Mental Health Campaign in Brighton and Hove

**Introduction**

Brighton & Hove Citizens is an alliance of education, faith, and community organisations working together for the common good. We use Broad Based Community Organising to build the capacity of ordinary people to participate in public life, take action for social justice, and strengthen civil society institutions.

Over the last few months, as an alliance, we have identified that the mental health of young people is a key priority for us. We have worked together to increase the involvement of local people in improving mental health services.

The Brighton & Hove Citizens Mental Health Commission seeks to build on this work and will be an important contribution to wider efforts to make Brighton & Hove a mentally healthy city for people, especially as we get ready for a post-COVID world. By using a Broad Based Community Organising methodology, we aim to:

* Uncover the personal testimonies of people from around the city (particularly those who do not usually participate in NHS consultations and/or are considered ‘hard-to-reach’)
* Identify practical solutions to mental health challenges faced by young people in Brighton and Hove
* Mobilise a movement of local people and organisations to take meaningful action to help make Brighton and Hove a mentally healthy city for all people

***What will we do with your data?***

Note that, if you share your name, we will not share this with anyone without your consent.

If you do want to be involved and help us make Brighton and Hove a better place for all people in terms of mental health, do let us know (there's an option to let us know at the end of this survey). We'll reach out to a leader from your institution who is helping shape this campaign, and they will contact you to get you involved.

In the following survey, answers to the questions marked  are required.

Thank you for participating in this survey.

|  |
| --- |
| Your Age or the age of the person you are thinking about for this Questionnaire: ***Age***: ………………  |
|  |
| Institution you attend (i.e. name of school/college/faith institution, etc.).   ***Institution name*** ……………………………………… |
| ***Area*** of Brighton and Hove where you live. We ask this so we can start suggesting local solutions to the issues we identify.  |

Please put an X in one of the boxes below:

|  |  |  |
| --- | --- | --- |
| Adelaide \_\_  Aldrington \_\_  Bear Road area \_\_  Bevendean \_\_  Black Rock \_\_  Brighton \_\_  Brighton Marina \_\_  Brunswick \_\_  Coldean \_\_ | Hove \_\_  Kemptown \_\_  The Knoll \_\_  The Lanes \_\_  Mile Oak \_\_  Moulsecoomb \_\_  New England Quarter \_\_  North Laine \_\_  North Moulsecoomb \_\_ | Round Hill \_\_  Rottingdean \_\_  Saltdean \_\_  Seven Dials \_\_  Stanford \_\_  Stanmer \_\_  Stanmer Park \_\_  Surrenden \_\_  Tongdean \_\_ |
| East Brighton \_\_  East Moulsecoomb \_\_  Elm Grove \_\_  Fiveways \_\_  Goldsmid \_\_  Hangleton \_\_  Hanover \_\_  Hollingbury \_\_  Hollingdean \_\_ | Ovingdean \_\_  Patcham \_\_  Portslade-by-Sea \_\_  Portslade Village \_\_  Preston \_\_  Preston Park \_\_  Prestonville \_\_  Queen's Park \_\_  Roedean \_\_ | Upper Bevendean \_\_  Varndean \_\_  West Blatchington \_\_  West Hill \_\_  Westdene \_\_  Whitehawk \_\_  Withdean \_\_  Woodingdean \_\_  ***Other:*** |

**PLEASE RETRUN THIS QUESTIONNAIRE BY 9PM ON THURSDAY 3RD JUNE TO:**

[amurray@worth.org.uk](mailto:amurray@worth.org.uk)

Thank you very much.

|  |
| --- |
| Q1 In the past, who or what has helped you/people that you know be mentally healthy?  *Your Answer……* |
|  |
| Q2 Please share any stories or experiences you have to illustrate this.  *Your Answer……* |
|  |
| Q3. Recently, who or what has made it more difficult for you/people that you know to be mentally healthy?  *Your Answer……* |
|  |
| Q4. Please share any stories or experiences you have to illustrate this.  *Your Answer……* |

|  |
| --- |
| Q5. If you, or anyone you know, has had a mental health problem recently, were you able to access care? Did you experience any problems in doing so?  *Your Answer……* |
|  |
| Q6. In your opinion, what changes need to take place in your neighbourhood or the community you are part of (for example St Josephs or SJB) to help people be mentally healthy?  *Your Answer……* |
|  |
| Q7. What role do you or your organisation want to play in making Brighton and Hove a mentally healthy city for all people?  *Your Answer……* |
|  |
| Would you like to help us present our findings to decision makers? If so, please give us permission to contact you.  Yes \_\_  No \_\_  Maybe \_\_  If you have answered yes please give an email or phone number ………………………………  If you need more space for some answers, please include an additional page as necessary. |