

Providing a primary care mental health service for adults in Leeds

**Tell us what you think**



An EasyRead version

**We want to know what people think about primary care mental health services in Leeds. What you tell us will help to design a new system which works better for local people.**



Primary care means the care that you get from your GP, practice nurse, pharmacist and so on.



They are the first place you go to for advice and support with your health.



They can also help if you are feeling low, anxious or upset.



Your GP practice can refer you to mental health services to get the help you need.

There are 3 different primary care mental health services in Leeds.

## Improving Access to Psychological Therapies (IAPT)



This helps people with common mental health problems such as depression or anxiety. It gives people the support they need to overcome mental illness.



In Leeds IAPT is provided by:

Leeds Community Healthcare  
(LCH) NHS Trust

Community Links  
Northpoint Wellbeing  
Touchstone



Together these are called the Leeds IAPT Partnership. You can find out more online at <https://www.england.nhs.uk/mental-health/adults/iapt/>

## Primary Care Mental Health Liaison Service



This is for people whose needs can't be met by IAPT. Only some GP practices in Leeds can provide it.

It is provided by NHS Leeds and York Partnership Foundation Trust (LYPFT) and Northpoint Wellbeing.

## Support for women who are pregnant and up to one year after birth



This is provided by the Women's Counselling and Therapy Service and Homestart.

In April 2008 the three local Clinical Commissioning Groups (Leeds West, Leeds North and Leeds South and East) merged into NHS Leeds CCG.

We want to commission a single primary care mental health service for Leeds from 1st October 2019. We think this will make services easier to understand and access.

Please help us by filling in this survey. The closing date is 30th September 2018.

## The Survey

1. Which of these best describes you? Please tick.

- I have never used primary care mental health services.
- I have been referred to primary care mental health services, or I have tried to use mental health services, but have not used them.
- I have used primary care mental health services.  
If yes, please tell us which one.
  - IAPT  
(Improving Access to Psychological Treatment)
  - Primary Care Mental Health Services at my GP practice
  - Support whilst I was pregnant or after giving birth. This might have been from Women's Counselling and Therapy Service or Homestart.
- I am the carer or partner of someone who has used mental health services. If yes, please tell us which one they used.
  - IAPT  
(Improving Access to Psychological Treatment)
  - Primary Care Mental Health Services at their GP practice
  - Support whilst they were pregnant or after giving birth. This might have been from Women's Counselling and Therapy Service or Homestart.

2. How easy is it to get information about primary care mental health services in Leeds?

- Very easy
- Easy
- Difficult
- Very difficult
- I'm not sure

3. How would you like to use mental health services in Leeds?

- Through my GP
- Through a voluntary organisation or charity
- Online using a NHS site such as Leeds Community Healthcare
- Online using a website such as Mindwell

Other - please tell us how.

4. Which of these are most important for you?

Please tick three boxes.

- How long you have to wait for first appointment
- Being contacted by the service while you are waiting for your first appointment
- Being able to get therapy online
- Friendliness of the staff
- How good the service is overall
- Where the service is based
- The times the service is available
- How easy it is to get referred to the service
- What happens at the end of your treatment
- Whether there is childcare available
- Whether you can refer yourself, and not need to be referred by a doctor or professional
- The service uses different types of treatment which meets your needs

Why are they the most important?

5. What do you think might stop people from using mental health services?

Please tick 3 boxes.

- Not realising they need help
- Not feeling comfortable about getting support
- A bad experience when using mental health services in the past
- They need to care for someone else, such as children
- They don't know where to find the help they need
- It takes too long to get a first appointment
- They don't think the service will do a good job
- The times the service is open
- Where the service is

Other - Please tell us what

6. What do you think makes a good mental health support worker?

Please tick three boxes.

- They treat you with respect and dignity
- They listen to you
- They help with your medication
- They are someone you feel confident in
- They can help you get support from other services

7. If you have used or been referred to primary care mental health services, how happy were you with the service you got?

- Very happy
- Happy
- Unhappy
- Very unhappy
- Not sure

Please tell us more about your answer

8. If you have used or been referred to primary care mental health services is there anything you would change?

9. Have you used a social prescribing service such as PEP, Connect For Health or Connect Well?

- Yes
- No
- Not sure

10. Is there anything else you would like to say about primary care mental health care services in Leeds?



## Find out more

If you want to see a copy of the engagement report and see what other people have said, please fill in your contact details below.

We will keep your contact details separate from your answers. We will keep your contact details securely, and only use them for the engagement report. We will only keep your contact details for one year.

If you have given personal information in your answers in the survey it might mean that you could be identified.

You do not have to give us your contact details if you do not want to. Just leave this part blank.

Name .....  
Address .....  
Email .....  
Telephone .....  
GP practice .....

If you want to know more about changes to local health services in the future, you could join our Clinical Commissioning Group (CCG) Network.

I would like to know more about future changes to my local health services

How did you hear about this survey?

- Social media
- CCG website
- Voluntary Action Leeds
- A voluntary sector organisation
- NHS Trust
- At an event, such as a drop-in event
- Other

## 4. Equality Monitoring

It would be helpful if you could share some information with us so we can ensure we are hearing from a range of people who access health care in Leeds. Your information will be treated confidentially and individual information will not be shared or published. Any information you provide here will be anonymous and kept separately from any personal information you might have provided.

### 12. Please tick here if you would prefer not to answer any of the equality monitoring questions

- I would prefer not to answer any of the equality monitoring questions

### 13. What is the first part of your postcode? e.g. LS28, LS13

### 14. What is your age?

- Under 16    16-25    26-35    36-45  
 46-55    56-65    66-75    76-85  
 86+    Prefer not to say

### 15. Are you disabled?

(The Equality Act 2010 defines disability as 'a physical, sensory or mental impairment which has, or had a substantial and long-term adverse affect on a person's ability to carry out normal day to day activities'.)

- Yes    No    Prefer not to answer

### 16. If yes, what type of impairment? (tick all that apply)

- Long standing illness  
 Physical impairment  
 Learning disability  
 Mental health condition  
 Hearing impairment (such as deaf or hard of hearing)  
 Visual impairment (such as blind or partially sighted)  
 Prefer not to answer  
 Other (please specify):

### 17. What is your ethnic background?

- White British  
 White Irish  
 Gypsy and Irish Traveller  
 Mixed White & Black Caribbean  
 Mixed White and Black African  
 Mixed White & Asian  
 Asian/Asian British Indian  
 Asian/Asian British Pakistani  
 Asian/Asian British Bangladeshi  
 Black/Black British Caribbean  
 Black/Black British African  
 Chinese  
 Arab  
 Prefer not to answer  
 Other (please specify):

### 18. What is your gender?

- Female    Male    Prefer not to say  
 Non-binary (any gender identity which doesn't fit the male and female binary)

### 19. Is your gender identity different to the sex you were assumed to be at birth?

- Yes    No    Prefer not to say

### 20. Pregnancy and maternity

(The Equality Act 2010 protects women who are pregnant or have given birth within a 26 week period)

#### Are you pregnant at this time?

- Yes    No    Prefer not to say

#### Have you recently given birth (within a 26 week period)?

- Yes    No    Prefer not to say

### 21. What is your religion or belief?

- Buddhism    Christianity  
 Hinduism    Islam  
 Judaism    Sikhism  
 No religion  
 Prefer not to say  
 Other (please specify):

### 22. What is your sexual orientation?

- Heterosexual/straight (opposite sex)  
 Lesbian/gay woman (same-sex)  
 Gay man (same-sex)  
 Bisexual (both sexes)  
 Prefer not to say  
 Other (please specify):

### 23. What is your relationship status?

- Marriage/civil partnership  
 Live with partner  
 Single  
 Widowed  
 Divorced  
 Prefer not to say  
 Other (please specify):

### 24. Are you a carer?

- Yes    No    Prefer not to say