

We want to know what's going well and what could be better when using community mental health support?



This is an easy read survey of people's experience of using Community Mental Health support.



Who are we



Inclusion North stands for voice, inclusion and rights for autistic people, people with a learning disability and their families.

About this survey



We would like to speak to adults and their families who are using community mental health services to hear about their lived experiences and learn what is going well and what could be better.



With this information we will write a report and send it to the Integrated Care Board. The Integrated Care Board make the rules and decisions to improve community support.



Please complete the survey before **Friday 31**st **October 2025** to help us learn what needs to change in the community for everyone to get the right support.



This is an easy read survey for autistic people, people with a learning disability, families and carers who have experience of using community mental health services.



If you have any questions about this survey, please contact Courtney

Email: Courtney.Cooper@inclusionnorth.org

Telephone: 07572315094



How do I fill this survey in?



Email



You can fill this survey in on a computer, table or phone.

You can email it to us.

Email: Kimberly.Bellhouse@inclusionnorth.org



Post

You can print this survey off or ring and ask us to send you a paper copy.

Telephone: 0113 2444792



You can post it us.

Address: Kimberly Bellhouse, Inclusion North, Suite 12a, Unity Business Centre, 26 Roundhay Road, Leeds, LS7 1AB



How can I see what you have learnt?

Please visit Inclusion Norths website to see the report on **Monday** 15th December.

Website: https://inclusionnorth.org/



There are 11 questions in total

Question 1

Please tick a box

Which service have you used?



Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust
Tees Esk and Wear Valley NHS Foundation Trust
Other



Question 2 Tell us who you are?

Please tick a box

I have used community mental health services
I am a family carer

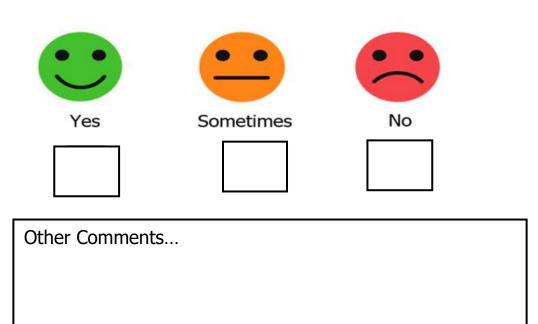


Do you know where to go to ask for help?

Yes	Sometimes	No
Other Comments		



Question 4
Have you received support when you asked for it?





How long have you waited to be supported?

Monday Tuesday Wednesday Thursday Friday Saturday Sunday	May August Concernous	20 ²¹ 2022 2025 20 ₂₃ 2024
Weeks	Months	Years
Other Comn	nents	



Question 6

Do you think information you have been given is accessible?

This could be the way people speak to you, give you documents or leaflets to read.

Yes	Sometimes	No	
Other Con	nments		



Do you feel involved with decision about your mental health?

This could be about appointments, medications and support you get.

Yes	Sometimes	No	
Other Com	ments		



Question 8

Have you been diagnosed with a mental health condition. If yes, do you agree with this diagnosis?

Yes	No	
Other Com	ments	

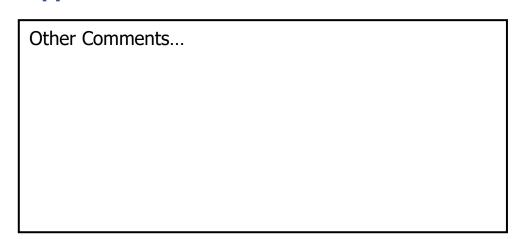


How do you feel?

	Lonely	Worried	Confused
	Tired	Angry	Let down
	Sad	Нарру	Empowered
600	Calm	Excited	Hopeful
	Positive	Supported	Respected
	Other Comme	nts	



What is going well with community mental health support?





Question 11

What could be going better with community mental health support?

Other Comments...



End of Survey

Thank you for your time.