

# Young People's Views about Wellbeing in East Northamptonshire

February 2023



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## Summary



Young Healthwatch Northamptonshire conducted a brief survey during 2022 asking 11-to-19-year-olds in East Northamptonshire about their physical health, lifestyle, and emotional health.

The survey included questions about how young people engage with leisure activities locally. The survey asked young people about their health and habits, and the health and emotional issues they think affect young people.

It gave young people a chance to let us know what works for them and what they would like to see changed. 28 people responded to the survey between March 2020 and September 2022. All respondents were between 11 and 19 years old and lived in the East Northants area. All figures given are percentages of the answers received for each question, unless otherwise specified.

## Commissioner/provider response:

*'It is widely acknowledged that the early years of a child or young person's life will affect their health and care outcomes for life and how a range of factors, including health, education, community and family life, contribute to a child's sense of health and wellbeing. We believe that the best way to fully understand these factors is through the voice of our county's children and young people. Engagement with our young people is central to our work in delivering better health outcomes and as such we welcome the publication of this report. It provides us with a powerful lens through which to reflect, focus and plan our work and many of the themes hi-lighted within the report; will be pivotal in addressing priority areas (including those outlined in the Northamptonshire Children and Young Peoples Mental Health Local Transformation Plan) and in the development of effective co-produced services and initiatives that best meet our children's needs.*

*We would like to extend special thanks to the young people involved in this valuable piece of work and to congratulate you all on your tenacity in completing it during such an unprecedented time of challenge for all.'*

*Sian Heale*

*Senior Transformation Officer on behalf of the Northamptonshire Integrated Care Board*

## Key Findings

### Healthy lifestyle

- Three-quarters of the survey respondents (21 people) rated their lifestyle as 3 or above. (*1 being 'not very healthy' and 5 being 'very healthy'*).
- 18 respondents (64%) said they consumed three or more portions of fruit or vegetable a day, with nearly half (13 respondents; 46%) consuming three portions a day.
- 18 respondents (64%) told us that they had four or more days where they got at least 60 minutes of exercise a day. Less than a quarter (six respondents; 21%) told us that they had one or less days during the week where they got at least 60 minutes of exercise.
- A higher proportion of respondents do not participate in a sports team or exercise class than those they do (18 respondents, 64% do not and ten respondents, 36% do participate).

### Leisure Centre

- 17 young people (61%) told us that they are aware that their local leisure centre offer activities for young people. 11 people (39%) did not have awareness of this.
- Less than half (13 respondents; 46%) felt something stopped them using their local leisure centre. Seven of these respondents told us that the venue was not nearby, and the costs and transport were barriers for them.
- Nearly half of young people (12 respondents; 46%) use social media to ascertain what activities are happening in their local area.
- Additionally, seven young people (27%) used Google; six people (21%) relied on word of mouth and/or information from family and friends and one person (4%) used the library in order to learn about local activities.

### Spare time

- The most popular spare time activities include: listening to music and watching TV or films (both received 21 responses; 75% of all responses).
- Reading, using social media and cooking each accounted for 13 responses (46%).

### Coping with life

- The highest proportion of responses for coping strategies when life feels difficult was found to be listening to music (19 responses; 68% of responses).
- Respondents also mentioned talking to someone they trust (13 responses, 46%); talking to a parent or carer (12 responses, 43%); talking to friends (11 responses, 39%) and doing an activity they enjoy (11 responses, 39%).



## Seeking emotional support

- A similar proportion of respondents answered 'yes' and 'no' to having required services to manage emotional health (yes: 13 people, 46%; no: 15 people, 54%).
- The services that young people accessed most frequently for this support was: counselling services (e.g., Service Six), GPs and Child and Adolescent Mental Health Service (CAMHS); where each of these services received seven responses (25% of responses).
- The difficulties that respondents experienced were mostly long waiting times (seven responses; 44% of all responses) and poor availability outside school hours (six responses; 38% of all responses).
- Respondents were asked which services they found helpful and unhelpful. They told us that online support services (seven responses; 88% of responses for this question) and counselling services (six responses; 67%) were the most helpful. GPs (six responses; 55% of response for this question) and CAMHS (Child and Adolescent Mental Health Service) (five responses; 50%) were viewed to be the least helpful.
- A considerable proportion of young people said that they find one-to-one support with a professional (12 responses; 46% of answers), and participating in exercise, (11 responses; 42% of answers) were ways to enable them to feel better.
- Receiving text messages was a preferred method for receiving support (ten responses; 38% of answers). Additionally, face-to-face appointments (nine responses; 35 % of answers) and face-to-face drop-ins (eight responses; 31% of answers) were also seen as ways to receive support.
- Young people responded to say that when dealing with difficult emotions, counselling services and online support would be what they choose (ten responses and 38% of responses). Nine young people chose school as a source of support (35% of responses).

## Friends who have self-harmed

- 16 respondents answered, 'yes' when asked if they suspected a friend had self-harmed (59% of all responses) and nine answered 'no' (33% of all responses). Two young people did not wish to disclose this information.
- 12 young people (75% of responses) said they spoke to someone about this concern and four people (25% of responses) said they did not speak to anyone.
- When asked who they spoke to, 11 young people responded and over a quarter (3 responses; 27% of responses) said they spoke to a teacher. The response rate was the same for a parent or carer.
- Young people also mentioned contacting the following sources of support in smaller amounts: mental health services, friends, support workers at schools and accessing online support.
- Six people (60% of responses) found the response helpful when talking to someone about the self-harm; one person (10% of responses) found the response unhelpful and three people (30% of responses) did not wish to disclose this information.

## Recommendations

Taking into account the limitations of the project and the relatively small number of respondents, it is difficult to make definitive recommendations for commissioners and providers of children's services in East Northamptonshire.

However, one of the issues that is highlighted is the long waiting times and poor availability of support services out of school hours. Furthermore, over half of respondents answered 'yes' to suspecting a friend was self-harming. Such a high number within a small group of respondents highlights this as a continuing red flag, as does the number of young people admitted to A&E.

Teachers and parents, followed by counselling services (e.g., Service Six) are the top three choice for young people to approach to discuss issues with and therefore should continue to be where resources are focussed to support the mental health and wellbeing of young people going forward.

## Background

Young people's mental health is extremely important. Mental health issues affect many people. One in four people will suffer from some sort of mental health illness at some stage of their life, including young people. The demands on young people today have never been as high; from social media to exams to relationships. Many of these issues lead to poor health and wellbeing and the need for more and more support services. Combined with this is young people living in areas of deprivation, which can be both social and financial deprivation and/or multiple deprivations, where they are exposed to poor diets, smoking and other substances, along with a lack of exercise and health inequalities are at more risk.

According to the Mental Health Foundation 75% (<https://www.mentalhealth.org.uk/>) of children and young people who experience mental health problems are not getting the help they need.

There are two aspects to wellbeing which are:

- Emotional wellbeing
- Physical wellbeing

Good mental health helps them develop the resilience to cope with whatever life throws at them and grow into well-rounded, healthy adults.

*Things that can help keep children and young people mentally well include:*

- Being in good physical health, eating a balanced diet and getting regular exercise.
- Having time and freedom to play, indoors and outdoors.
- Being part of a family that gets along well most of the time.
- Going to a school that looks after the wellbeing of all its pupils.
- Taking part in local activities.
- Feeling loved and trusted.
- Feeling understood and safe.

Children who are optimistic and resilient; have some control over their lives and feel like they belong are more likely to have good mental well-being. Most children grow up mentally healthy, but surveys suggest that more children and young people have problems with their mental health today than 30 years ago.

There are several factors that can trigger mental health problems for children and young people, these can include traumatic events, changing schools, moving house or the birth of a new sibling. Everyone is different and deals with the same situation differently. This could mean when starting a new school, some young people can feel excited and for others this could make them feel anxious and nervous. Teenagers often experience emotional turmoil as their minds and bodies develop. Working out and accepting who you are is important to growing up. Some young people find it hard to make this transition to adulthood and may experiment with alcohol, drugs or other substances that can affect mental health.

*Some young people are more likely to experience mental health problems than others. The factors that are included are:*

- Having a long-term physical illness.
- Having a parent who has had mental health problems, problems with alcohol or has been in trouble with the law.
- The death of someone close to them.
- Parents who separate or divorce.
- Experiencing severe bullying, physical or sexual abuse.
- Poverty or homelessness.
- Experiencing discrimination
- Caring for a relative, taking on adult responsibilities.
- Having long-lasting difficulties at school.

Certain risk factors can make some children and young people more likely to experience mental health problems than others. However, experiencing them does not mean a child will definitely or even probably - go on to have mental health problems.

Mental health problems that commonly occur in children are depression, self-harm, Generalised anxiety disorder (GAD), Post-Traumatic Stress Disorder (PTSD), Attention Deficit Hyperactivity disorder (ADHD) and eating disorders

Treatment for children and young people often involves discussing the problem to work out the best way to tackle it. For young children, this may be done through play. They may be referred to a specialist, such as a trained counsellor, to help them explore their feelings and behaviour. Medication may help in some cases but before this, young people must be assessed by a specialist. Young people have a right to privacy, if they do not wish to share with their families the conversations they have with professionals.

*The emotional wellbeing of children and young people is just as important as their physical health. Good mental health allows children and young people to develop the resilience to cope with whatever life throws at them and grow into well-rounded, healthy adults. This includes:*

- Being happy and confident and not anxious or depressed
- The ability to be autonomous, problem-solve and manage emotions
- Experience empathy, and be resilient and attentive



## Method

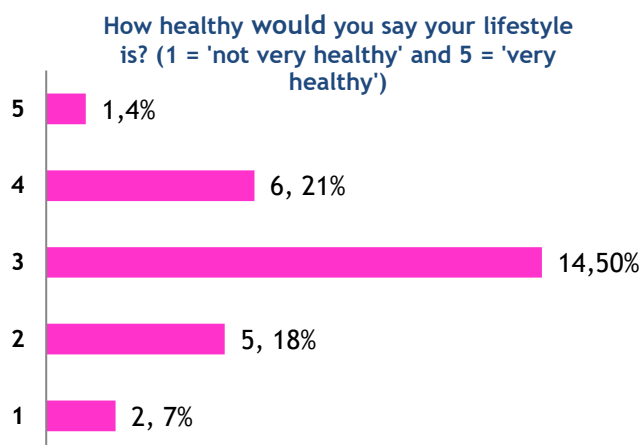
This project was originally scheduled for the Summer of 2020, however because of the pandemic this was put on hold until Summer 2022. Unfortunately, by then Healthwatch Northamptonshire's contract had been retendered and rebranded as Healthwatch North and West Northamptonshire and the original commissioners for the project, which were East Northamptonshire District Council and the East Northamptonshire Health and Wellbeing Fora, had also reorganised. We also lost a key member of the project team that supported Young Healthwatch, which meant that the engagement activities we would normally undertake to increase young people's engagement with the survey did not take place.

Therefore, the survey developed by members of Young Healthwatch Northamptonshire was carried out using Survey Monkey only. The survey was completely anonymous with no personal identifiable data recorded.

## What people told us?

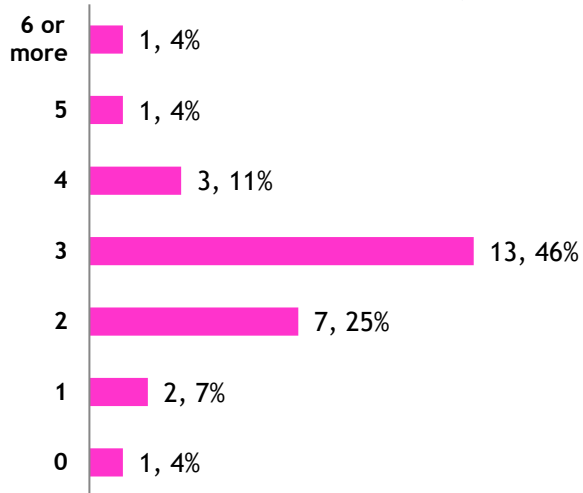
All figures given are percentages of the answers received for each question, unless otherwise specified.

### Healthy Lifestyle



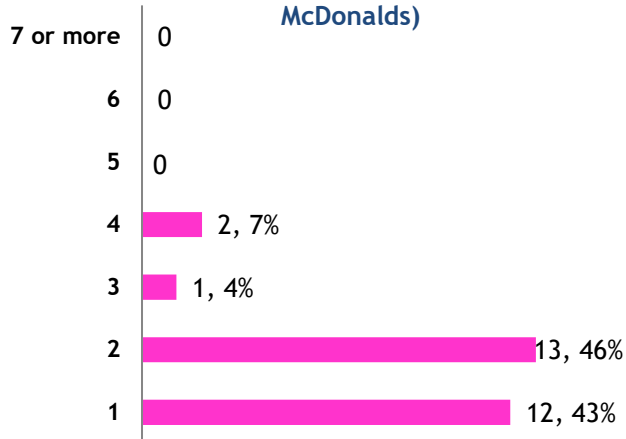
- 50% (14 respondents) answered with number 3, which is the average of a healthy lifestyle.
- 21% (six respondents) gave answer number 4, approaching the 'very healthy' category.
- 18% (five respondents) answered with number 2.
- 7% (two respondents) answered with number 1 and 'not very healthy'.
- 4% (one respondent) answered with number 5 and 'very healthy'.

How many portions of fruit/vegetable do you eat in a normal day? (one portion = a medium sized fruit/vegetable)



- The most popular answer was three portions of fruit or vegetable consumed a day - 46 % (13 respondents)
- 4% (one respondent) answered: none, five and six or more portions of fruit or vegetable a day.

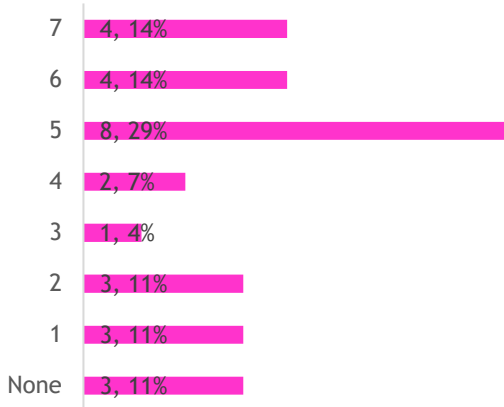
How many takeaways do you have in a normal week? (Including fast food, such as McDonalds)



- 89% consumed one or two takeaways per week.
- No one reported having five or more takeaways per week.

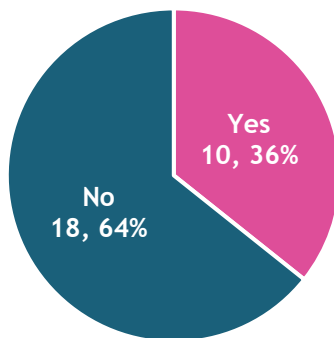
## Physical Activity

How many days in the last week did you get 60 minutes or more exercise or physical activity?



Over half of respondents (57%) said that they got at least 60 minutes exercise or physical activity five or more times a week.

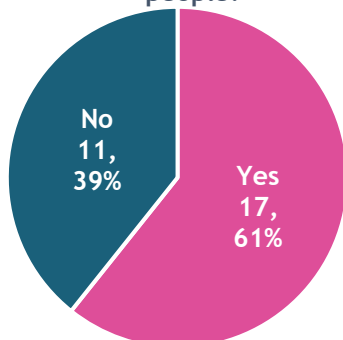
Are you part of a sports team or class that involves exercise?



Over half (18 respondents, 64%), answered 'no' to being part of a sports team or class that involves exercise.

## Leisure Centres

Do you know if your leisure centre offers lots of activities for young people?



More than half (17 respondents; 61%) are aware of activities at their leisure centre.

46% (13 respondents) told us that there are reasons that stop them from using their leisure centre and 54% (15 respondents) said there are no reasons for this. Barriers that stop young people using a leisure centre include:

*“Not having one that is local to me”*

*“I don't really like social stuff and haven't got much money, plus transport and time are an issue”*

*“I don't have time and I can't get there”*

*“Boring, friends don't want to go”*

*“Acute anxiety”*

Furthermore, ‘money’ and ‘ability to get there’ were frequently mentioned as barriers too.

We asked people where they would look for information about activities in their local area, and nearly half (12 respondents, 46%) said they used social media to discover this information. Seven respondents (27%) used Google and six respondents (21%) relied on word of mouth. A small proportion (one respondent; 4%) used the library to find information about local activities.

Some respondents gave more than one answer to this question and a selection of responses are as follows:

*“I would get my mum to look for me or else I would like my school to tell me”*

*“See if my mates are doing something”*

*“Hearing from friends; TikTok”*

Respondents frequently mentioned the following as means to finding out what activities are on in their area:

*“Insta”*

*“Social media”*

*“Google”*

*“Friends”*

*“Internet”*

## Spare Time

- Respondents were asked what they enjoyed doing in their spare time and asked to tick as many responses as they wished.
- The majority of respondents chose watching television or listening to music (21 responses; 75% for each activity).
- Reading, cooking, and using social media was also frequently mentioned (13 responses; 46%).
- Playing computer games accounted for over a quarter of the answers (8 respondents; 29%).

- Five respondents each ticked: sports club, dance, drawing and painting and crafting (18%).
- Three people mentioned youth clubs (11%) and two mentioned drama and playing a musical instrument (7%).

Other spare time activities include:

*“Walking and running”*

*“Seeing mates”*

*“Chilling with friends and family time”*

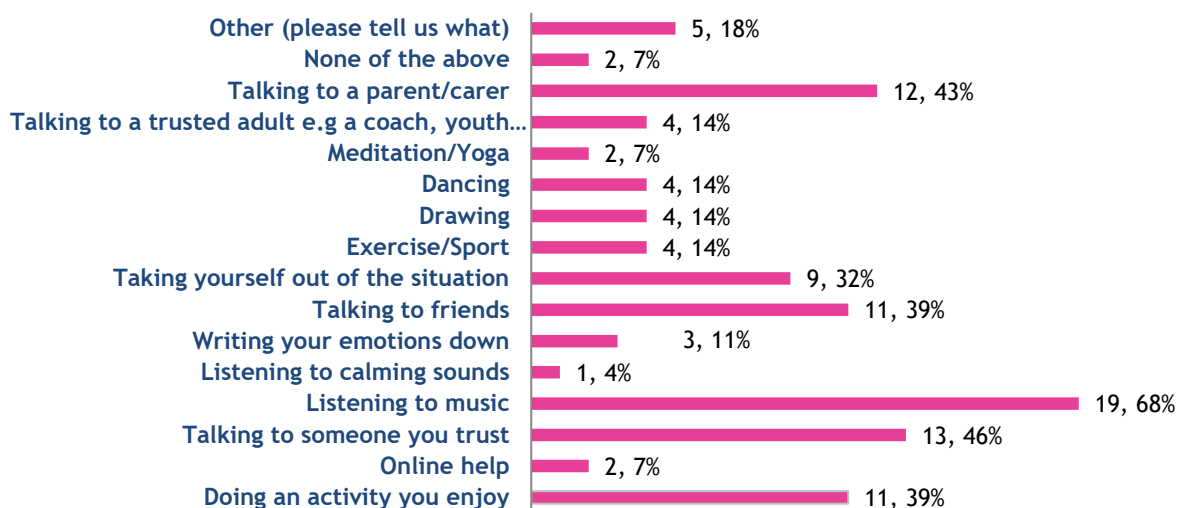
*“Hockey and poetry”*

*“horse-riding”*

## Coping with Life

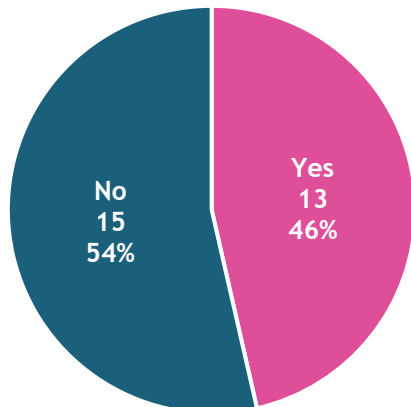
Young people use a variety of methods of coping when life feels difficult for them. Listening to music accounts for the highest proportion (19 respondents; 68%). Communicating about these difficulties is also something that young people find useful: talking to someone you trust (13 responses; 46%); talking to a parent/carer (12 responses; 43%) and talking to friends (11 responses; 39%).

When life feels difficult for you, what helps you deal with this?



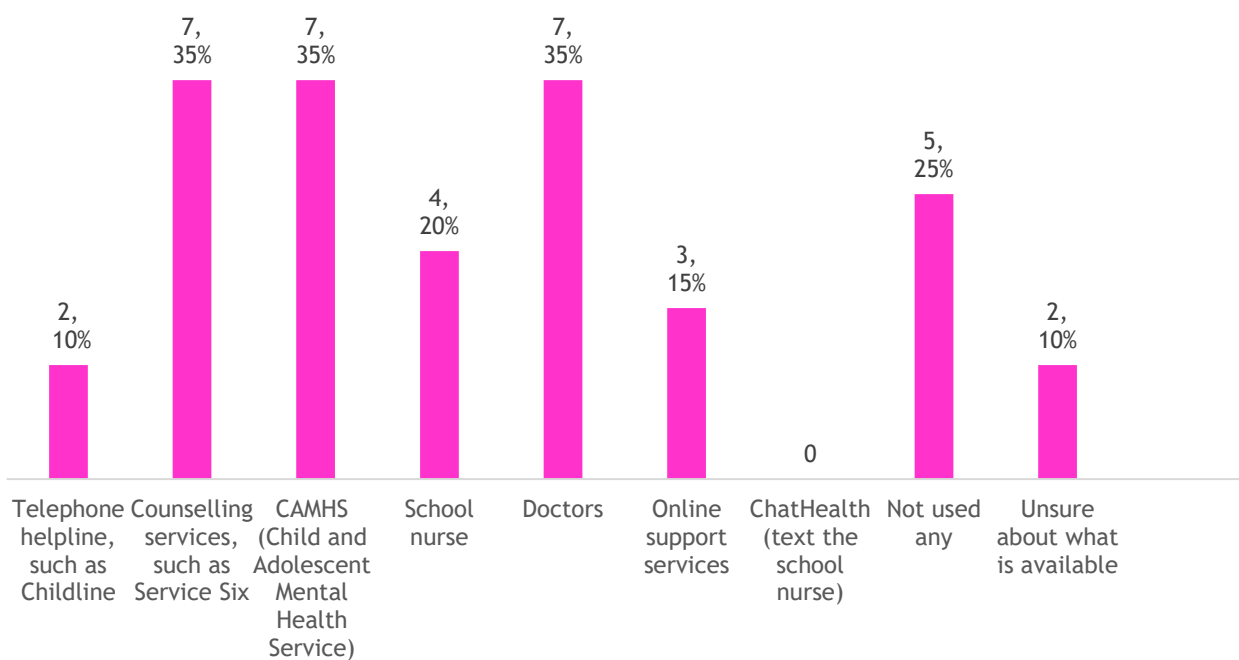


Have you ever needed to access any services to help you manage your emotional health?



Approximately equal proportions of young people have needed to access services to help them manage their emotional health to those who have not required this support.

Which service helped you manage your emotional health?



Young people mentioned a number of services they accessed. Over a third (7 responses for each; 35%) said counselling services; CAMHS (Child and Adolescent Mental Health Service) and doctors helped them manage their emotional health.

The quotes below illustrate difficulties that young people experience when accessing support:

*“Tried to reach out and no one helped me.”*

*“Long waiting times”*

*“The right service was not available”*

*“Only available in a setting I didn’t feel comfortable in”*

*“Wasn’t able to attend due to transport difficulties”*

*“Services don’t know about my issues”*

When asked to elaborate what was unhelpful about the services, the following responses were provided:

*“Doctor- went once, felt really awkward talking so it didn’t help”*

*“Lack of consistency when talking to counsellors. Appointments being cancelled. Long waits. GP gave me meds and made a referral, as I was ready to accept help, but the wait was too long, and I was in a different place”*

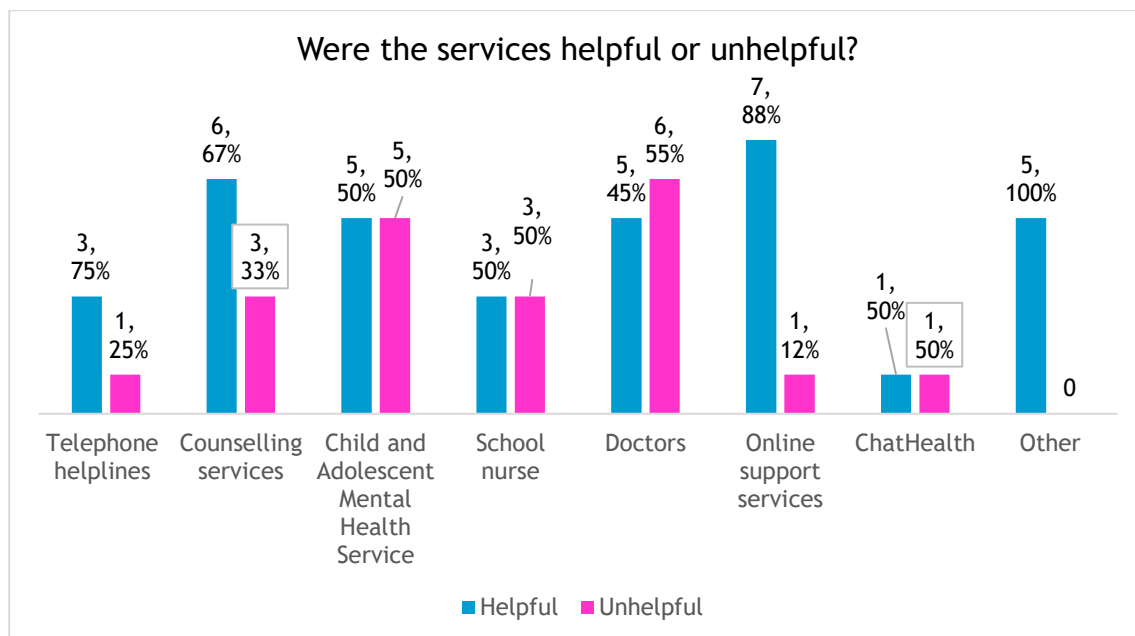
*“None of the advice has made me better”*

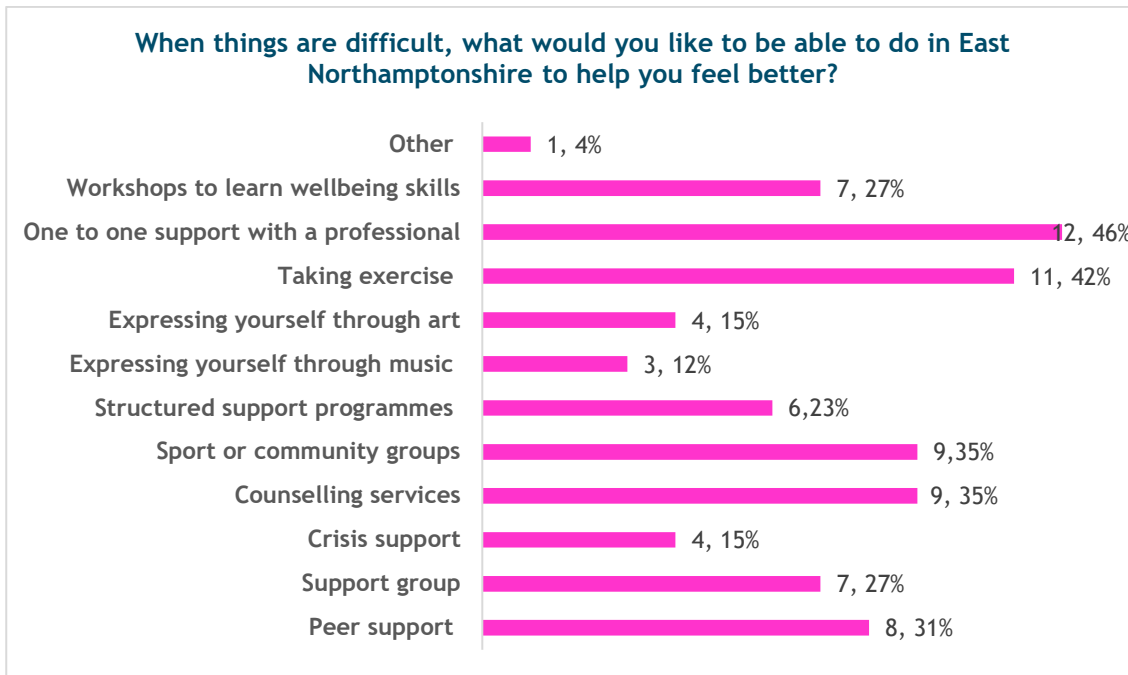
In contrast, the following comments illustrated what was found to be helpful about the services:

*“They listened to me and what I was feeling and what help I needed”*

*“It was all arranged, and I saw them in school”*

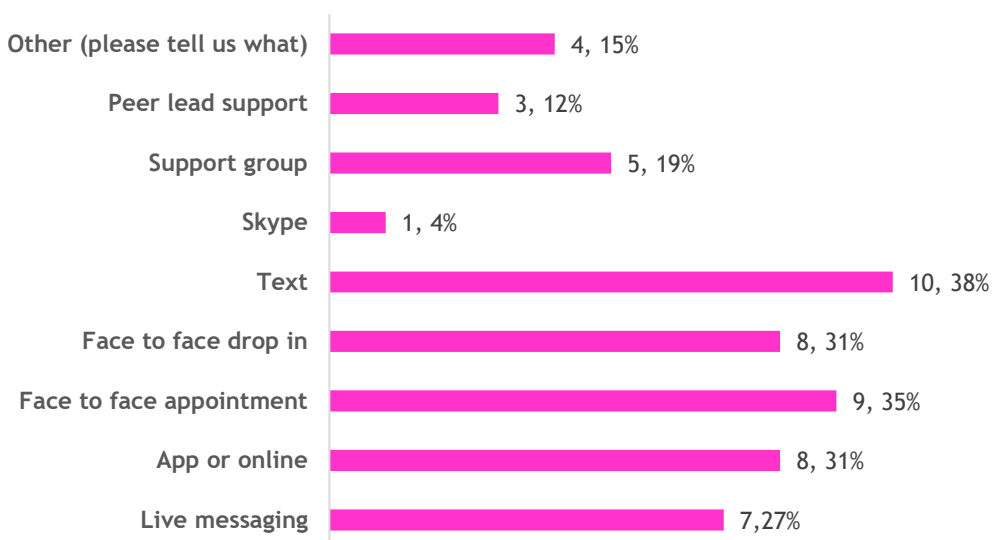
A breakdown of how helpful or unhelpful specific services are found to be is presented below:





- The chart above, enables us to see that one-to-one support was the most popular response to help a young person to feel better (46%).
- Closely following this was taking exercise (42%) and accessing counselling services and sport and community groups (both 35%)

**If you need help in the future dealing with difficult emotions, how would you like to get support?**



- The question above looked at the mode of receiving support, with text messaging and face to face drop-ins being the most popular. Following on from this question, respondents were then asked: if they need any help with dealing with difficult emotions, where would they like to go for this support? Young people provided us with the following responses:

- Ten respondents (38%) chose counselling and also online services.
- Nine respondents (34%) said their school.
- Four selected community centres and also sports centre/hubs (15%).
- Finally, a very small proportion chose doctors/health settings (three respondents; 11%) and youth clubs (two respondents; 8%).

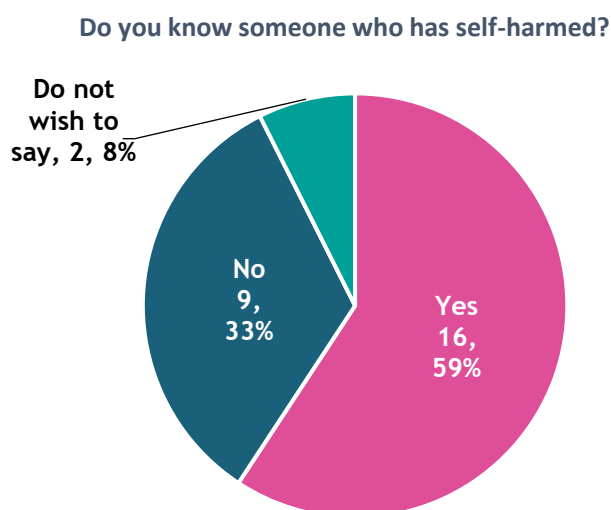
Respondents also mentioned the following sources to obtain support:

*“Ask mum”*

*“Family”*

*“Nowhere, too awkward”*

## Self-harm



- A higher proportion of respondents said that they know someone who self-harmed (59%)
  - If a respondent answered ‘yes’ to this question, they were asked if they spoke to someone about this
  - 12 young people (75%) did speak to someone about the person who self-harmed and four young people (25%) said they did not share this information.
- 
- When asked who they spoke to about this, only eleven respondents answered. Three people said it was their teacher and also the same amount said it was a parent/carer (27%).
  - Two people (18%) said they spoke to mental health support/counselling service(e.g., Service Six)
  - One person said it was a friend (9%), with the same proportion saying it was online support and also a support worker at their school.

- Six young people (60%) said that when they spoke to someone the response was helpful; one person (10%) said it was not helpful and three people (30%) did not wish to disclose this information.

There were a few comments about how helpful young people found support after disclosing information about someone else self-harming:

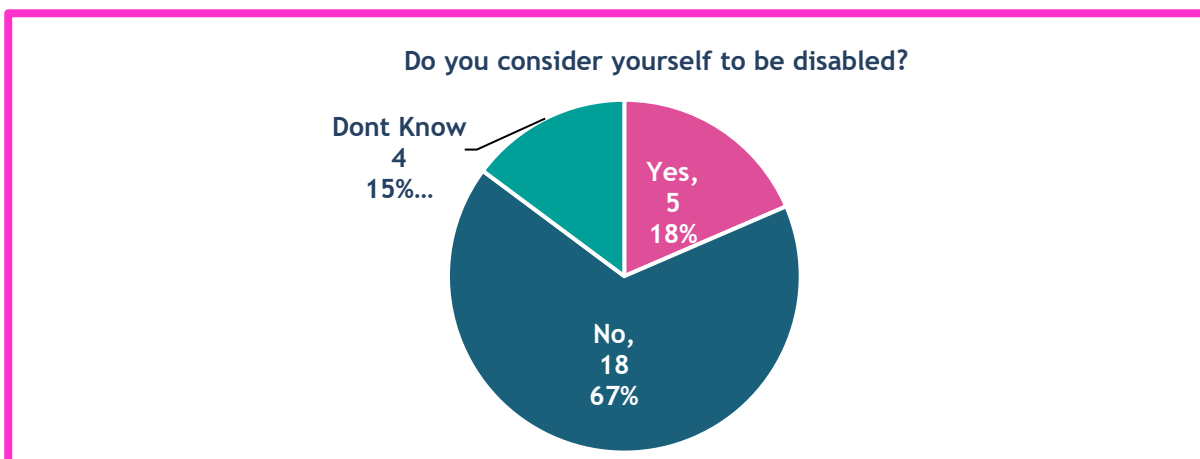
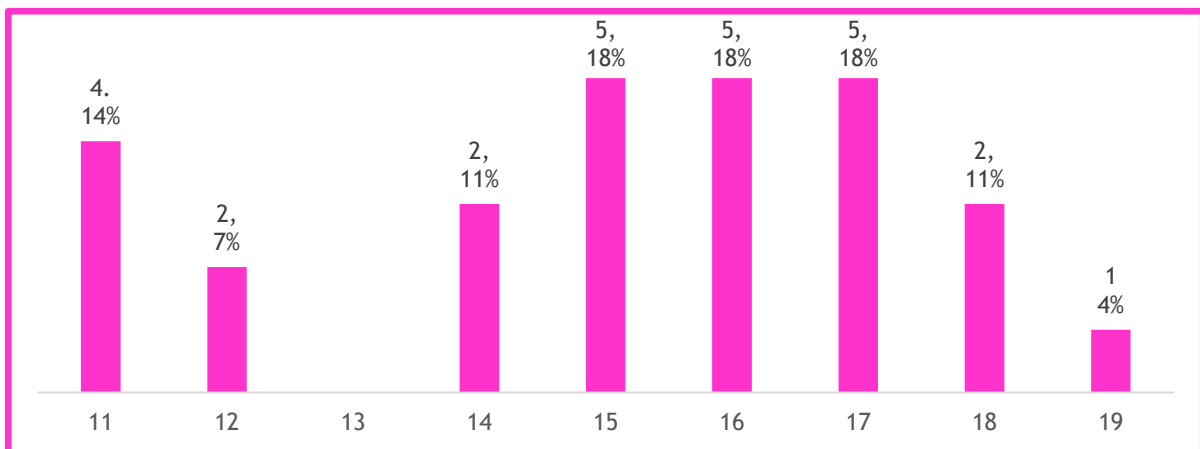
*“They told me what things to tell my friend, I think it helped them more than teachers”*

*“Different helpfulness for different people”*

*“Not many older people understand how we feel”*

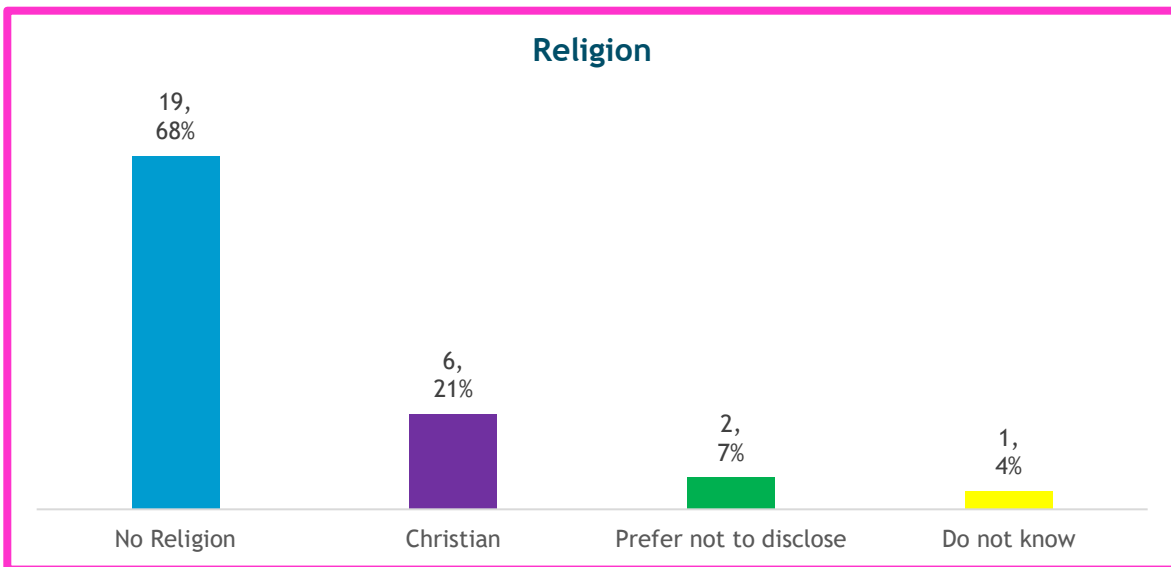
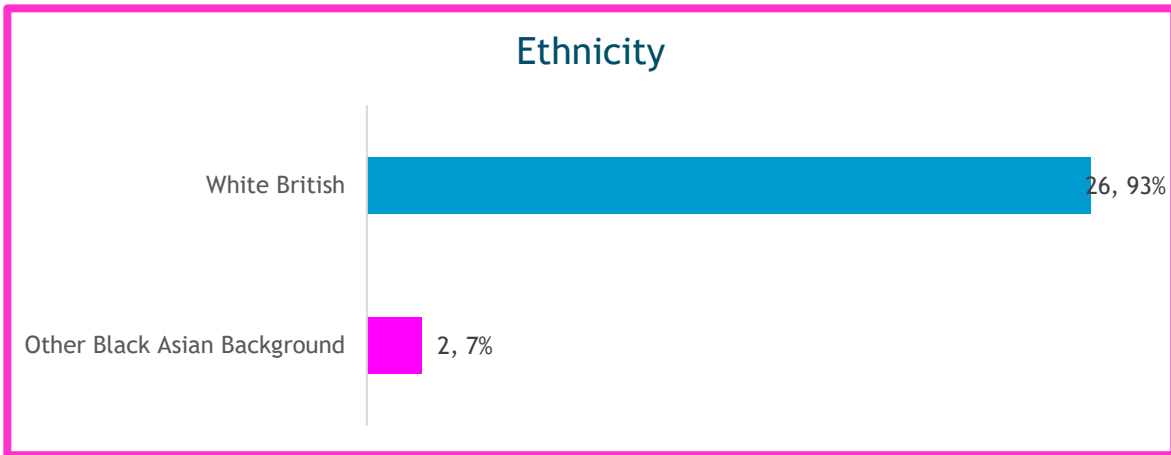
## Demographics

11- to 19-year-olds completed this survey and the age distribution is below

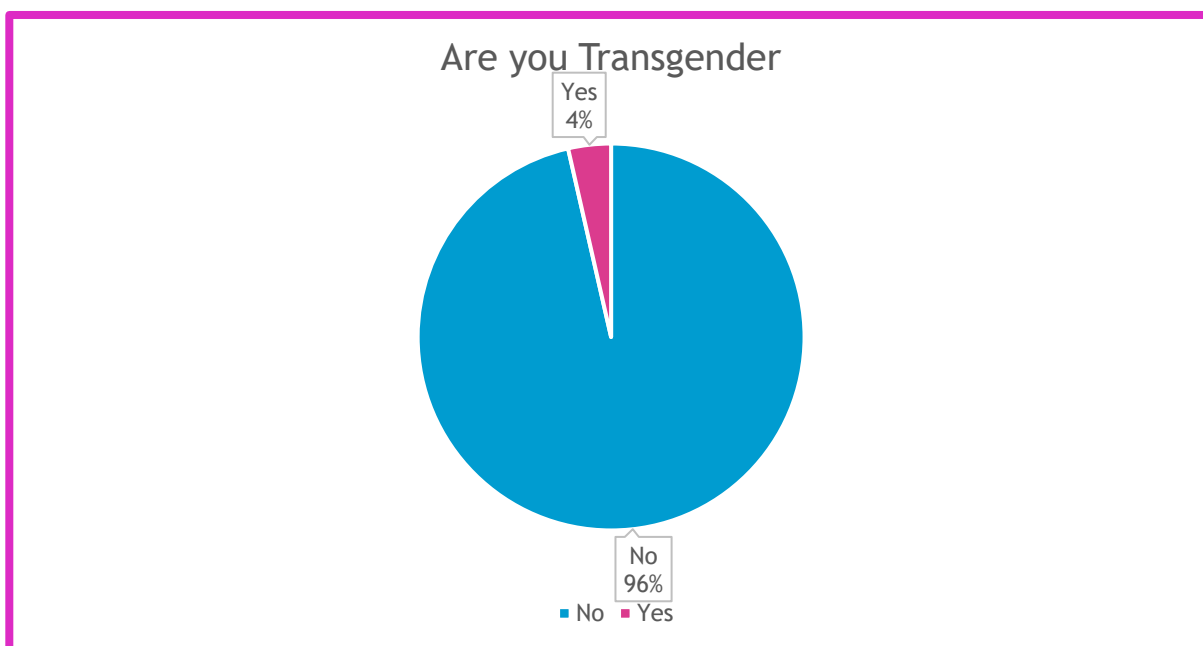
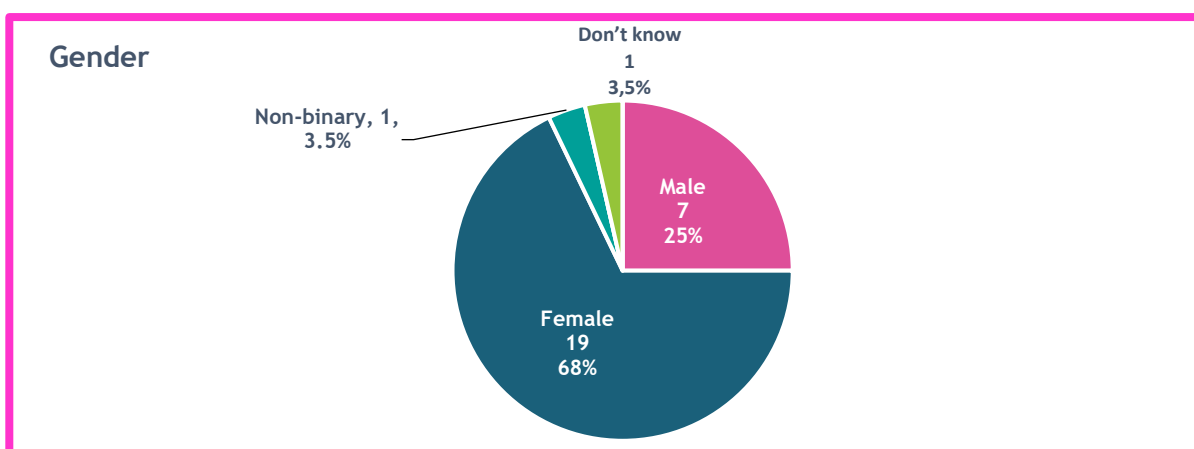
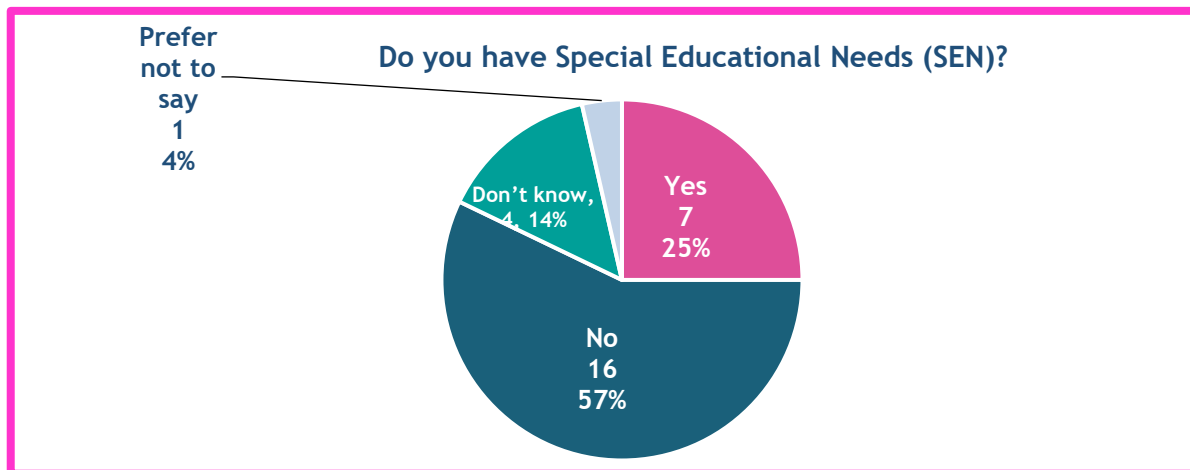


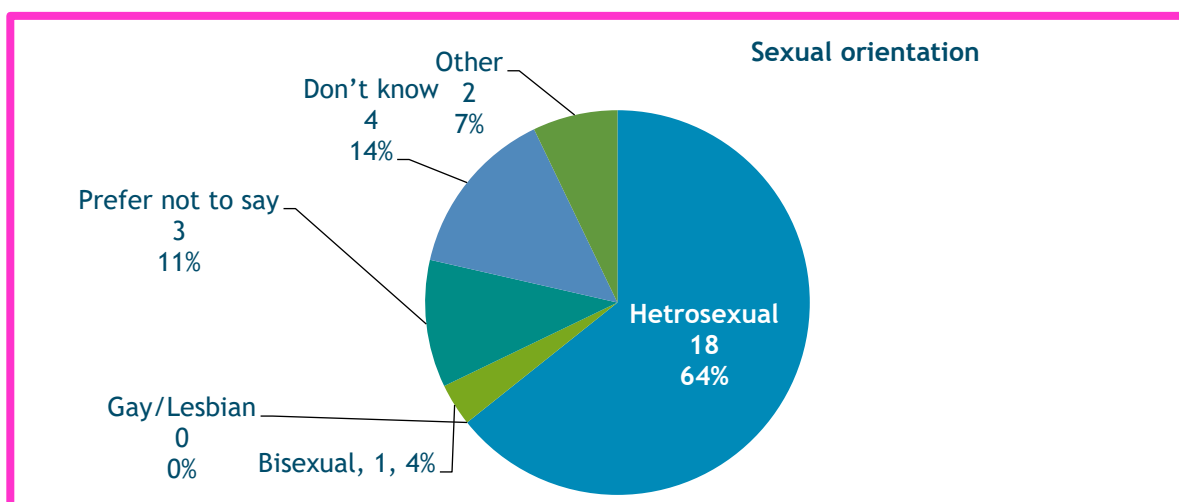


26 people (93% of responses) described themselves as White British and two people (7%) described themselves as any Other Black Asian background.



19 young people (78%) said they had 'no religion' and six young people said they were Christian (21%). Two people (7%) preferred not to disclose, and one person (4%) said they did not know.





## Acknowledgements

We are very grateful to all the young people who took the time to share their views and experiences with us in East Northamptonshire.

Thanks also to all our Young Healthwatch Northamptonshire volunteers who continue to do such a great job.

We would particularly like to thank the local authority for financially supporting this specific project and to the Northamptonshire Health and Care Partnership for their continued financial support as without their additional contributions Young Healthwatch Northamptonshire would cease to exist.

Thank you also to the Northamptonshire Integrated Care Board for their positive response to this report.

## About Healthwatch North and West Northamptonshire

Healthwatch North and West Northamptonshire is the local independent consumer champion for health and social care. We are part of a national network of local Healthwatch organisations. Our central role is to be a voice for local people to influence better health and wellbeing and improve the quality of services to meet people's needs. This involves us visiting local services and talking to people about their views and experiences. We share our reports with the NHS and social care, and the Care Quality Commission (CQC) (the inspector and regulator for health and social care), with recommendations for improvement, where required.

Our rights and responsibilities include:

We have the power to monitor (known as "Enter and View") health and social care services (with one or two exceptions). Our primary purpose is to find out what patients, service users, carers and the wider public think of health and social care.

We report our findings of local views and experiences to health and social care decision makers and make the case for improved services where we find there is a need for improvement

We strive to be a strong and powerful voice for local people, to influence how services are planned, organised, and delivered.

We aim to be an effective voice rooted in the community. To be that voice, we find out what local people think about health and social care. We research patient, user and carer opinions using lots of different ways of finding out views and experiences. We do this to give local people a voice. We provide information and advice about health and social care services.

Where we feel that the views and voices of Healthwatch North and West Northamptonshire and the people who we strive to speak on behalf of are not being heard, we have the option to escalate our concerns and report our evidence to national organisations including Healthwatch England, NHS England and the Care Quality Commission.

Find out more at [www.healthwatchnorthamptonshire.co.uk](http://www.healthwatchnorthamptonshire.co.uk)

**healthwatch**  
North Northamptonshire  
West Northamptonshire



## About Connected Together

Connected Together Community Interest Company (CIC) is the legal entity and governing body for Healthwatch North and West Northamptonshire.

The remit of the Connected Together CIC includes:

Contract compliance

Legal requirements

Financial and risk management

Sustainability and growth

Agreeing strategy and operations

Agreeing policies and procedures

Connected Together CIC is a social enterprise and a partnership between the University of Northampton and Voluntary Impact Northamptonshire. It aims to be first for community engagement across the county of Northamptonshire and beyond.

By using our expertise and experience, we can help you in delivering community engagement programmes including workshops, research, surveys, training and more. Contact us to find out how we can help your community.

We welcome ideas and suggestions for projects that benefit Northamptonshire and its community.

Find out more at [www.connectedtogether.co.uk](http://www.connectedtogether.co.uk)



**Connected Together**  
First for Community Engagement





## Appendix 1 - Survey questions

### QUESTION 1

How old are you?

- 11
- 12
- 13
- 14
- 15
- 16
- 17
- 18
- 19

### Question 2

Do you live in East Northamptonshire?

- Yes
- No

### Question 3

What is your postcode?

### Question 4

How healthy would you say your lifestyle is? (With 1 being not very healthy and 5 being very healthy)

- 1
- 2
- 3
- 4
- 5

### Questions 6

How many takeaways do you have in a normal week? (Including fast food restaurants e.g. McDonald's)

- 1
- 2
- 3
- 4
- 5
- 6
- 7 or more

### Question 7

It is recommended that young people take 60 mins of physical activity/exercise every day. This may not be in a single one-hour session but can be in several parts over the day. How many days in the last week did you get 60 mins or more of exercise or physical activity?(Physical activity simply means movement of the body that uses energy. e.g Walking to school or skateboarding, you can include your games/PE lessons too)

- 1
- 2
- 3
- 4
- 5
- 6
- 7

### Question 8

Are you part of a sports team or class that involves exercise?

- Yes
- No

### Question 5

How many portions of fruit and vegetable do you eat in a normal day?(One portion is 1 medium sized piece of fruit or vegetable such as a banana, apple, pear, or orange)

- 1
- 2
- 3
- 4
- 5
- 6 or more

### Question 10

Is there anything that stops you using one of your local leisure centres?

- Yes
- No

### Question 11

If you would like to be more active, where would you look for information on what activities are happening near you? (e.g Facebook, Instagram)

### Question 9

Do you know that your local leisure centres offer lots of activities for young people?

- Yes
- No

### Question 12

What do you enjoy doing in your spare time? Tick as many as you want.

- Youth Clubs
- Sports Clubs
- Dance
- Drama
- Playing an instrument
- Drawing or Painting
- Reading
- Listening to music
- Watching TV or Films
- Using social media
- Cooking
- Playing computer games
- Crafting
- Other (please tell us what)

### Question 13

When life feels difficult for you, what helps you to deal with this? (Tick as many as you want)

- Doing an activity, you enjoy
- Online help
- Talking to someone you trust
- Listening to music
- Listening to calming sounds
- Writing your emotions down
- Talking to friends
- Taking yourself out of the situation
- Exercise/Sport
- Drawing
- Dancing
- Meditation/Yoga
- Talking to a trusted adult e.g a coach, youth leader, teacher etc
- Talking to a parent/carer
- None of the above
- Other (please tell us what)

### Question 14

Have you ever needed to access any services to help you to manage your emotional health?

- Yes
- No

### Question 15

If yes, which services have you accessed to help you to manage your emotional health?

- Telephone helpline, such as Childline
- Counselling services, such as Service Six
- CAMHS (Child and Adolescent Mental Health Service)
- School nurse
- Doctors
- Online support services
- ChatHealth (text the school nurse)
- Not used any
- Unsure about what is available
- Other (please tell us)

### Question 16

**If you have used services, did you have any difficulties using them? If no leave blank**

- Long waiting times
- Services don't know about my issues
- The right service was not available
- Wasn't able to attend due to transport difficulties
- Not aware of a service being available
- Worried about confidentiality
- Only available in a setting I didn't feel comfortable in
- Not available outside of school hours, e.g. after school/weekends
- Worried about them telling my parents or other people (confidentiality)
- Worried about what people will think (stigma)
- No difficulties
- Other (please tell us what)

### Question 17

**Were the services helpful or unhelpful? (Only rate the services you have used, otherwise leave it blank)**

- Counselling service, such as Service Six
- CAMHS (Child and Adolescent Mental Health Service)
- School nurse
- Doctors
- Online support services
- ChatHealth (text the school nurse)
- Other
- What made the services helpful or unhelpful?  
(Please let us know which of the services you are talking about)

### Question 18

**When things are difficult, what would you like to be able to do in East Northamptonshire to help you feel better?**

- Peer support (talking to others who have similar concerns)
- Support group
- Crisis support
- Counselling services
- Sport or community groups
- Structured support programmes (e.g. a 6-week programme)
- Expressing yourself through music (e.g. being in a band/choir/orchestra)
- Expressing yourself through art (e.g. painting/drawing/dance/drama, etc.)
- Taking exercise (e.g. running/swimming/gym, etc.)
- One to one support with a professional
- Workshops to learn wellbeing skills, e.g., mindfulness
- Other (please tell us what)

### Question 19

**If you need or may need help in the future dealing with your difficult emotions, how would you like to get support?**

- Live messaging
- App or online
- Face to face appointment
- Face to face drop in
- Text
- Skype
- Support group
- Peer led support
- Other (please tell us what)

### Question 20

If you need any help with dealing with your difficult emotions, where would you like to go for this support?

- Youth club/service
- Doctors/health setting
- School
- Community centre
- Sports centre/club
- Counselling service
- Online
- Other (please tell us where)

### Question 21

Do you know or suspect that one of your friends has self-harmed?

- Yes
- No - go to question 25
- Don't wish to say

### Question 22

If yes, did you talk to anyone about the person you know having self-harmed?

- Yes
- No

### Question 24

If you did talk to somebody, was their response helpful or unhelpful?

- Helpful
- Unhelpful
- I don't want to say
- Please tell us why

### Question 23

If you did talk to somebody, who did you talk to?

- Teacher
- School nurse
- Friends
- Parents/carers
- Other family members
- Other trusted adult
- Support worker at school
- Health worker (e.g. doctor or nurse)
- Mental health support/counselling service(e.g. Service Six)
- Youth worker
- Telephone helpline (e.g. Childline)
- Online support service
- Other (please tell us who)

## Contact us

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