# Bristol Mental Health and Long Term Physical Health Conditions Survey

## 1. Healthwatch Bristol Project

We are looking into mental health support for people in Bristol with long term physical health conditions.

If you have one, or more, long term physical health conditions and feel like this has affected your mental health, in any way (big or small), we want to hear from you.

Your responses are recorded anonymously (no personal information is attached to your answers) and will be included in a public report. From the survey responses, we will form recommendations for the healthcare service.

Thank you for taking the time to do this survey, it should take around 10-15 minutes.

For more information about Healthwatch Bristol and what we do, please follow this link: <https://www.healthwatchbristol.co.uk/>

If you would like to get in touch with us, please email contact@healthwatchbristol.co.uk

We have a prize draw with multiple shopping vouchers available, there will be the option to enter this prize draw at the end of the survey.

### 1. I give permission for my response to be stored by Healthwatch Bristol in accordance with their [privacy statement](https://www.healthwatchbristol.co.uk/privacy) so that they can use it to improve delivery of health and care services across the local area.

|  |  |
| --- | --- |
|      | I agree |
|      | I do not agree |

### 2. Are you 18 years old or over? Please note, this project is focused on services for adults (18 or older).

|  |  |
| --- | --- |
|      | Yes |
|      | No |

## 2. Questions for all participants

### 3. What is the name of your long term physical health condition, or conditions?

|  |  |
| --- | --- |
|

|  |
| --- |
|  |

 |

### 4. Have you received a diagnosis for your physical health condition? If you have multiple conditions which are not all diagnosed, please use the comment box.

|  |  |
| --- | --- |
|      | Yes |
|      | No |
|      | Not sure |

Comment:

|  |
| --- |
|  |

### 5. Do you agree with the following statement: My physical health condition affects my mental health.

|  |  |
| --- | --- |
|      | Agree |
|      | Somewhat agree |
|      | Neither agree nor disagree |
|      | Somewhat disagree |
|      | Disagree |

## 3. Questions for participants whose mental health is affected

### 6. In your own words, how does your physical health condition affect your mental health?

|  |  |
| --- | --- |
|

|  |
| --- |
|  |

 |

### 7. When seeing healthcare staff about your physical health condition, how often have you been asked about your mental health?

|  |  |
| --- | --- |
|      | Every time |
|      | Somewhat often |
|      | Sometimes |
|      | Not very often |
|      | Never |
|      | Not sure |

### 8. Do you agree with this statement: healthcare staff consider both my physical and mental health together.

|  |  |
| --- | --- |
|      | Agree |
|      | Somewhat agree |
|      | Neither agree nor disagree |
|      | Somewhat disagree |
|      | Disagree |
|      | Not sure |

### 9. Have you had any support for your mental health while living with your physical health condition?

|  |  |
| --- | --- |
|      | Yes |
|      | No |
|      | Not sure |

## 4. Questions for participants who didn’t have mental health support

### 10. Where would you try to access support for your mental health? Pleas note, you can select more than 1 option.

|  |  |
| --- | --- |
|      | GP/doctor  |
|      | Hospital clinic |
|      | NHS Talking Therapies (formerly VitaMinds) |
|      | Charities |
|      | Peer support groups |
|      | Helplines |
|      | Online group forums  |
|      | A&E |
|      | Friends and/or family |
|      | Private services (these are services which you pay for, not through the NHS) |
|      | Not sure where I would go |
|      | Other (please specify):

|  |
| --- |
|   |

 |

### 11. What are the reasons that you haven't had support for your mental health?

|  |  |
| --- | --- |
|

|  |
| --- |
|  |

 |

### 12. What kind of support do you think would improve your mental health?

|  |  |
| --- | --- |
|

|  |
| --- |
|  |

 |

## 5. Questions for participants who did have mental health support

### 13. Where have you accessed mental health support? Pleas note, you can select more than 1 option.

|  |  |
| --- | --- |
|      | GP/doctor  |
|      | Hospital clinic |
|      | NHS Talking Therapies (formerly VitaMinds) |
|      | Charities |
|      | Peer support groups |
|      | Helplines |
|      | Online group forums  |
|      | A&E |
|      | Friends and/or family |
|      | Private services (these are services which you pay for, not through the NHS) |
|      | Other (please specify):

|  |
| --- |
|   |

 |

### 14. What has been good about the mental health support you have had? If you had support from more than one of the options above, please describe what was good about each one.

|  |  |
| --- | --- |
|

|  |
| --- |
|  |

 |
|  |

### 15. What could be improved about the mental health support you had? Please describe what could be improved about each type of support you selected.

|  |  |
| --- | --- |
|

|  |
| --- |
|  |

 |

### 16. In general, has this support made a difference to your mental health?

|  |  |
| --- | --- |
|      | It was very helpful |
|      | It helped a bit  |
|      | It didn't really make a difference |
|      | It didn't help very much |
|      | It wasn't helpful at all |
|      | It made my mental health worse  |
|      | Other (please specify):

|  |
| --- |
|   |

 |

## 6. Questions for participants whose mental health wasn’t affected

### How have you maintained good mental health while living with your physical health condition?

|  |  |
| --- | --- |
|

|  |
| --- |
|  |

 |

### 17. When seeing healthcare staff about your physical health condition, how often have you been asked about your mental health?

|  |  |
| --- | --- |
|      | Every time |
|      | Somewhat often |
|      | Sometimes |
|      | Not very often |
|      | Never |
|      | Not sure |

### 18. If you needed support for your mental health, where would you go? Please note, you can select more than 1 option.

|  |  |
| --- | --- |
|      | GP/doctor  |
|      | Hospital clinic |
|      | NHS Talking Therapies (formerly VitaMinds) |
|      | Charities |
|      | Peer support groups |
|      | Helplines |
|      | Online group forums  |
|      | A&E |
|      | Friends and/or family |
|      | Private services (these are services which you pay for, not through the NHS) |
|      | Not sure where I would go |
|      | Other (please specify):

|  |
| --- |
|   |

 |

## 7. Questions for all participants

### 19. How would you prefer to have mental health support? Please note, you can select more than 1 option.

|  |  |
| --- | --- |
|      | Online |
|      | Phone call |
|      | In-person/face-to-face |
|      | Individual |
|      | In a group |
|      | No preference |

### 20. If you were having mental health support in-person, where would you feel most comfortable?

|  |  |
| --- | --- |
|      | At my GP surgery |
|      | In any kind of health setting |
|      | At a community centre (non-health setting) |
|      | No preference |
|      | Other (please specify):

|  |
| --- |
|   |

 |

### 21. Are there any barriers which would stop you or make it harder to access support for your mental health? For example, transport, cost etc

|  |  |
| --- | --- |
|

|  |
| --- |
|  |

 |

## 8. Questions for all participants

We ask demographic questions as they help us know which groups of people we have and haven't heard from. This is important for ensuring our current and future works represents the views from the diverse population of Bristol. If there are questions you don't feel comfortable answering, please select 'prefer not to say'.

### 22. Please tell us your age

|  |  |
| --- | --- |
|      | 18 - 24 years |
|      | 25 - 49 years |
|      | 50 - 64 years |
|      | 65 to 79 years |
|      | 80+ years |
|      | Prefer not to say |
|      | Not known |

### 23. Please tell us your gender

|  |  |
| --- | --- |
|      | Woman |
|      | Man |
|      | Non-binary |
|      | Prefer not to say |
|      | Prefer to self describe:

|  |
| --- |
|   |

 |

### 24. Is your gender identity the same as your sex recorded at birth?

|  |  |
| --- | --- |
|      | Yes |
|      | No |
|      | Prefer not to say |

### 25. Please tell us which sexual orientation you identify with

|  |  |
| --- | --- |
|      | Asexual |
|      | Bisexual |
|      | Gay man |
|      | Heterosexual/straight |
|      | Lesbian/Gay woman |
|      | Pansexual |
|      | Prefer not to say |
|      | Prefer to self describe:

|  |
| --- |
|   |

 |

### 26. Please select your ethnicity

|  |  |
| --- | --- |
|      | Arab |
|      | Asian/Asian British: Bangladeshi |
|      | Asian/Asian British: Chinese |
|      | Asian/Asian British: Indian |
|      | Asian/Asian British: Pakistani |
|      | Asian/Asian British: Any other Asian/Asian British background |
|      | Black/Black British: African |
|      | Black/Black British: Caribbean |
|      | Black/Black British: Any other Black/Black British background |
|      | Mixed/multiple ethnic groups: Asian and White |
|      | Mixed/multiple ethnic groups: Black African and White |
|      | Mixed/multiple ethnic groups: Black Caribbean and White |
|      | Mixed/multiple ethnic groups: Any other Mixed/Multiple ethnic group background |
|      | White: British/English/Northern Irish/Scottish/Welsh |
|      | White: Irish |
|      | White: Gypsy, Traveller or Irish Traveller |
|      | White: Roma |
|      | White: Any other White background |
|      | Prefer not to say |
|      | Other (please specify):

|  |
| --- |
|   |

 |

### 27. What is your religion or belief?

|  |  |
| --- | --- |
|      | Christian |
|      | Muslim |
|      | Hindu |
|      | Sikh |
|      | Jewish |
|      | Buddhist |
|      | No religion |
|      | Prefer not to say |
|      | Other (please specify):

|  |
| --- |
|   |

 |

### 28. How would you describe your marital or partnership status?

|  |  |
| --- | --- |
|      | Single |
|      | Cohabiting |
|      | In a civil partnership |
|      | Married |
|      | Separated |
|      | Divorced/Dissolved civil partnership |
|      | Widowed |
|      | Prefer not to say |

### 29. Pregnancy and maternity

|  |  |
| --- | --- |
|      | This question does not apply to me |
|      | I am currently pregnant |
|      | I am currently breast-feeding |
|      | I have given birth in the last 26 weeks |
|      | I prefer not to say |
|      | Not known |

### 30. Do you consider yourself to be a carer?

|  |  |
| --- | --- |
|      | Yes |
|      | No |
|      | Prefer not to say |

### 31. What is the first part of your postcode? E.g BS5

|  |  |
| --- | --- |
|

|  |
| --- |
|  |

 |

### 32. Do any of the following apply to you?

|  | Yes | No | Prefer not to say |
| --- | --- | --- | --- |
| Homeless |      |      |      |
| Living in poverty |      |      |      |
| Limited family or social networks |      |      |      |
| Long-term unemployed |      |      |      |
| Refugee or asylum seeker |      |      |      |
| Misuse drugs and/or alcohol |      |      |      |
| Geographically isolated |      |      |      |
| In a stigmatised occupation |      |      |      |

## 9.

### 33. If you would like to be entered into the prize draw to win a voucher which can be used at high street shops, please provide your email address or phone number below.

|  |  |
| --- | --- |
|

|  |
| --- |
|  |

 |

### 34. If you would like to be contacted for a follow-up interview please leave your email or phone number below.

|  |  |
| --- | --- |
|

|  |
| --- |
|  |

 |

|  |
| --- |
| We understand that answering questions about your physical and mental health can be distressing. The services listed below offer a range of support, from helplines to ongoing support.* Samaritans Bristol – 24 hours free local and national helplines, phone 116 123 or email jo@samaritans.org
* Text "SHOUT" to 85258 to contact the Shout Crisis Text Line
* Bristol Mental Health crisis line 0300 555 0334 open 24 hours a day, every day.
* Contact your GP or NHS 111
* NHS Talking Therapies have a support services specifically for individuals with long term physical health conditions <https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/bristol-north-somerset-and-south-gloucestershire-mental-health-services/>
* Bristol City Council page has links to various mental health services in Bristol: <https://www.bristol.gov.uk/grt-bristol/health/mental-health>
* Bristol Mind: information, low cost counselling and advocacy services. <http://www.bristolmind.org.uk/>
* Well Aware: information about organisations, support groups, community groups, and events <http://www.wellaware.org.uk>
* SignHealth offer mental health services for Deaf people: <https://signhealth.org.uk/with-deaf-people/psychological-therapy/>

Also,  if you would like to send Healthwatch Bristol feedback you have about any health and social care services, you can contact us [here](https://www.healthwatchbristol.co.uk/contact-us) |