Mental Health Survey:

What's on your mind?

Introduction

On Wirral more young people (5-16) suffer from mental health disorders, emotional disorders, conduct disorders and hyperkinetic disorders than the national average. We wanted to survey young people on Wirral about their understanding of mental health*.

Aim

To allow young people to share their understanding of mental health and to raise awareness of the services that are commissioned to support them.

Methodology

The survey was promoted through July, August and September via the National Citizens Scheme and with Birkenhead Sixth Form College.

148

People responded

Who we heard from:

148 participants of the National Citizens Scheme

Findings

In terms of mental health the biggest issues identified were?

1. Anxiety – 33.78%
2. Stress – 26.3%
3. Depression – 21.62%
4. Pressure from family/friends – 9.45%

More than half of the people surveyed felt that they did not know about where to go if they or a friend needed support with a mental health or emotional problem;

Yes – 45%

No – 55%

Ideas generated for what could be done to raise awareness of services included;

- More publicity in schools, doctors and on television
- More adverts
- More posters
- Awareness online on social media
- More places to go

98% of people surveyed agree that more use of social media and applications should be done to raise awareness of support available. Examples included;

- Adverts on social media websites
- Setting up anonymous chats and advertising them
- Support pages
- Awareness and notifications

What more could be done to prevent stigma and discrimination toward young people with mental health issues?

"Organisations visiting schools to hold awareness sessions"
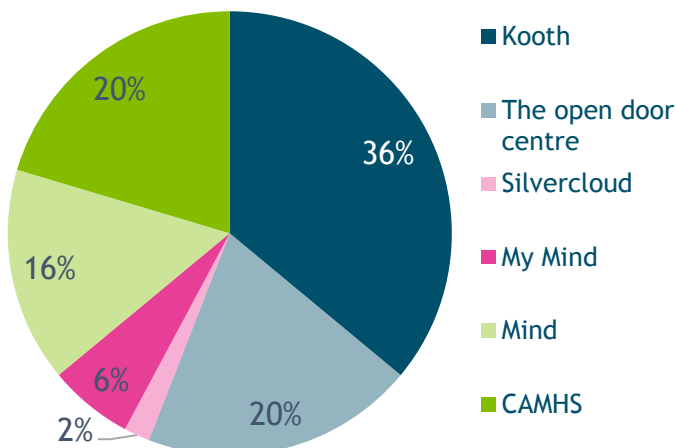
"Raise awareness"

"Leaflets within the school"

"Social media awareness"

"More education"

"Design and perform plays around mental health"

These are the organisations known to survey respondents;

- Kooth — 36%
- The open door centre — 20%
- Silvercloud — 2%
- My Mind — 6%
- Mind — 16%
- CAMHS — 20%

People reported their biggest issues in the future will include;

"People understanding & acknowledging any mental health in the future"

"People understanding how much mental illnesses can affect me"

"Loneliness"

"Anxiety and stress getting worse due to life problems"

"Being afraid of making choices because of the fear of other people's opinion

People reported on what they think they could do to minimise their biggest issues:

"Communicate more with friends and family when I have a problem that concerns me"

"Keep in contact with friends to ensure I always have people to turn to & support me during difficult times"

"Join groups or find activities that I can get involved in (Make new friends)"

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*information sourced from http://www.nepho.org.uk/pdfs/cypmh/E08000015.pdf