Green Light Toolkit

The Easy Read Survey

Introduction

	Good mental health is about feeling well in your own mind. It is just as important as good physical health.

When you don't feel well in your mind this is sometimes called a mental health problem.

A Mental Health Service is any service that provides assessment, treatment and support for patients.

An assessment is when services like health talk to you and look at how your care and support needs can be met.

Treatment is what they say you need to do to get better.

Support is the help you might need to get better.

What this is about

We want to know what people with learning disabilities think about their local mental health services.

We have put a big questionnaire on the internet.

This is the easy read version. It is not as long. The words and their meaning are easier to read and understand.

How to do the survey

People with a learning disability

Ask someone you trust to help you read and understand the questions.

You can answer the questions in the way that works best for you.

You could:

- record or film your answers.

- ask someone to write down your answers.

- draw a picture.

Mental health services

You will need one person or a group to:

- look at all of the answers you get given.

- pick out themes and ideas for improving your service

- put what you find into a report or make a film or use it for a group discussion

The Easy Read Survey

1. Do you feel safe when you go to a mental health place?

2. Do mental health staff sit down with you and explain properly when things are complicated?

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Understand

3. Do mental health staff understand you?

4. Do you have to keep explaining the same things to different staff?

5. Does the mental health place have any rules that do not make sense?

6. What help have you had for your bad thoughts and feelings?

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7. What do mental health staff do when you need help in a hurry?

8. What changes have been made to make mental health services better for people with a learning disability?

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