



Department
of Health &
Social Care

Questions about the Mental Health and Wellbeing Plan



Easy read booklet

About the mental health plan



We are the government. We want everyone to have good mental health and wellbeing.



Good mental health and wellbeing means a person can cope with the stresses of normal life.

We are writing a mental health and wellbeing plan. The plan says what we will do to make mental health and wellbeing better for everyone.

A survey form titled "Questions" with two speech bubbles containing question marks. The first question is "1. What do you think about it?". Below the question are three radio button options: "Good", "Bad", and "Not sure". A hand is shown holding a pen, with the "Not sure" option selected.

Questions

1. What do you think about it?

Good

Bad

Not sure

We want to ask you some questions to help us write our plan.

We want to hear from lots of people who have problems with mental health or who help people who have problems.



We need better mental health and wellbeing for everyone



We want to make changes so that everyone gets the help and support they need.

More people are seeking help for mental health conditions like depression or anxiety.



More people are needing support for a mental health crisis. This is when a person feels so bad, they want to hurt or kill themselves.



Some groups of people have more mental health problems than others. This is because of

- Age, sex or ethnic group
- Use of drugs or alcohol
- Lack of money or somewhere to live
- Learning disabilities
- Physical health conditions.



We call these groups **disadvantaged**.

Making sure people have good mental wellbeing

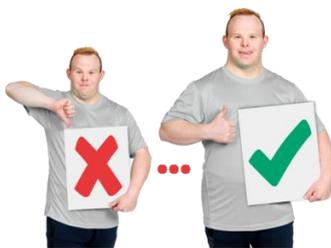


We want to help people have good mental **wellbeing**. Wellbeing means feeling happy and coping well with everyday life.



Mental wellbeing helps us live a long, healthy life. It helps to make good choices like eating well, not smoking/drinking too much and exercising.

We want you to tell us what are the most important things we can do to **improve** mental wellbeing. **Improve** means to make better.



You should think about how your ideas would help each of these different groups



- Babies and parents/caregivers
- Children and young people
- Working age adults
- Older adults
- Groups who are disadvantaged.

Questions about how to support good mental wellbeing



How can we help people to improve their own wellbeing?

Please tell us in the box below.

Questions about how to support good mental wellbeing

What can we do to improve everyone's wellbeing?



Please think about how your ideas could help each of the different groups like children, adults and disadvantaged groups.

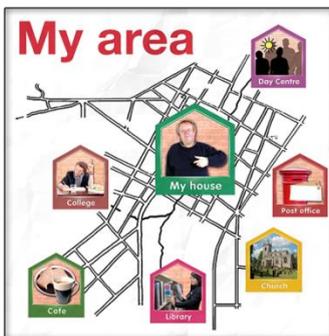
Please tell us in the box below.

More questions about how to support good mental wellbeing



Sectors are groups of organisations like education, social care, business or voluntary work.

How can we support different sectors within local areas to work together with local communities to improve everyone's wellbeing?



Please tell us in the box below.

Helping to stop people developing mental ill-health



We want to stop people developing mental ill-health.

We want to stop people taking their own lives. This is called **suicide**.



We want everyone to find it easy to get support. This means no more disadvantaged groups.

We want to give support with things that cause mental ill-health like money problems and **trauma**.



Trauma is when a person is very upset after a terrible event like an accident or disaster.



We want to help babies and young children as bad experiences can affect their mental health for the rest of their life.

We want to ask people how individuals and organisations can work together to stop mental ill-health.

Questions about how to stop mental ill-health



What are the top 3 things we could improve so that less people have mental ill-health?

and

What are the top 3 things we should do so that fewer people take their own lives by suicide?

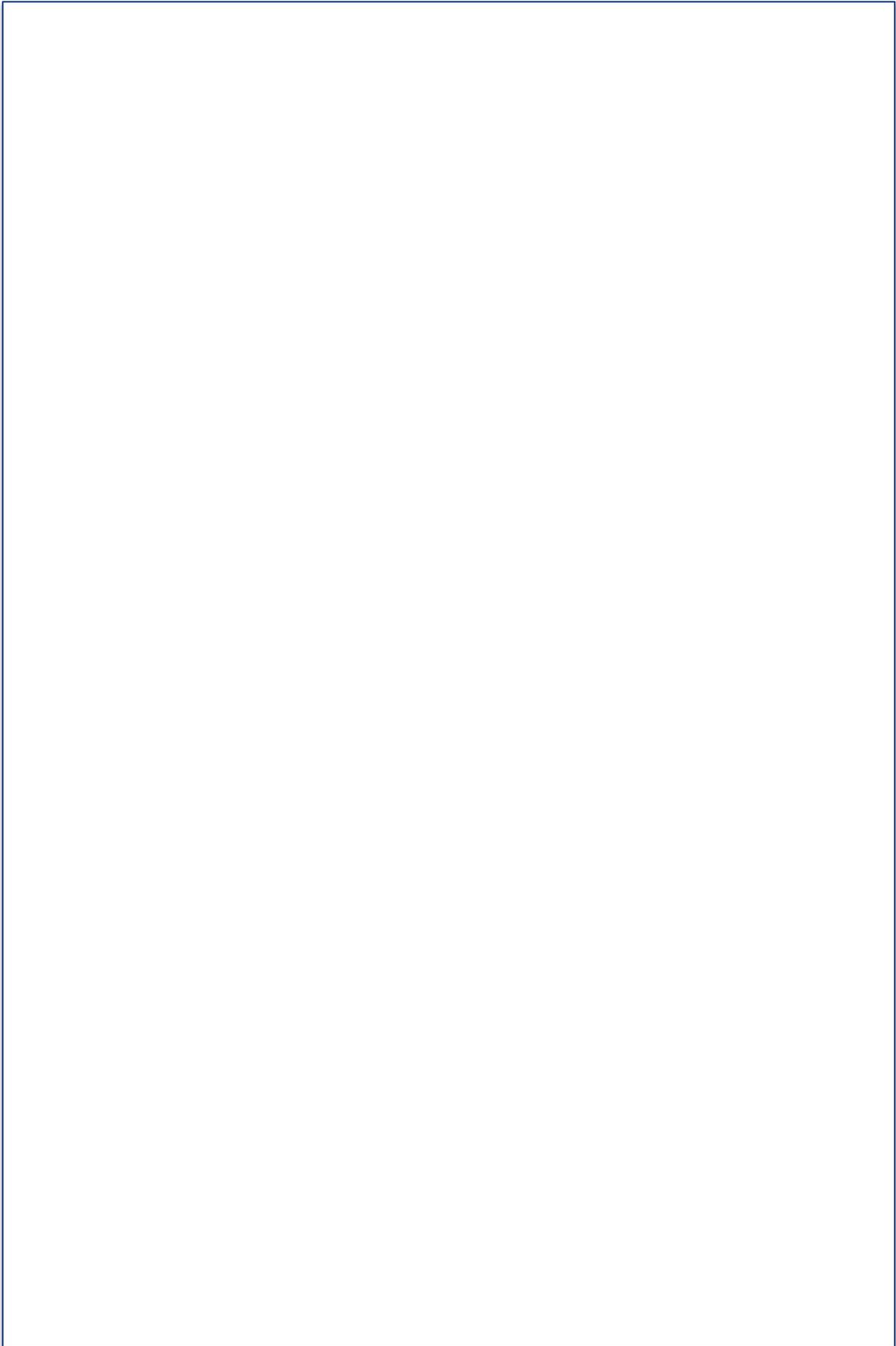


Please think about how your ideas could help each of the different groups like children, adults and disadvantaged groups.



A **decision** is making a choice to do something. We want to hear about decisions that have worked well.

Please tell us the answers to these questions in the box on the next page.



More questions about how to stop mental ill-health



What can employers do to stop workers having mental ill-health?

Please tell us in the box below.

Helping people get early support for mental health



We want to make sure people get support at the start of a mental health problem.

People are more likely to get better and stay in education/work if they get help early on.



We want people to get the support that is best for them.

Help doesn't need to be just from a nurse or doctor. People could also get support from



- ✓ A parent or carer
- ✓ Places where people spend time like schools, workplaces or job centres.



We want to know what you think about the different types of support.

Tell us what we can do to make sure people find it easy to get support if they are **struggling** and having a bad time.

More questions about helping people to get early support for mental health



How can organisations do more to spot the signs that a person is developing poor mental health and help them get early support?



Please tell us how your ideas could help each of the different groups like babies, children, adults and disadvantaged groups.

Please tell us in the box below.

Questions about helping people to get early support for mental health



How can we support different organisations to work together to help people get early help for struggles with mental health?

This includes the organisations like the NHS, voluntary organisations, housing associations and businesses.

Please tell us in the box below.

More questions about helping people to get early support for mental health



How can we make sure that people with wider health problems get the right early support for mental health if they are struggling?

Please tell us in the box below.

A question about helping people to get early support



Please answer this question if you are a person who is not part of an organisation.

Where would you like to get early support for your mental health if you were finding it hard?

Put a tick next to all the places you would like to get help from.



A. The NHS

B. Your local council

C. A place of education – like a school or college

D. A social care provider

E. In your community

F. From friends and family



A question about helping people to get early support



G. The voluntary/community sector

H. Your workplace

I. Digitally – a website or helpline

J. The private sector where you pay for your own care

K. I don't mind

A different way – please tell us what this is in the box



Improving treatments for mental health conditions

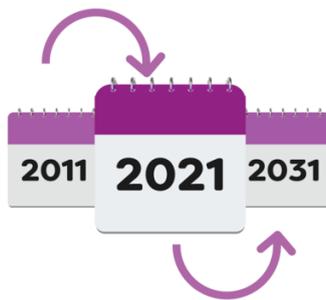


We want to make sure NHS treatment and support helps people with mental health conditions to feel better.



The number of different treatments has gone up but we want to know how we can make services better.

We want to improve treatments for people who said that they felt worse after using a mental health service.



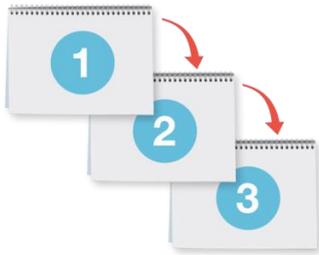
We want you to tell us what good treatments and care would look like over the next 10 years.

We will need to find more information on treatments and services. This is known as **research**.



We want to set up more of the things that we know already helps patients to get better.

Questions about how we can improve treatments for mental health conditions



What are the top 3 things we need to sort out so we can improve NHS mental health care and treatment over the next 10 years?

Tell us how your ideas could help



- Babies and their parents or primary caregivers
- Children and young people
- Working age adults
- Older adults
- Disadvantaged groups of people.



Please tell us in the box on the next page.



More questions about how we can improve treatments for mental health conditions



What things need to happen to make sure the best care and treatment is available to more people?

Please tell us in the box below.

More questions about how we can improve treatments for mental health conditions



These include

- Ethnic minority groups
- Refugees and asylum seekers
- People who are LGBTQ+
- People with a disability
- People who have less money and/or who are homeless
- People in trouble with the police
- People with mental health conditions
- People with drug and alcohol issues.



What sort of research should we do and how can we do this better?

Tell us in the box on the next page how your ideas could help each of the different groups like children and adults.





Supporting people with mental health conditions to live well



We want to improve the lives of people of all ages living with mental health conditions. We want to help people with severe mental illness.



A person's day to day life plays an important part in supporting their health and wellbeing.



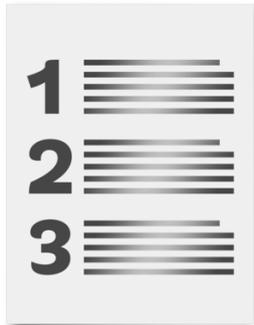
Having a mental health condition can mean a person may do badly in school and/or work. Their physical health may be worse than others.



We want to hear from people who have had or have mental health conditions. This is known as **lived experience**.

We want to learn what is important to them and what would help services to work together to support people.

More questions on how we can support people with mental health conditions to live well



What things have the biggest influence on your mental health and quality of life?

Please tick 3 things that matter to you most.



A. Housing

B. Social care

C. Employment/job security

D. Money management/debt

E. Physical health

F. Being in your community

G. Family and friends

H. Something else – please tell us.



More questions on how we can support people with mental health conditions to live well



What are the top 3 things that organisations can do to improve the lives of people living with mental health conditions?

Tell us in the box below how your ideas could help each of the different groups like children, adults and disadvantaged groups.

More questions on how we can support people with mental health conditions to live well



How can we improve the physical health of people living with mental health conditions?

Please tell us in the box below.

More questions on how we can support people with mental health conditions to live well



What would help local organisations work together to improve the lives of people living with mental health conditions?

We want to make sure people with lived experiences take part in making decisions. Tell us your ideas for helping each of the different groups in the box below.

More questions on how we can support people with mental health conditions to live well



How do we make sure people living with mental health conditions who also have drug and alcohol issues get the right treatment?

Please tell us in the box below.

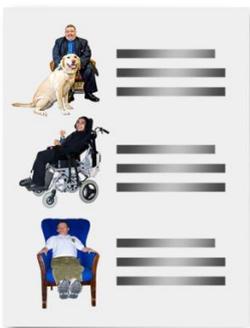
Improving support for people in a crisis



We want to support people who are struggling with their mental health at an early stage. We want to do this before they reach a crisis.



We want to improve the support that people can get in crisis. We want to stop people dying by suicide.



A crisis can happen for lots of different reasons. We want to make sure there are lots of different types of support.

We want to know what you think is the best support for people in a crisis.



We want to know how local organisations can work together to make sure everyone gets the right support.

Questions about how we can improve support for people in crisis



What can we do to improve the help available to people in a crisis?

Tell us in the box below how your ideas could help:



- Children and young people
- Working age adults
- Older adults
- Groups who find it harder to access support.

More questions about how we can improve support for people in crisis



How can we improve the support offer for people after they experience a mental health crisis?

Tell us in the box below how your ideas could help each of the different groups like children and adults.

More questions about how we can improve support for people in crisis



What would help local organisations to work with people with lived experience to improve support during and after a crisis?

Please tell us in the box below.

Next steps



You have **12 weeks** to answer our questions and tell us what things should go into the new mental health plan.



We are working with a charity called **Mind** to make sure we hear the views of people who live with mental health conditions.

We want to hear from people who recover less well from mental health conditions because they are from a disadvantaged group.



We will work with different sectors including the NHS to put together a mental health plan for everyone.



We will make a plan for people who work in the NHS to support us.

This is because we cannot improve mental health without the help of other people.

Questions to support next steps



What ‘values’ should support the way the plan is delivered?

Values are the things we think are very important.



What is the most important thing a new mental health plan should work on?

- A. Wellbeing and health
- B. **Prevention** – stopping situations from developing
- C. Getting involved early
- D. Good and safe treatment
- E. Good quality of life
- F. Crisis care and support
- G. **Stigma** – when you are treated badly because of mental health
- H. Something else – write this in the box below



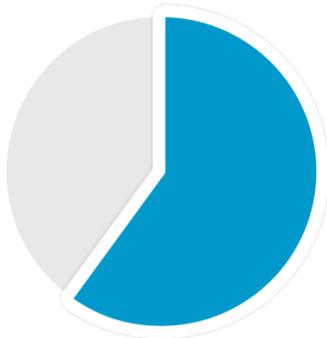
More questions to support next steps



What should happen so that organisations can improve services in partnership with people with lived experience?

Please tell us in the box below.

More questions to support next steps

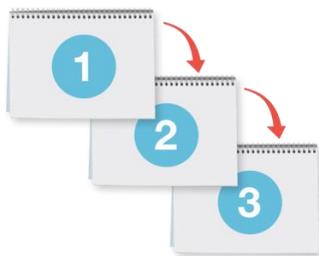


Data means numbers, facts and information which people can use to see if changes are happening.

How can local organisations collect and share data, so they can make plans and make sure mental health and wellbeing improves?



Please tell us in the box on the next page.



We want to take more action to stop people taking their own life by suicide. This is known as **prevention**.

Some more questions about you

These questions will help us to know what different groups of people need.



Are you responding with:

Your own views

Views from your organisation

If these are views from your organisation, what is the name of your organisation?



If you are giving your own views rather than your organisation, we need to ask a few more questions.

What is your age?

I am younger than 13

I am 13 or older

I do not want to say



If you are 13 or over, what is your age?



Some more questions about you



If you are younger than 13, we need to ask your parent or guardian whether it's okay for you to respond. Please ask them to fill in the next two questions.



I am the parent or guardian of the child/young person responding to this survey

Name of parent/guardian



Email of parent/guardian



Some more questions about you



Do you have or have you had experience with mental health issues?

Yes

No

I do not want to say



Are you

Female

Male

Other

I do not want to say



Some more questions about you



What ethnic group are you from?

This is about things like where you and your family are from and the language you speak.

Choose one group that feels most right for you:



White

More than one ethnic group

Asian or British Asian

Black, African, Caribbean or Black British

Another ethnic group

I do not want to say

