If you felt down / unhappy, or felt that you had a mental health problem, or were depressed or stressed; where would you go for help?

Family = 36% Friends = 32% Doctor = 11%

School = 21% Internet = 0%

Other – STEP (Swindon 10 to 18 Project)

Question 2 – Have you heard of the following services in Swindon?

YES CAMHS = 19% YES TaMHS = 25% NO = 56%

Question 3 – If yes, so you know what sort of help they offer?

YES = 43% NO = 57%

Question 4 – If you felt you needed support from these services, would you know who to ask or how to get help?

YES = 38% NO = 62%

Question 5 – Do you think a local information website for young people about mental health issues, and these services would be helpful?

YES = 75% NO = 25%

Question 6 – What information do you think would be useful to have on the website?

- About depression
- Self-harm
- Suicidal thoughts and feelings, how to get help

- About how to get the help I / other people need
- Relationships
- How to get help for bullying
- How to deal with angry feelings without annoying others
- Who you need to contact and how to do it – useful phone numbers
- Who you can talk to about stress
- Symptoms of mental illness

Question 7 – How do you think mental health services could best promote themselves across Swindon?

Posters = 23%

Leaflets = 23%

Social Media = 36%

Events = 18%

Other – Newspapers and local media

Question 8 – Any other thoughts or suggestions you can think of that could help us improve mental health services across Swindon?

- More accessible
- More information online about what is available
- Need to have a drop in service where you can talk to someone (face to face); instant access to the service