

Questionnaire for young people in BLMK on mental health advice and support

We are looking at what local mental health and wellbeing advice and information Children and Young people can access across Bedford Borough, Central Bedfordshire, Luton and Milton Keynes. We would really appreciate it if you would be able to answer the following questions to help guide us to get the support right for your needs now in 2022.

1. **Do you access any online or local support for emotional information or support?**
 - No
 - If yes please list (free text)

2. **What do you think are the important things that young people in 2022 need help and support with?**
 - Free text

3. **How do you think young people would prefer to access support?** (tick all that apply)
 - Online
 - Face to face
 - Both
 - Other

4. **If you found yourself really worried about something or your emotions what would you do?** (tick all that apply)
 - Speak to a trusted adult
 - Speak to friends
 - Keep it inside
 - Look online
 - Look at websites
 - Turn to social media
 - Speak to a health professional
 - Speak to my social worker
 - Speak to someone at school/college
 - Speak to my family
 - Take prescribed medications
 - Drink alcohol
 - Take drugs
 - Other

5. **If you could design your own local emotional advice support service for young people, what would it be like?**
 - (Free text)

6. **If you could only keep three parts of the emotional support service you have designed, what would they be? We want to understand what you think is most important for us to prioritise.**
 - (Free text)

Thank you so much for your time, we will use your thought to shape our mental health advice and support services.

If you would like to hear about how we have used your feedback, and/or the option of being involved in designing mental health support services for young people moving forward, please give us your email. We will only contact you in relation to this work.