IMPROVING ACCESS CONSULTATION FORM

The Humber and North Yorkshire Young People's Mental Health Advisory Group are collecting feedback from young people, aged 25 and under, on their views and experiences of accessing mental health services and support.

The feedback collected will be shared with the people who make decisions about how money is spent on mental health services across Humber and North Yorkshire, so together we can make it easier for children and young people to get support and advice for their mental health when they need it.

In spring 2024 we will ask those people to update us on what has changed because of your feedback, what changes are planned, and what cannot change and why. If you would like to be kept updated of what difference your feedback has made please provide email addresses of where you would like us to send that information at the end of this form.

You can add as much or as little detail as you like. If you want to include direct quotes, please use speech marks and italics, if possible, like this: ***"I was able to speak to a counsellor online at a time that suited me"***.

Please upload the feedback you have collected here: https://forms.office.com/e/9c399j19Lx or send completed forms to Clair.Atherton@nhs.net by Friday 29th September 2023. Thank you.

Thinking about how easy it is for young people to access mental health support...

What works well?
What positive experiences, if any, do you, or other young people you know, have of getting support for mental health, when needed?

What doesn't work well?
What barriers/negative experiences, if any, have stopped you, or other young people you know, getting mental health support when needed?

It would be better if….?
What suggestions/recommendations do you have for services, that would make it easier for young people to get the mental health support they need? / What would easy access to mental health services look like?

WHAT NEXT?

Would you like to be kept up to date about what happens with your feedback and the difference it makes? **YES** ☐ **NO** ☐

If yes, what email address would you like us to send that information to? If you don't use email we could email your worker / parent / carer / group leader / etc.

_____

If you're interested in joining the Humber and North Yorkshire Young People's Mental Health Advisory Group to help improve children and young people's mental health services please complete this consent form: **https://forms.office.com/e/xdU8zNeZVw**

Or contact Clair Atherton on 07989 739986 or email: **Clair.Atherton@nhs.net**

ABOUT YOU _the person collecting young people's feedback_

Name: _____

☐ young person
☐ professional
☐ other (please explain) _____

Name of group/service you represent: _____

Email address: _____

ABOUT THE YOUNG PEOPLE _who shared their feedback_

Total number of young people consulted with: _____   Age range (youngest to oldest): _____ to _____

Name of their group/club/etc. _____

Where in Humber and North Yorkshire are they from?

☐ East Riding
☐ Hull
☐ North East Lincolnshire
☐ North Lincolnshire
☐ North Yorkshire
☐ York

Answering the following questions will help to improve services so everyone has the opportunity to receive mental health support in a way that works best for them. We understand that it might feel uncomfortable to ask these questions, and that some people might not want to share that information, so please only ask/answer what feels comfortable.

Gender Identity	Number of young people	Sexual Orientation	Number of young people
Females		Straight / Heterosexual	
Males		Gay or Lesbian	
Transgender		Bisexual	
Non-binary		Pansexual	
Other		Asexual	
Prefer not to say		Other	
Not sure		Prefer not to say	
		Not sure	

Ethnic Background	Number of young people	Disability or Health Condition	Number of young people
Asian/Asian British		Identify as having a health problem, condition, or disability that affects day-to-day life	
Black/Black British		Identify as having mental health needs	
Mixed/Multiple Ethnic Group			
White/White British		Prefer not to say	
Other		Not sure	
Prefer not to say			
Not sure			