

MENTAL HEALTH SURVEY OF CHILDREN AND YOUNG PEOPLE IN CARE

INFORMATION FOR CHILDREN AND YOUNG PEOPLE

We are writing to you to invite you to do an online survey about the wellbeing and mental health of children and young people in care.

It is possible that you are receiving this request for the second time and you might have completed this survey about six months ago. If you completed it last year, we would be grateful if you could please fill in the survey again as this will let us see how things have changed over time.

WHAT IS THIS SURVEY ABOUT?

Your local authority will send you or your carer the link to the online survey. This survey can be done on a mobile phone, a tablet or a computer/laptop. It will take only about **20 minutes** to fill in.

We are interested in your opinions. There are no right or wrong answers. There are questions about:

- Being in care and the place where you currently live
- School or college
- People and support
- Your health
- Your thoughts and feelings

WHO IS BEING ASKED TO TAKE PART IN THIS SURVEY?

All children and young people in your local authority aged between 11 and 18 years, who have been in care for at least one year have been asked to take part in this survey.

DO YOU HAVE TO TAKE PART IN THIS SURVEY?

No. It's completely up to you whether you take part. You can also choose not to answer some of the questions or stop doing the survey at any point. But we would be really grateful if you could please help us.

All children and young people who complete the survey will get a **£15 gift voucher** as a thank you for taking part.

HOW WE WILL PROTECT AND USE THE INFORMATION YOU GIVE US

- We will put together all the answers given by children young people to write reports and present the findings to the adults in charge, to help them make better decisions about children in care.
- It will not be possible for anyone to personally identify you from the results or reports.
- We also plan to link the information you give in the survey to other information held about you by the Department for Education so that we can help make better decisions about all children in care in England. It may be also used by other researchers in the future.

- The research team will never know your name or who you are. The survey will just have an ID number from the local authority to link it to you, and we do not ask for any information that will identify you or anyone you are living with.
- Your answers to the survey are confidential. However, if your survey answers make us worried that you or someone else is at risk of serious harm, then we will have to let your social worker know the survey identity number so that your social worker can work out who you are and contact you.
- You can ask for your answers to be removed by telling your social worker within 1 month of filling in the survey. Your social worker will let us know.
- We ask for an email address, which we will only use to send you a gift voucher.
- All information will be kept safely in password protected computers. Only the researchers can look at this information.

INFORMATION ABOUT MENTAL HEALTH SUPPORT THAT YOU CAN ACCESS

As the survey asks about many areas of your life, there might be some questions you could find upsetting. We have been very careful with what we ask, but you may wish to speak to a carer or social worker about how you feel. A list of support services you can contact has also been sent with this information sheet. You can also access it if you click [here](#).

If you have any questions about the survey, we would be very happy to answer them for you. You can email us at: mh-cat@bristol.ac.uk

Thank you for considering taking part in this survey and taking the time to read this information.

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If you have any complaints about the project, please contact: Dinithi Wijedasa
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