

Easy Read

WELSH
YOUTH
PARLIAMENT

SENEDD
IEUENCTID
CYMRU

Support for difficult emotions and mental health

Please tell us what you think

This document was written by **Welsh Youth Parliament Emotional and Mental Health Committee**. It is an easy read version of **'Emotional and Mental Health Support Survey'**.

April 2020

Introduction

About us



We are the **Welsh Youth Parliament's Emotional and Mental Health Support Committee.**



The **Welsh Youth Parliament** is a group of 60 young people aged between 11 and 18 years old. We stand up for the views of children and young people across Wales.



You can find out more about the Welsh Youth Parliament on our website:
www.youthparliament.wales



We want to know what you think about the support young people can get with their difficult emotions and mental health.



Difficult emotions could be things like feeling sad, angry or stressed.

About this survey



This survey is for children and young people between the ages of 11 and 25 years.



Only answer the questions you want to answer.



Please do not give us any information that would tell us who you are.



Please fill out this survey and send it to:



E-mail: hello@youthparliament.wales



Address: FREEPOST, NATIONAL ASSEMBLY FOR WALES



This survey was made into easy read by **Easy Read Wales** using **Photosymbols**.

How to get help



If you need help with your emotions or mental health here are some organisations who can help:



Meic Cymru:



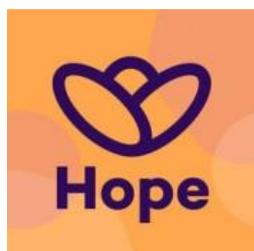
Phone: 080880 23456



Text 84001



Website with online messaging service:
<https://www.meiccymru.org/>



Hub of Hope:



Website: <https://hubofhope.co.uk/>



CALM (helpline for boys/men):



Phone: 0800 585858



Website: <https://www.thecalmzone.net/>



PAPYRUS:



Phone: 0800 0864141



Website: <https://papyrus-uk.org>



Samaritans:

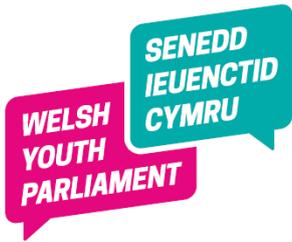


Phone: 116 123

What we will do with the results of the survey



The results of this survey will be seen by:



- Members of the **Welsh Youth Parliament's Emotional and Mental Health Support Committee**



- Staff from the National Assembly for Wales that support us.



We will use the results to write a report.



We will make sure there is no information in the report that tells people who you are.



For more information about using your information please go to this website:
<https://www.youthparliament.wales/privacy>



We will put the report on our website and social media



We will also make a printed copy.

Questions

1. Do you feel you could ask for help with your difficult emotions and mental health if you needed to?

Yes

No

If you said no please tell us why in this box:

2. How often do you get difficult emotions or feel you have bad mental health? Please tick 1 box:

Everyday

At least once a week

More than once a week

Once every 2 weeks

Once a month

Sometimes

Never

3. What kinds of things make you have difficult emotions or mental health? Please tick all the boxes that apply to you:

Comparing yourself to others on the internet

Getting nasty messages from people on the internet

Bullying

Being popular

Confidence

Sexuality and gender

Body image

School

College or university

Exams

Family

Friends

Romantic relationships

Work

The future

The past

Homelessness

Other, please tell us more:

4. If you were having difficult emotions or problems with bad mental health who would you go to for help first?

Please choose your top 3 from the list and write 1,2 and 3:

Staff at school, college or university

Nurse at school, college or university

A **therapist** at school, college or university

A **therapist** is someone who is trained to help people work through their problems.

Support worker

- Social worker
- Support group
- Doctor
- Mental Health team
- Community Group
- Church or Place of Worship
- Social media
- Family
- Friends
- Online information and support
- Charity
- Other, please tell us who:

5. From the 3 people you chose in question 4 how likely are you to get support ? Please tell us for each below:

1.
2.
3.

And from the 3 people you chose in question 4 how likely are you to get information?

1.
2.
3.

6. If you have had support from someone or somewhere, how long have you had to wait for it?

- Less than a week
- More than a week
- 1 month
- 3 to 6 months
- 6 to 12 months
- More than 1 year
- I have not had support before

7. When you have had difficult emotions or struggled with mental health how much have you been affected?

- A bit
- Quite a lot
- A lot!
- This does not apply to me

8. How long do you think someone should wait for support if they have been affected a bit?

- Less than a week
- More than a week
- 1 month
- 3 to 6 months
- 6 to 12 months
- More than 1 year
- I have not had support before

How long do you think someone should wait for support if they have been affected quite a lot?

- Less than a week
- More than a week
- 1 month
- 3 to 6 months
- 6 to 12 months
- More than 1 year
- I have not had support before

How long do you think someone should wait for support if they have been affected a lot?

Less than a week

More than a week

1 month

3 to 6 months

6 to 12 months

More than 1 year

I have not had support before

9. This question may be difficult to answer for some people. What do you do to help deal with difficult emotions and bad mental health is?

Sport

Gym

Pets

Being creative – like art, craft, drama

Time with friends

Social media

Music

Alcohol or drugs

Sleep

Eat too much

Eat less

Computers and gaming

Chat to parents or carers

Chat to other family

Chat to friends

Take medication from doctor

Talk to a [therapist](#)

Self-harm

Self-harm means you hurt yourself on purpose. For example, cut yourself.

Mindfulness, meditation or yoga

Mindfulness, meditation or **yoga** are ways of helping you to be calm. Like doing breathing exercises or gentle exercises.

Phoning a helpline

Do nothing

Other, please tell us what:

10. Is there anything you think that could help children and young people ask for help with their difficult emotions and mental health?

11. We would like to know what help is available at your school or training centre.

Can you tell us what kind of place it was (for example a school):

12. Did they give out information about difficult emotions and mental health?

Yes No Not sure

13. Did they tell you where to go for help with difficult emotions and mental health?

Yes No Not sure

If you answered 'yes' to questions 12 or 13 could you tell us what information you were given. And how helpful it was?

14. Did they offer any of the following? Please tick:

Counselling

Lessons about emotions and mental health

A quiet space

Information board

Websites

A person who you could go to for help

Support from other students (this is sometimes called **peer support**)

15. Do you think they were good at any of the following
(please tick):

Telling students about difficult emotions
and mental health?

Helping to talk about difficult emotions
and mental health?

Offered good support for difficult
emotions and mental health?

More about you

16. Are you:

Male

Female

I do not want to say

If you would like to use your own word please write it here:

17. Are you trans?

Trans is when you feel that you are a different gender to the one you were born with. For example, you were born a boy but believe you are a girl.

Yes No I do not want to say

18. How old are you?

19. What area of Wales do you or did you go to school or train? (e.g. Caerphilly, Gwynedd)

20. What area do you live?

Thank you

If you would like to get updates about this survey please go to our website:

www.youthparliament.wales/get-involved