

# Children and young people mental health questionnaires report

<b>Date:</b>	25 September 2023
<b>Version:</b>	1.0
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## Executive summary

NHS Lancashire and South Cumbria ICB is committed to listening to patients and members of the public to make sure their views and experiences inform quality improvements and commissioning intentions.

In the autumn of 2022, the ICB’s suicide prevention team, in conjunction with Rock FM, held [a number of workshops with secondary school pupils](#) which would inform the development of a mental health campaign aimed specifically at young people aged 11 – 18, which launched in June 2023.

The overall aim of the campaign is to raise awareness and reduce the stigma around children and young people’s mental health amongst young people, parents and carers and staff within educational settings, whilst signposting to support services via the Healthy Young Minds website.

To better evaluate the campaign at its conclusion, it was determined it would be necessary to gain a baseline understanding of if, how and where young people and their families, as well as education staff, currently access mental health support, and whether they are aware of the Healthy Young Minds website.

To do this, three online questionnaires were shared between 11 May and 8 June and received a total of 1,154 responses. The intention is to repeat the questionnaires following the conclusion of the campaign to see whether these baseline figures have improved.

## Key findings

### Young person questionnaire

Nearly three quarters of the respondents said they would feel comfortable talking to *someone* (friend being the most popular choice) if they were struggling with their mental health. Sixty-three per cent said they would feel comfortable talking to a parent or carer, while 61 per cent said they wouldn’t feel comfortable talking to a teacher/member of staff, mainly due to a lack of trust or feeling the teacher wouldn’t understand.

Just over two thirds of young people would try to get help if they were struggling with their mental health and nearly three quarters would seek that help from their parents/carers. However, nearly a third of young people said they wouldn’t try to get help, the main reasons being that they could help themselves/they don’t think they need help, a previous poor

experience or perceived poor experience if they were to reach out, embarrassment, finding it hard to open up, and feeling like a burden.

Only one in five of the respondents had heard of the Healthy Young Minds website and only 16 out of the 84 respondents who had heard of it had visited it. The main reasons cited for not visiting it were because they hadn't needed to or because they would prefer to talk to a real person about their problems.

### **Parent/carer questionnaire**

Ninety-seven per cent of responders said they would feel comfortable talking to their child about their mental health struggles. The majority (84 per cent) said they would seek help from the GP if they knew their child was struggling with their mental health, while 60 per cent said they would speak to a teacher/members of school staff and 40 per cent would reach out the child and adolescent mental health services.

Only 37 per cent of respondents had heard of the Healthy Young Minds Website – of those, 87 per cent know it is a dedicated mental health and wellbeing support website for children and young people living in Lancashire and South Cumbria.

Less than half (44 per cent) of those who had heard of the website had visited it – this was mainly because they knew a young person who was struggling with their mental health. Of the 55 per cent of respondents who were aware of the website but hadn't visited it, 64 per cent said this was because they hadn't needed to, while 28 per cent said they would prefer to talk to a real person about their child's problems.

### **Education staff questionnaire**

Forty-eight per cent of respondents were teachers, the remainder of respondents a mixture of senior leaders and other support staff. Ninety-seven per cent of respondents said they would feel comfortable talking to a child in their setting if they thought they were struggling with their mental health.

Ninety per cent of respondents said they would speak to a child to understand what help they need if they knew they were struggling with their mental health. Seventy-eight per cent said they would encourage the child to speak to their parent/carer or another trusted adult, while 62 per cent said they would encourage the child to speak to their GP.

Fifty-two per cent of respondents had heard of the Healthy Young Minds website – of those, 82 per cent know it is a dedicated mental health and wellbeing support website for children and young people living in Lancashire and South Cumbria. Fifty-five per cent of those who had heard of the website had visited it, for those that hadn't, 63 per cent said it is because they hadn't needed to.

## **Equality monitoring highlights**

### **Young person questionnaire**

- A total of 411 young people aged 11 – 18 responded to the questionnaire. Nearly three quarters of the respondents were aged 12 – 15.
- Sixty-one per cent described themselves as female and 31 per cent male.
- Nearly a quarter described themselves as an ethnicity which wasn't white British.
- Seventeen per cent considered themselves to have a disability.

- Forty-four per cent of those who submitted their post code lived in the Lancaster and Morecambe area, while 39 per cent lived in East Lancashire (including Blackburn and Darwen).

### **Parent/carer questionnaire**

- A total of 674 people responded to the questionnaire. Nearly half (47 per cent) were aged 40 – 49.
- Eighty-five per cent described themselves as female and 12 per cent male.
- Eighty-nine per cent described themselves as white British and three per cent as white other.
- Eleven per cent considered themselves to have a disability.
- Fifty-six per cent of those who submitted their post code lived in the Blackpool, Fylde and Wyre areas area, 21 per cent lived in East Lancashire (including Blackburn and Darwen), and 16 per cent lived in Preston, Chorley and Leyland.

### **Education staff questionnaire**

- A total of 69 people responded to the questionnaire. Forty-four per cent taught young people aged 11-16 only, while 49 per cent taught young people aged 11-18.
- Sixty-three per cent of respondents taught in the Blackpool Council area, while 24 per cent taught under Lancashire County Council and 10 per cent Westmorland and Furness Council.
- There was a roughly even spread in the ages of respondents in the 25-34, 35-44, 45-54 and 55-64 categories.
- Seventy per cent described themselves as female and 27 per cent male.
- Ninety per cent described themselves as white British.
- Eight per cent considered themselves to have a disability.

## **Outcomes**

This report will be shared with the ICB's suicide prevention lead, as well as the children and young people's mental health lead. The report will be used to more effectively evaluate the 13-week children and young people's mental health campaign which launched in June. The findings will also be used to inform the future development of the Healthy Young Minds website.

## **Methodology**

The purpose of the engagement was to:

1. Determine a baseline around the awareness of the Healthy Young Minds website, to more effectively evaluate the ICB's children and young people mental health campaign.
2. Gain a greater insight into if, how and where young people and their families access mental health support.

Three online questionnaires were developed: one aimed at 11 – 18-year-olds, one aimed at parents/carers and the final one aimed at secondary and further education staff. The questionnaires were designed to understand:

- When a young person is struggling with their mental health, does the young person, or the parents/carers, feel comfortable talking to people about it?

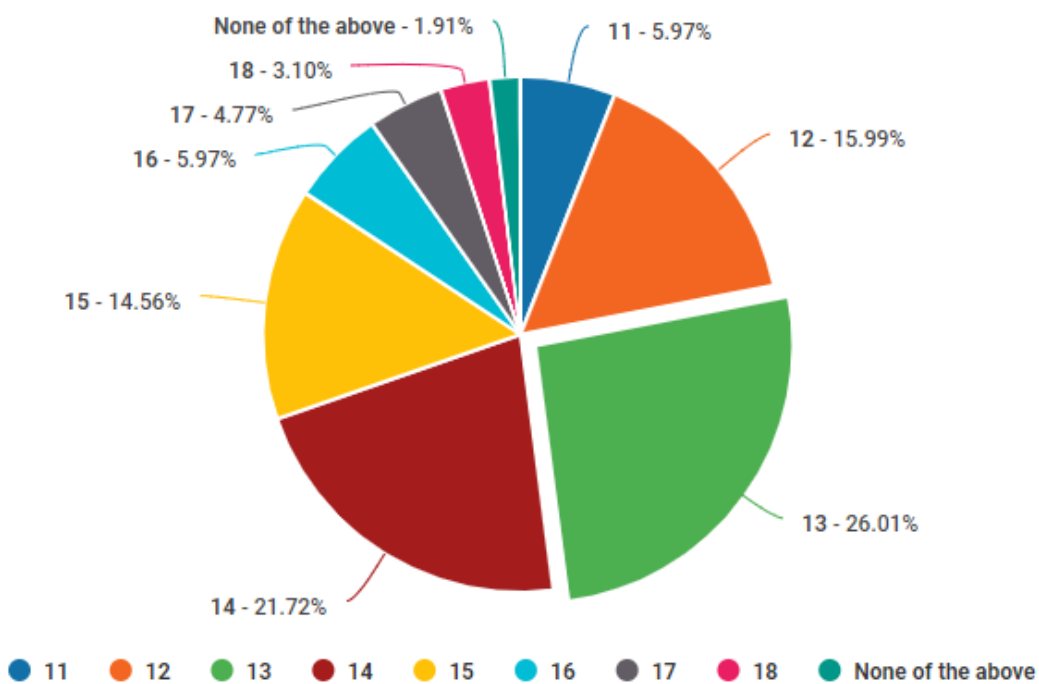
- Would they try and get help? If so where, if not, why not?
- Have they heard of and visited the Healthy Young Minds website?

The questionnaires were live from 11 May and 8 June 2023 and was publicised via:

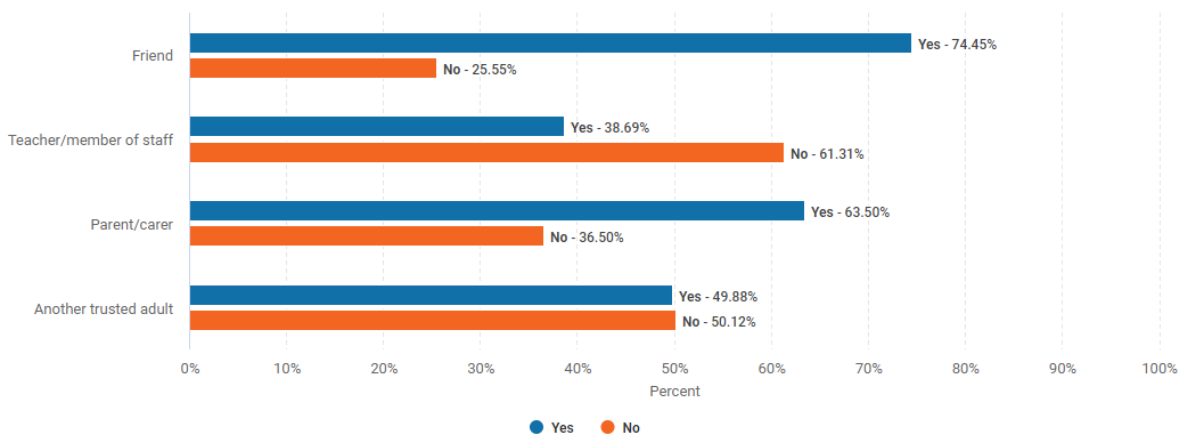
- The ICB’s social media channels
- It was shared with local authority colleagues to cascade to secondary and further education establishments across Lancashire and South Cumbria.
- Lancashire and South Cumbria ICS colleagues to distribute as appropriate.

## Data analysis – young person questionnaire

### 1. How old are you?



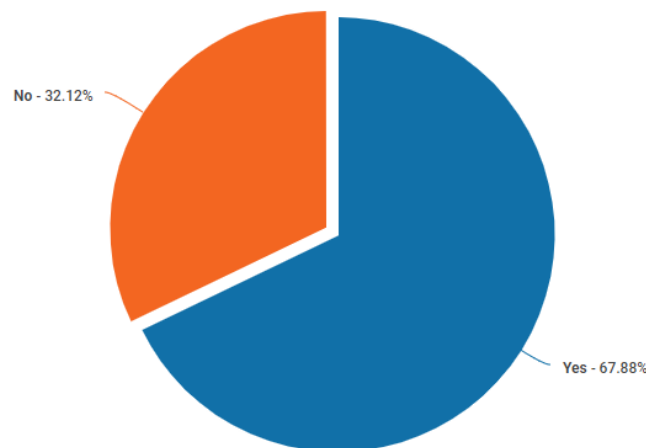
### 2. If you were struggling with your mental health, would you feel comfortable talking about it to the following people:



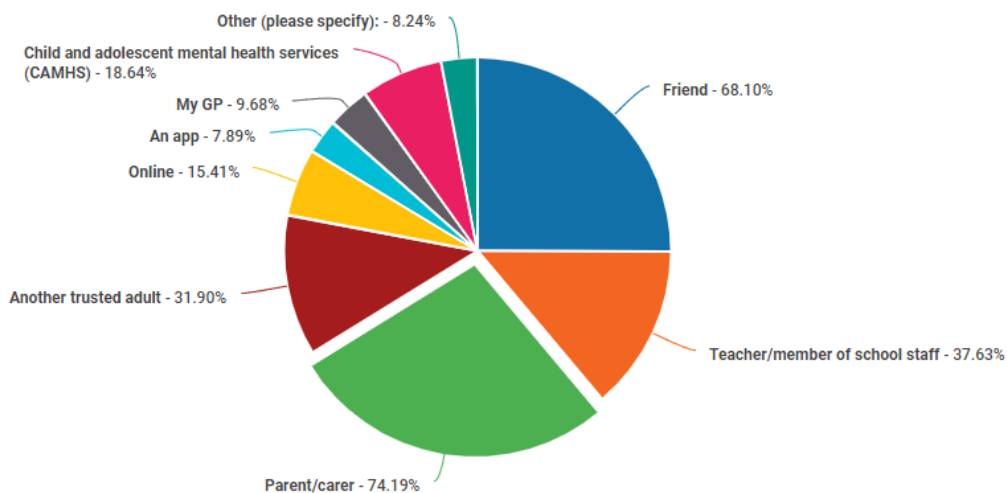
If the respondent answered no to any of the options, they were asked to explain why.

Number of free text comments: 115	
Theme	Number of comments
Teacher specific themes <i>(although it cannot be said if the below themes also relate to teachers)</i> <ul style="list-style-type: none"> <li>• Lack of trust</li> <li>• Teachers just don't understand</li> <li>• Depends on the teacher</li> <li>• Miscellaneous</li> </ul>	26
Lack of trust	20
Just don't feel comfortable	20
Feel like a burden	13
They won't understand	10
They won't keep it confidential	5
Miscellaneous	16

3. If you were struggling with your mental health, would you try to get help?



If the respondent answered yes, they were asked: where would you go for help? Please select all that apply.



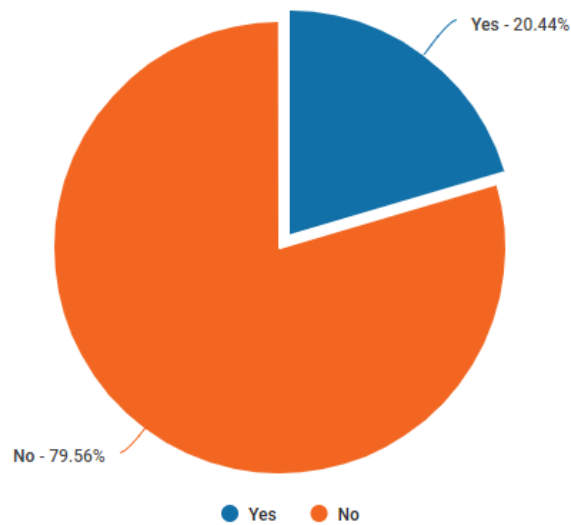
If the respondent selected other they were asked to specify.

Number of free text comments: 23	
Theme	Number of comments
Counsellor/therapy	4
Family	3
Religion	3
Pets	3
Miscellaneous	11

If the respondent answered no, they were asked to explain why they wouldn't get help.

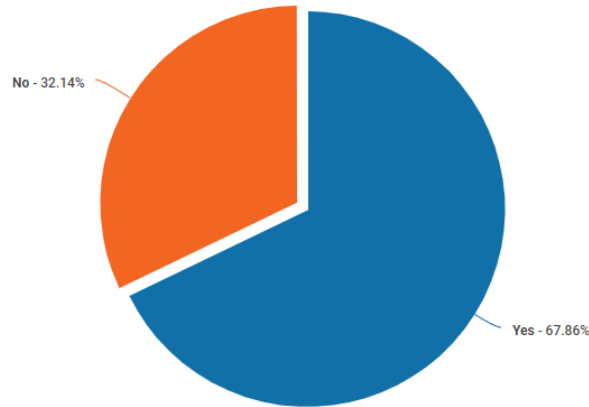
Number of free text comments: 134	
Theme	Number of comments
Self-help/help not needed	24
Previous poor experience or perceived poor experience	24
Embarrassment	21
Find it hard to talk to people/open up	18
Feel like a burden	15
Lack of trust	8
Miscellaneous	16

#### 4. Have you heard of the Healthy Young Minds website?

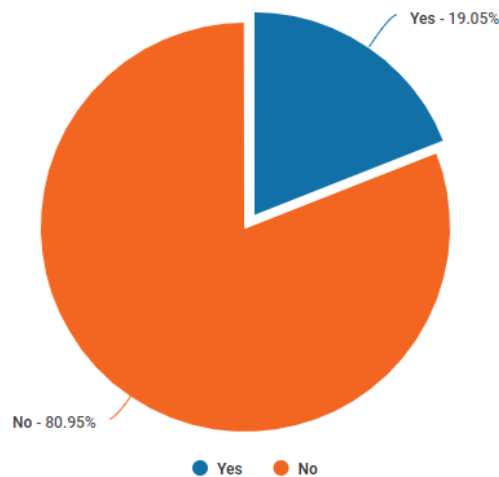


If the respondent answered yes, they were asked the following questions.

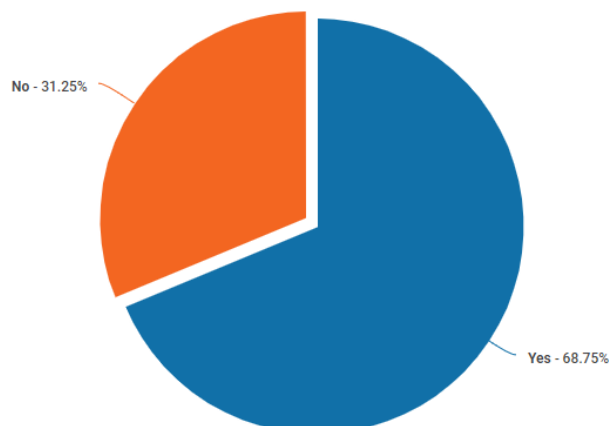
**4a. Did you know Healthy Young Minds is a dedicated mental health and wellbeing support website for children and young people living in Lancashire and South Cumbria?**



**4b. Have you ever visited the Healthy Young Minds website?**

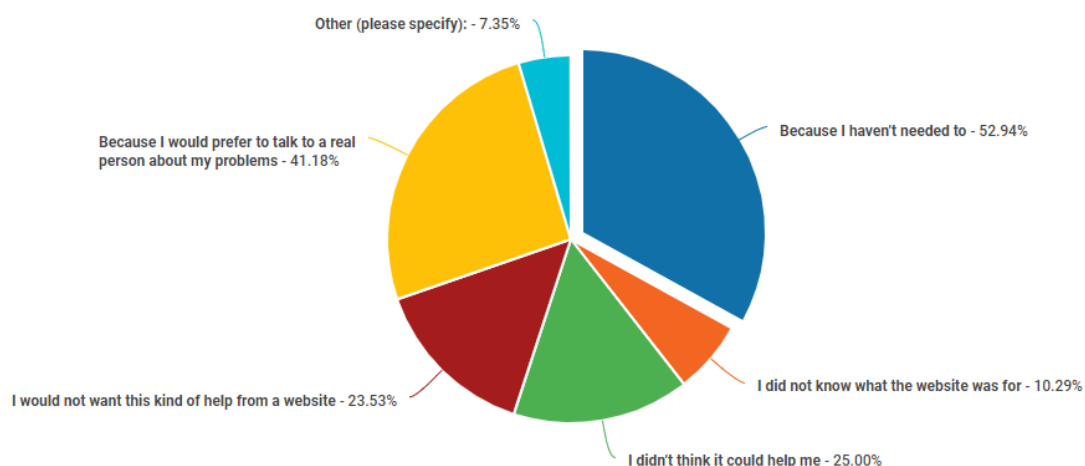


If the respondent answered yes, they were asked is this because you or a friend were struggling with your mental health?





**If the respondent answered no, they were asked why not?**



**If the respondent selected other they were asked to specify.**

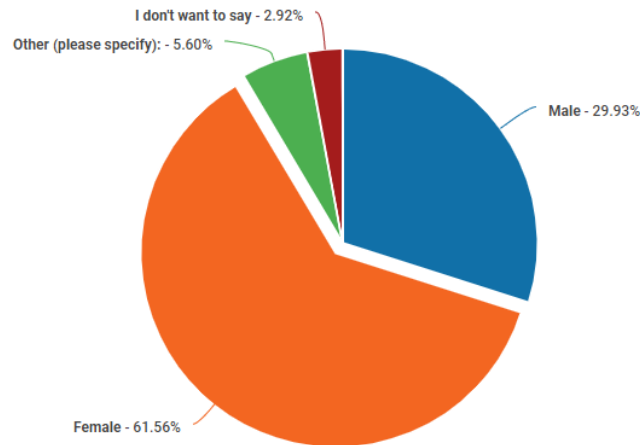
<b>Number of free text comments: 5</b>	
<b>Theme</b>	<b>Number of comments</b>
Miscellaneous	5

**Equality monitoring**

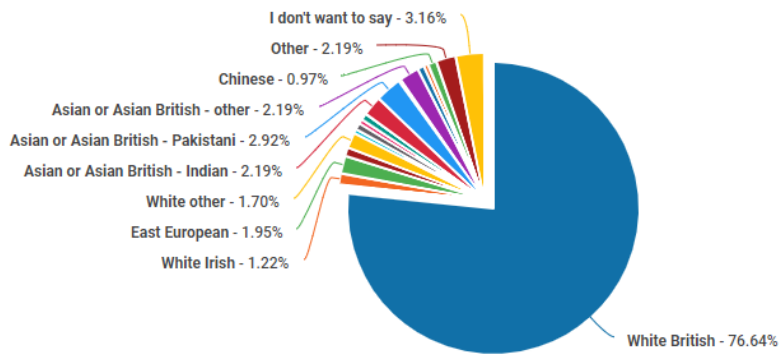
**1. If you know the first three digits of your postcode, please enter them below. If not, please move on to the next question.**

Post code area	Breakdown – 124 LSC post codes entered in total	Number
BB – Blackburn and East Lancashire Total = 48 39 per cent	BB1	34
	BB3	1
	BB4	1
	BB5	1
	BB8	5
	BB9	6
FY – Blackpool, Fylde and Wyre Total = 11 9 per cent	FY1	27
	FY2	18
	FY3	40
	FY4	18
	FY5	5
	FY6	1
	FY7	2
LA – Lancaster and Morecambe Total = 55 44 per cent	LA1	50
	LA4	1
	LA5	1
	LA8	1
	LA9	2
PR – Preston, Chorley and Leyland Total = 10 8 per cent	PR3	1
	PR4	3
	PR5	1
	PR6	3
	PR7	2

## 2. Which of these best describes you?

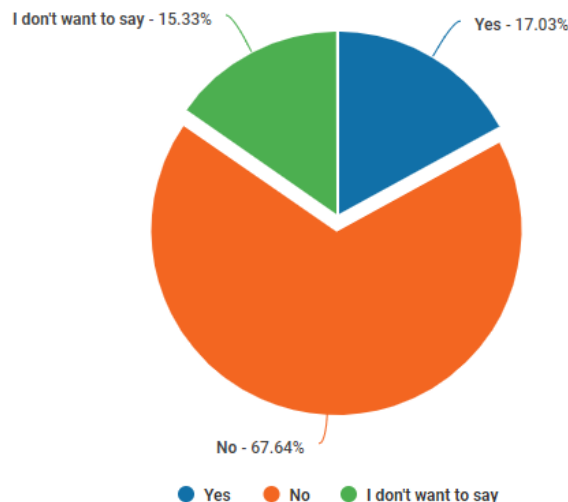


## 3. Which of these best describes you?



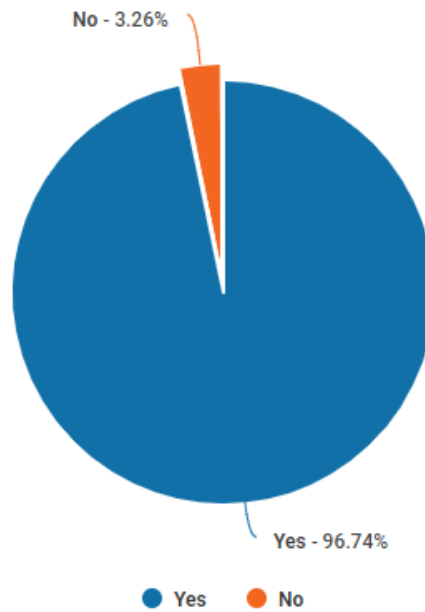
- White British
- White other
- Mixed other
- Asian or Asian British - other
- Other
- White Irish
- Mixed white/black African
- Asian or Asian British - Indian
- Black or black British - Caribbean
- Black or black Caribbean - other
- East European
- Mixed white/black Caribbean
- Asian or Asian British - Pakistani
- Black or black Caribbean - other
- Gypsy/Roma/Traveller
- Mixed white/Asian
- Asian or Asian British - Bangladeshi
- Chinese

## 4. Would you consider yourself to have a disability? (Described in the Equality Act 2010 as 'a physical or mental impairment' of which has a 'substantial and long-term adverse effect on your ability to carry out normal day-to-day activities')



## Data analysis – parent/carer questionnaire

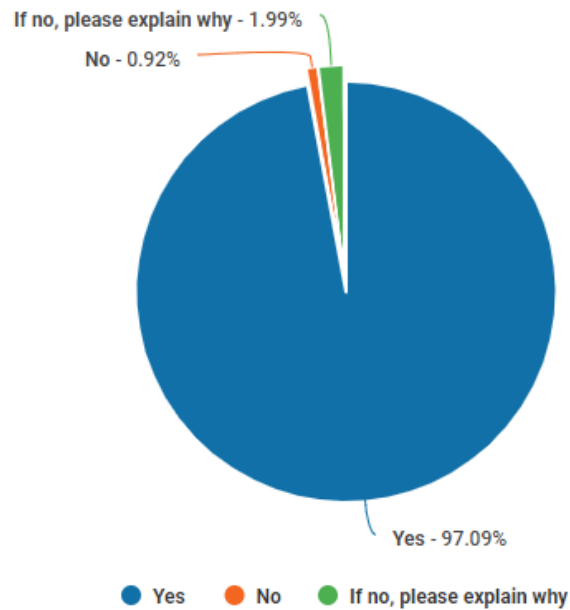
### 1. Do you have a child(ren) in your care aged 11 – 18



### 2. What is the age of your child(ren)?

Answer Choices	11	12	13	14	15	16	17	18	Response Total
Child one	7.40% 48	13.41% 87	10.02% 65	12.02% 78	8.78% 57	9.40% 61	24.96% 162	14.02% 91	649
Child two	9.38% 24	11.72% 30	8.98% 23	19.53% 50	16.02% 41	10.55% 27	12.50% 32	11.33% 29	256
Child three	11.11% 5	22.22% 10	8.89% 4	4.44% 2	13.33% 6	8.89% 4	11.11% 5	20.00% 9	45
Child four	50.00% 3	0.00% 0	0.00% 0	0.00% 0	0.00% 0	0.00% 0	33.33% 2	16.67% 1	6
Child five	0.00% 0	0.00% 0	0.00% 0	0.00% 0	0.00% 0	0.00% 0	0.00% 0	0.00% 0	0
Child six	100.00% 1	0.00% 0	0.00% 0	0.00% 0	0.00% 0	0.00% 0	0.00% 0	0.00% 0	1

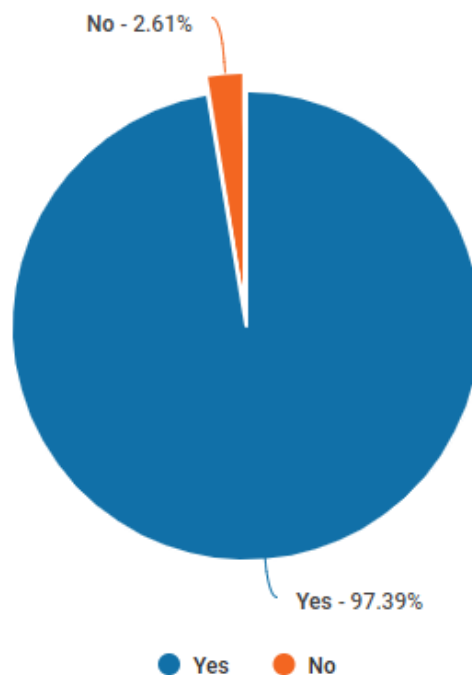
**3. If you *thought* your child was struggling with their mental health, would you feel comfortable talking to them about it?**



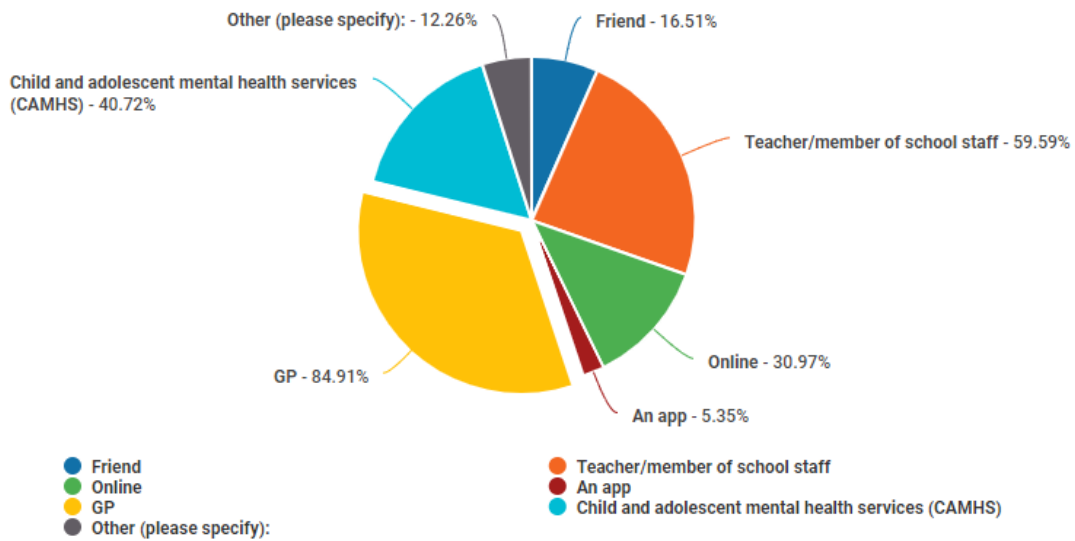
If the respondent answered no, they were asked to explain why.

Number of free text comments: 13	
Theme	Number of comments
Parent/carer's lack of knowledge	5
Child isn't willing to talk	4
Miscellaneous	3

**4. If you *knew* your child was struggling with their mental health, would you actively seek to get help?**



If the respondent answered yes, they were asked where they would go for help.



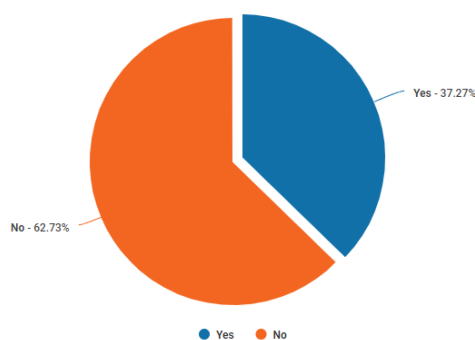
If the respondent selected 'other' they were asked to specify.

Number of free text comments: 78	
Theme	Number of comments
Counsellor/mental health services	20
Private counselling/therapy	11
Family	10
School/work	8
Unable to find help	5
Local charities/support groups	4
Miscellaneous	13

If the respondent answered no, they were asked to explain why.

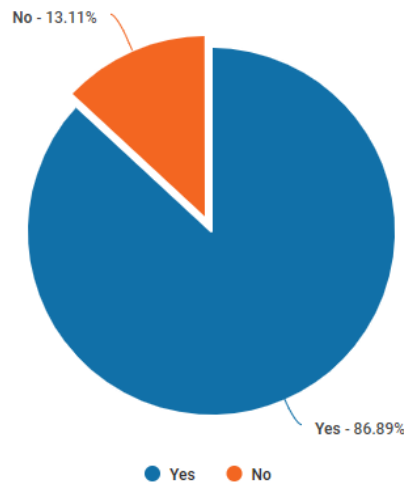
Number of free text comments: 18	
Theme	Number of comments
Deal with it as a family	8
Lack of knowledge of services	4
Child wouldn't want help	3
Miscellaneous	3

4. Have you heard of the Healthy Young Minds website?

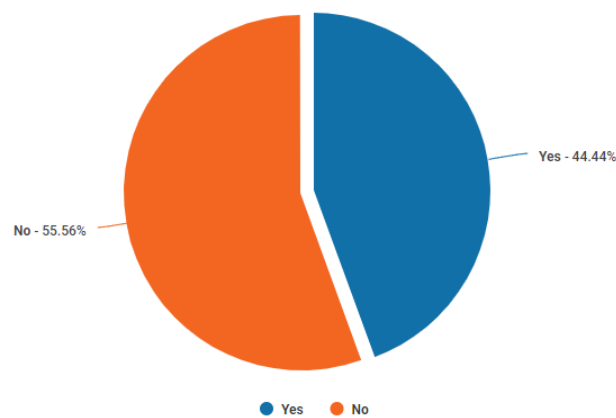


If the respondent answered yes, they were asked the following questions.

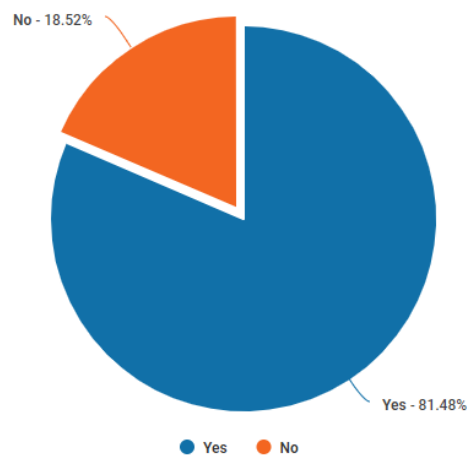
4a. Did you know Healthy Young Minds is a dedicated mental health and wellbeing support website for children and young people living in Lancashire and South Cumbria?



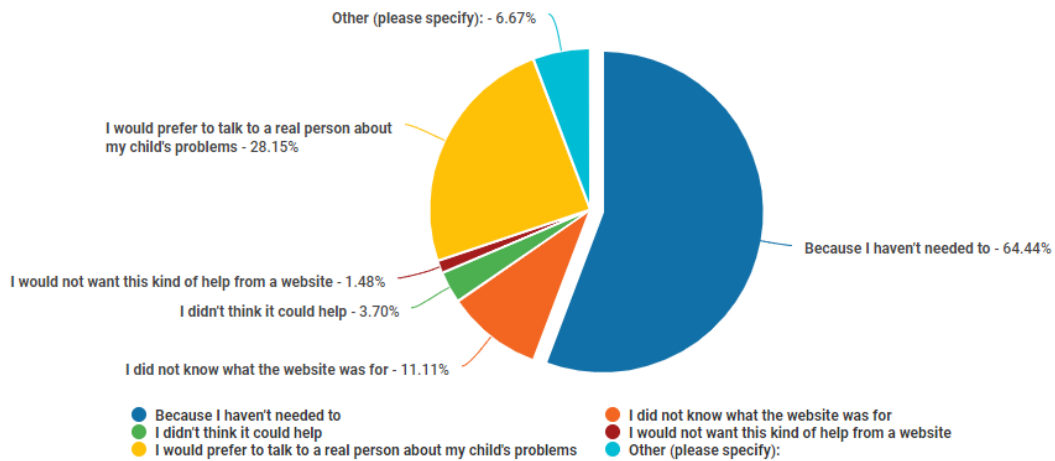
4b. Have you ever visited the Healthy Young Minds website?



If the respondent answered yes, they were asked is this because a young person you knew was struggling with their mental health?



**If the respondent answered no, they were asked why not?**

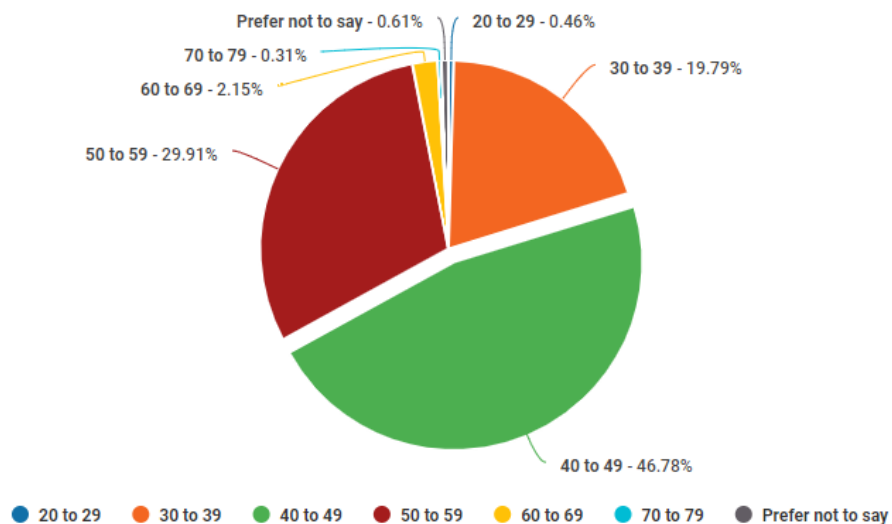


**If the respondent selected 'other', they were asked to specify.**

<b>Number of free text comments: 9</b>	
<b>Theme</b>	<b>Number of comments</b>
Miscellaneous	9

**Equality monitoring**

**1. What is your age?**

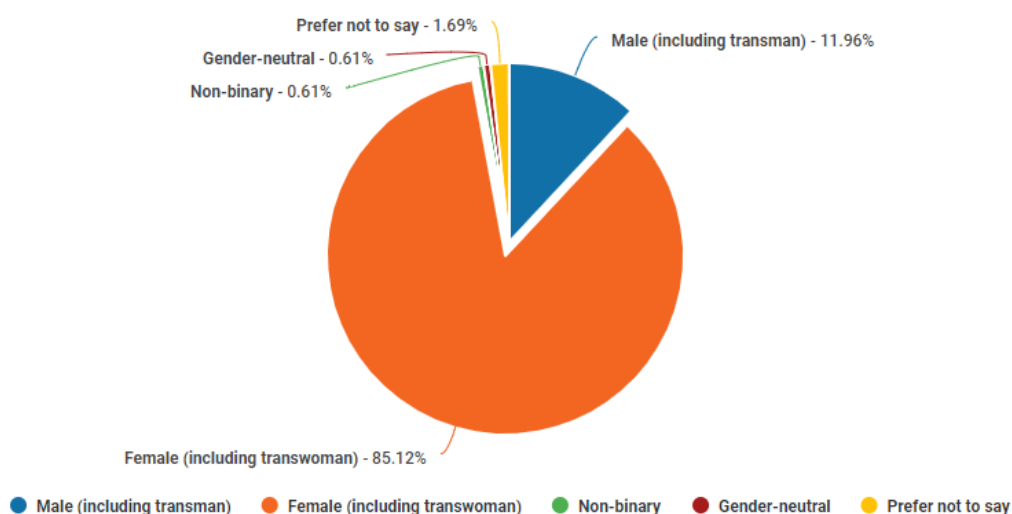


**2. Please tell us the first three digits of your postcode.**

Post code area	Breakdown – 629 LSC post codes entered in total	Number
BB – Blackburn and East Lancashire Total = 133 21 per cent	BB1	93
	BB2	3
	BB3	4

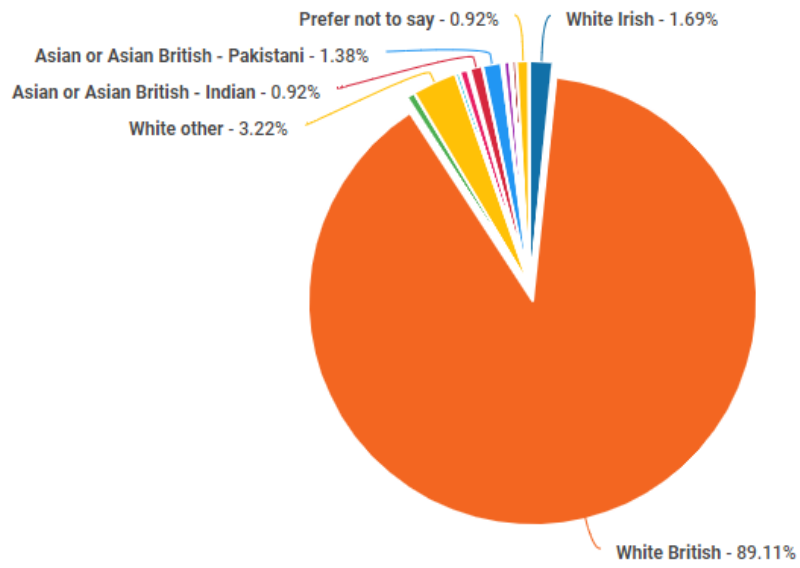
	BB4	4
	BB5	4
	BB7	4
	BB8	11
	BB9	10
CA – Carlisle Total = 1 0.15 per cent	CA2	1
FY – Blackpool, Fylde and Wyre Total = 353 56 per cent	FY1	37
	FY2	42
	FY3	72
	FY4	49
	FY5	48
	FY6	41
	FY7	26
	FY8	38
LA – Lancaster and Morecambe Total = 40 6 per cent	LA1	21
	LA2	6
	LA3	1
	LA4	3
	LA5	2
	LA6	2
	LA8	2
	LA9	3
PR – Preston, Chorley and Leyland Total = 102 16 per cent	PR1	3
	PR2	21
	PR3	22
	PR4	37
	PR5	8
	PR6	4
	PR7	6
	PR8	1

### 3. Which of these best describes you?

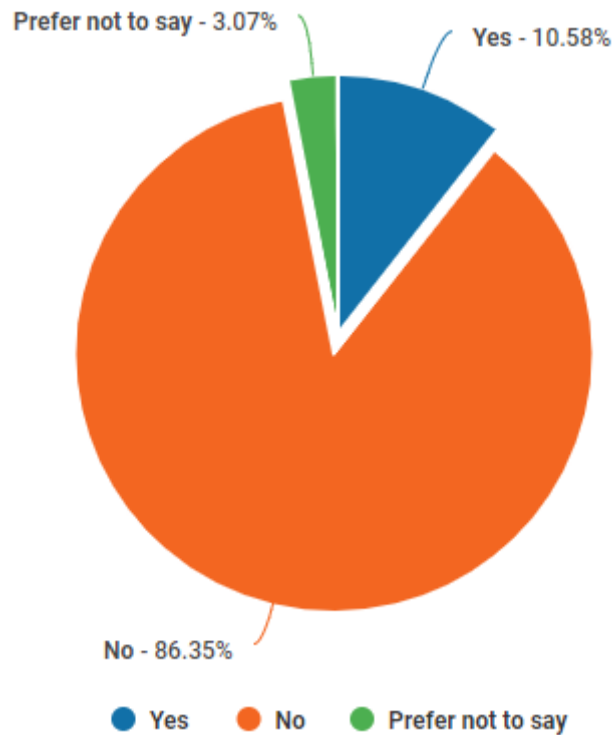


### 4. Which of these best describes your ethnicity?



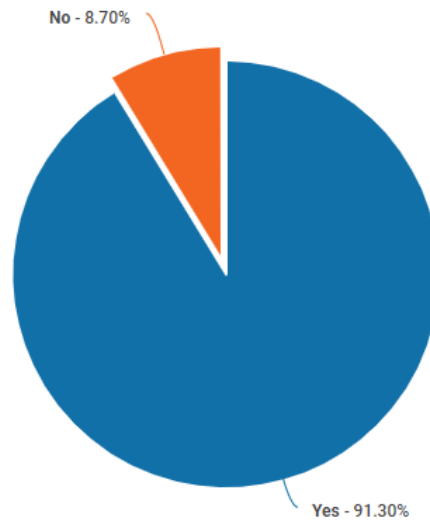


**5. Would you consider yourself to have a disability? (Described in the Equality Act 2010 as ‘a physical or mental impairment’ of which has a ‘substantial and long-term adverse effect on your ability to carry out normal day-to-day activities)**

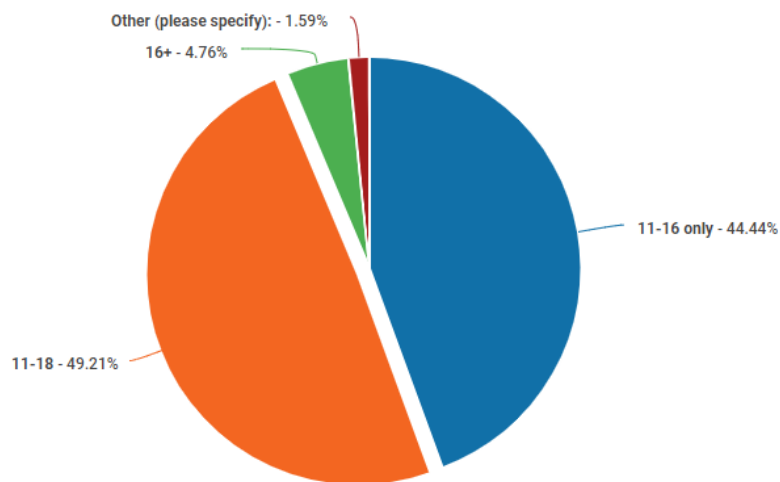


## Data analysis – education staff questionnaire

### 1. Do you work in a high school or sixth form/further education setting?



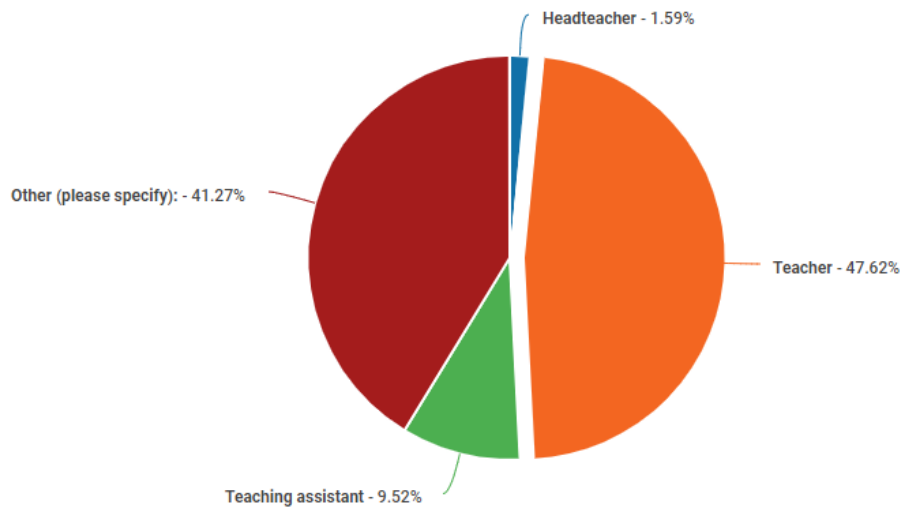
### 2. What are the ages of children in your setting?



If the respondent selected 'other', they were asked to specify.

Number of free text comments: 1	
Theme	Number of comments
4-19	1

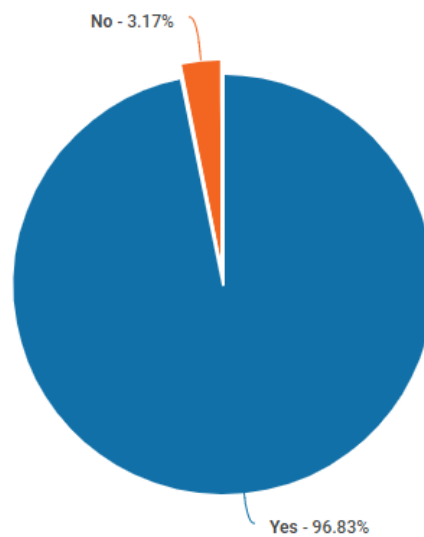
### 3. What is your role?



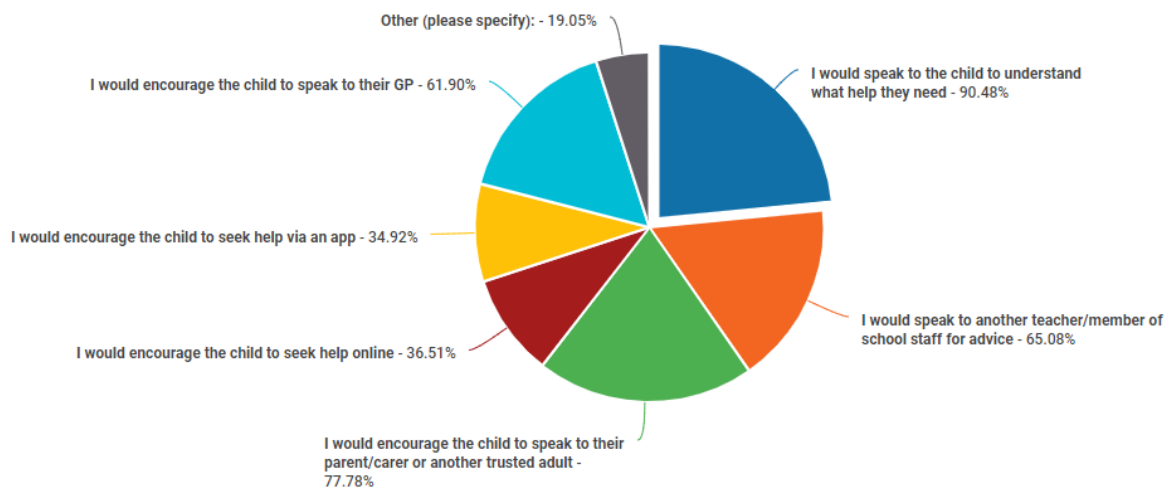
If the respondent selected 'other', they were asked to specify.

Number of free text comments: 25	
Theme	Number of comments
Senior leader	9
Pastoral/support	9
Other	7

### 3. If you thought a child in your setting was struggling with their mental health, would you feel comfortable talking to them about it?



**4. If you knew a child in your setting was struggling with their mental health, how would you respond? (select all that apply)**



If the respondent selected 'other', they were asked to specify.

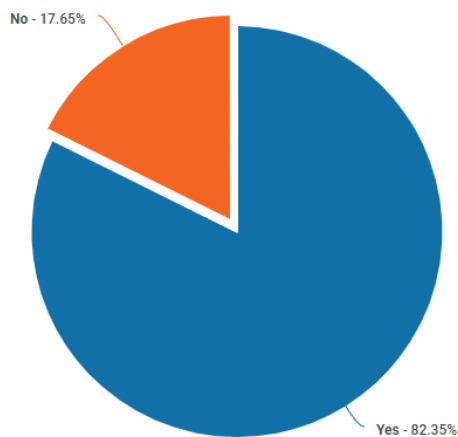
Number of free text comments: 12	
Theme	Number of comments
Contact home	6
School counselling support	5
Miscellaneous	1

**5. Have you heard of the Healthy Young Minds website?**



If the respondent answered yes, they were asked the following questions.

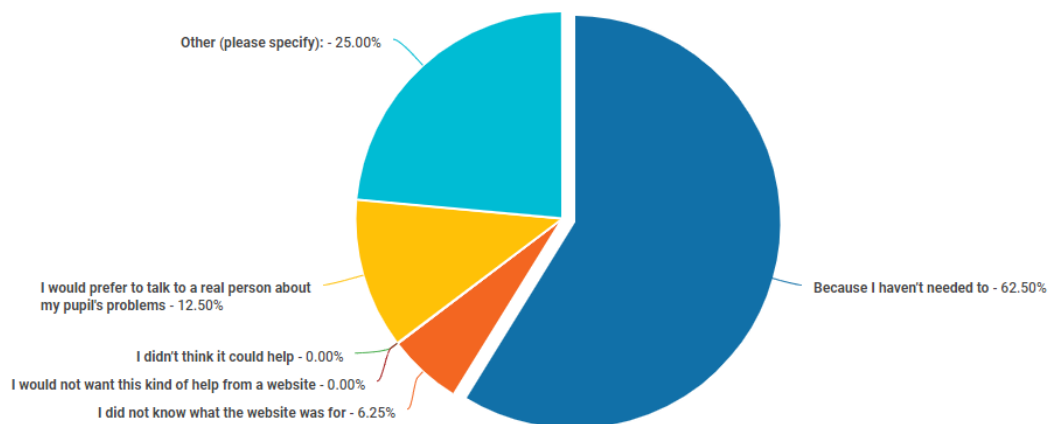
5a. Did you know Healthy Young Minds is a dedicated mental health and wellbeing support website for children and young people living in Lancashire and South Cumbria?



5b. Have you ever visited the Healthy Young Minds website?



If the respondent answered no, they were asked why not.

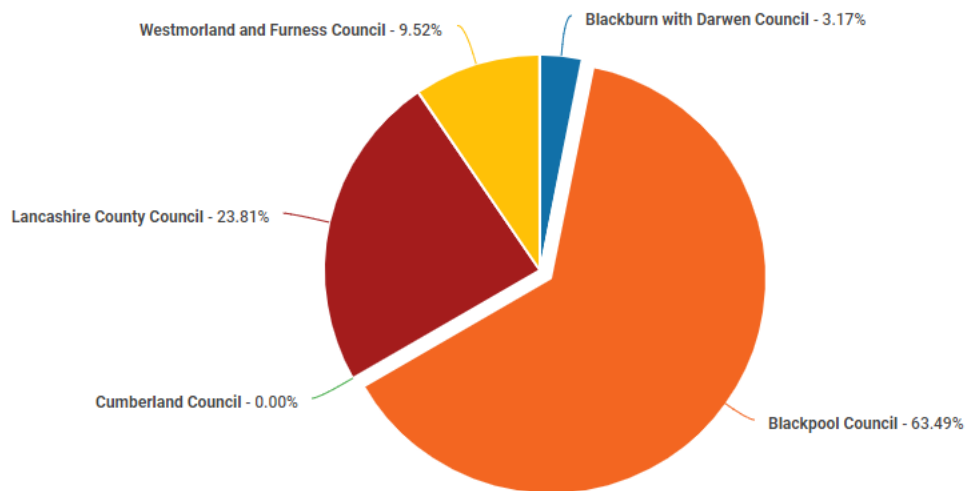


If the respondent selected 'other', they were asked to specify.

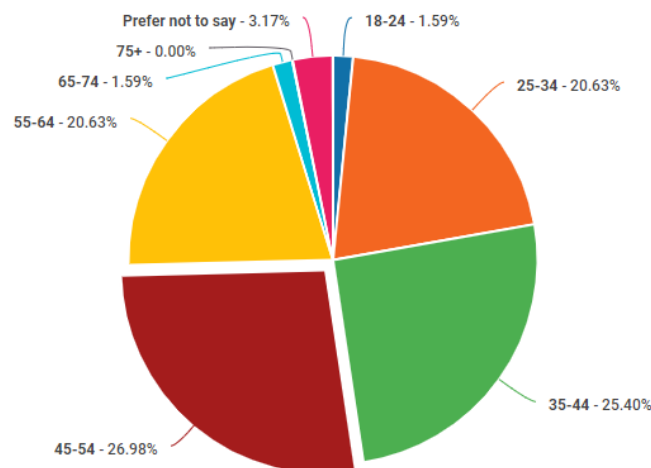
Number of free text comments: 4	
Theme	Number of comments
Haven't thought to	2
'Have heard it's hard to use and out of date'	1
'I would have passed the child on to the pastoral team'	1

## Equality monitoring

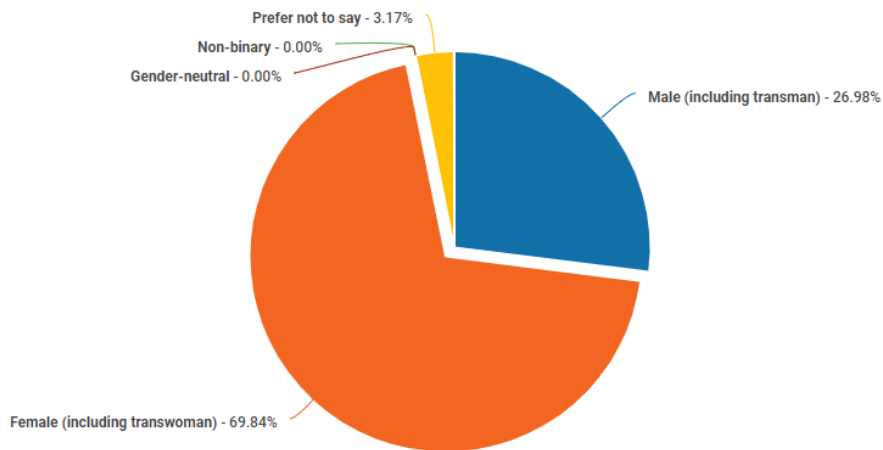
### 1. Which local authority area does your setting fall under?



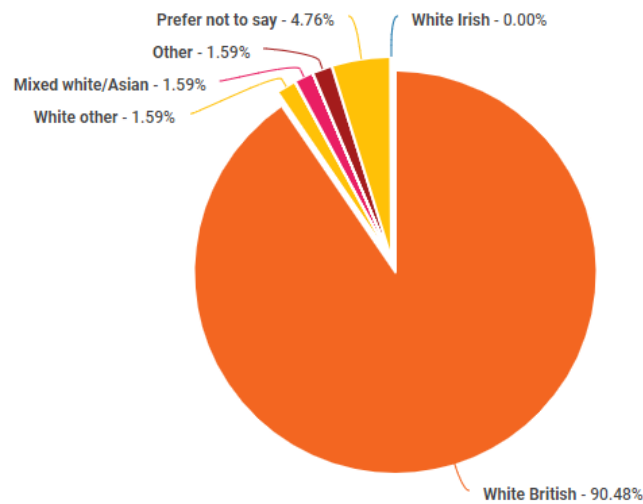
### 2. What is your age?



### 3. Which of these best describes you?



### 4. Which of these best describes your ethnicity?



### 5. Would you consider yourself to have a disability? (Described in the Equality Act 2010 as 'a physical or mental impairment' of which has a 'substantial and long-term adverse effect on your ability to carry out normal day-to-day activities')

