# Community Mental Health Survey 2021

**1. One Northern Devon Community Mental Health Survey 2021**

One Northern Devon would like to understand what type of things - if they were available in your community - could help improve mental health and wellbeing. The survey takes only minutes to complete and we hope as many people take part as the results will be used to identify what provision is needed and then to work towards developing that provision. All responses are anonymous but if you would like us to get in touch please provide your contact details at the end of the survey.

### 1. 1. Are you completing this questionnaire as an individual or for an organisation? ****\*****

|  |  |
| --- | --- |
|  | Individual |
|  | Organisation |

(If an organisation please go to question 13)

### 2. What is your postcode? ****\*****

|  |
| --- |
|  |

### 3. What age group do you fit in to? ****\*****

|  |  |
| --- | --- |
|  | Under 18 |
|  | 18 - 34 |
|  | 35 - 54 |
|  | 55 - 74 |
|  | 75+ |

### 4. During the Covid 19 pandemic, has your level of anxiety or mood been affected? ****\*****

|  |  |
| --- | --- |
|  | Yes |
|  | No |

### 5. Have you had any of the following feelings during the last year? ****\*****

|  |  |
| --- | --- |
|  | Anxiety |
|  | loneliness or isolation |
|  | Depression |
|  | Extreme worry |
|  | Bereavement |
|  | Insomnia |
|  | Fear of the future |
|  | Feelings of not being able to cope |
|  | Lack of self-confidence/self-esteem |
|  | Feeling stressed |
|  | Other |
|  | None of the above |

### 6. Have you participated in any groups or activities in the last year which may have helped your mental wellbeing? ****\*****

|  |  |
| --- | --- |
|  | Yes |
|  | No |

### 7. If so, were these activities and where were they held?

|  |
| --- |
|  |

### 8. What activities/groups or support do you think would help your future mental wellbeing? ****\*****

|  |
| --- |
|  |

### 9. Would you be interested in attending a local group with other people who are experiencing similar issues? ****\*****

|  |  |
| --- | --- |
|  | Yes |
|  | No |

### 10. Would you be interested in being part of a focus group to discuss support for mental wellbeing provision within your community? ****\*****

|  |  |
| --- | --- |
|  | Yes |
|  | No |

### 11. Do you want talk to someone who can provide you with information about what is available in your area relating to mental wellbeing? ****\*****

|  |  |
| --- | --- |
|  | Yes |
|  | No |
|  | If no, end of survey |

### 12. Please add your details below and your local One Community Developer will be in contact shortly

|  |  |  |
| --- | --- | --- |
| Name | |  | | --- | |  | |
| Email | |  | | --- | |  | |
| Address | |  | | --- | |  | |
| Telephone number | |  | | --- | |  | |

### 13. What is the name/title of your group/organisation? ****\*****

|  |
| --- |
|  |

### 14. What age groups do you provide support for? ****\*****

|  |  |
| --- | --- |
|  | 17 or younger |
|  | 18-29 |
|  | 30-59 |
|  | 60 or older |

### 15. How do you provide your services? (Please tick all that apply) ****\*****

|  |  |
| --- | --- |
|  | Face to face |
|  | Online |
|  | Groups |
|  | Individuals |
|  | Information only |
|  | On hold due to current restrictions |
|  | Other (please specify):   |  | | --- | |  | |

### 16. What type of service/activity/support do you provide in relation to mental wellbeing issues? (Tick all that apply) ****\*****

|  |  |
| --- | --- |
|  | Social activities |
|  | Cultural activities |
|  | Physical activities |
|  | Access to green or blue spaces |
|  | Psychological support |
|  | Mindfulness |
|  | Formal mental health services (allied to DPT or NHS services) |
|  | Financial /Money management support |
|  | Workplace support |

### 17. How/where do you promote your services or activities?

|  |
| --- |
|  |

### 18. Do you feel that there are gaps in provision in your community which could be filled to support people with mental wellbeing issues? ****\*****

|  |  |
| --- | --- |
|  | Yes |
|  | No |

If yes, please state what the gaps are

|  |
| --- |
|  |

### 19. Is there any support your service, group or organisation needs to be able to support people with mental wellbeing issues? ****\*****

|  |  |
| --- | --- |
|  | Mental Health training/awareness |
|  | Promotional help |
|  | None |
|  | Other (please specify):   |  | | --- | |  | |

### 20. Would you be interested in joining a steering group/networking group to look at wider issues of mental wellbeing within your community? ****\*****

|  |  |
| --- | --- |
|  | Yes |
|  | No |

### 21. Please could you provide us with the following details and we will be in contact with you about your participation in a wider group/network to discuss mental wellbeing issues within the community.

|  |  |  |
| --- | --- | --- |
| Name | |  | | --- | |  | |
| Email | |  | | --- | |  | |
| Address | |  | | --- | |  | |
| Telephone number | |  | | --- | |  | |

**6. End of the Survey**

Thank you for your participation in this survey. If you would like further information about what is available in your local area or to speak to someone about activities/support or resources for mental health issues you can contact your local One Community Developer

|  |
| --- |
| [One South Molton](mailto:cassandra.chan@northdevon.gov.uk?subject=OND%20Mental%20Wellbeing%20Survey) - Cassandra Chan |
| [One Atlantic (Bideford and surrounding area](mailto:lara@ttvs.org.uk?subject=OND%20Mental%20Wellbeing%20Survey)) - Lara Eley |
| [Holsworthy and District Community Forum](mailto:bridget@ttvs.org.uk?subject=OND%20Mental%20Wellbeing%20Survey) - Bridget Cordory |
| [One Barnstaple](mailto:community-developer.onebarnstaple@ndvs.org.uk?subject=OND%20Mental%20Wellbeing%20survey%20) -  Ella McCann |
| [One Ilfracombe](mailto:charmain.lovett@northdevon.gov.uk?subject=OND%20Mental%20Wellbeing%20Survey) - Charmain Lovett |
| [Torrington 100](mailto:Martin@ttvs.org.uk?subject=OND%20Mental%20Wellbeing%20survey) - Martin Rawle |
| [Live Well in Braunton](mailto:connect@livewellinbraunton.co.uk?subject=OND%20Mental%20Wellbeing%20Survey) - Sophie Heaton |