



What do you need? - Coronavirus (Covid-19) and the Lockdown

Questionnaire

AdvoCard Community Collective Advocacy

Before you answer the questions, we want to give you some more information so you can make an informed choice about contributing. (The questionnaire is at the end.)

Please note, the deadline for responding is end of day **Monday 22nd June**, so please send your response to arrive by then.

You can send it to collectiveadvocacy@advocard.org.uk or Collective Advocacy, AdvoCard, 332 Leith Walk, Edinburgh, EH6 5BR. (The office is closed just now, but the mail is being checked.)

By sending us your response, you confirm that you have read this information and give consent to your response being used in the ways outlined here.

If you have questions about any of this, please contact Becky at AdvoCard - becky@advocard.org.uk, 0131 554 5307. (Becky is working from home. If you are ringing - if you leave your number, she will call you back.)

If you would like to be kept updated about this work or would like to join our mailing list, please also contact Becky as above.

Why are we doing this work?

We are aware that many people are facing extra challenges and difficulties just now with the coronavirus (Covid-19) outbreak, the lockdown and everything else that is going on.

At a time like this, it is even more important than usual that the views of people in Edinburgh with mental health issues are represented and heard when services and support are being planned.

We are doing this work to hear from you about:

- how you have been affected by the situation
- what you need
- and whether or not there are accessible services in place that meet your needs.

We also want to hear if there is anything happening now that you find helpful and would like to see continue in future.

What will we do with what you tell us?

We will be putting together a summary of the responses and put this up on our website - www.advocard.org.uk. (At some point in the future we might create a website specifically for this project.)

We will also pass your views onto service planners and providers whenever we have the opportunity.

The Scottish Government Equalities and Human Rights Committee have launched an inquiry into the impact of the Covid-19 pandemic on equalities and human rights - we will be

submitting a response to this inquiry and will include your views in our response.

Everything that will be published will be anonymised - that means that nobody's name and no personally identifiable information will be included. (We are not asking for names, and if anyone does give a name it will be treated as confidential information and not included.)

As this is an ongoing situation, this is not your only chance to give us your views. You'll have more opportunity to contribute as the year progresses.

All information provided will be kept securely, in accordance with AdvoCard's Data Protection Policy, until the summary of responses is published, and then destroyed after that.

How to fill in the questionnaire

There are eight questions. You don't have to answer every question, you can just answer the questions that are relevant to you.

At the end of the questions, we ask if you are happy for us to use direct quotes from your response, i.e. for us to quote things that you have told us. We use direct quotes because it can be incredibly powerful to hear people's views and thoughts in their own words. You have the option to say no to this - please do say no if you don't feel comfortable with direct quotes being used. (If you don't answer this question, then we will not use direct quotes, we will only use direct quotes if you tick 'yes'.)

Important things to think about before making a decision about filling in the questionnaire

- Writing about your experience can sometimes be distressing. Please consider, before making a decision about filling in the questionnaire, whether or not doing so could be distressing for you and whether or not you have the support in place to help you with that distress if needed. We have listed places at the bottom which you can contact for extra help if need be.

- Please be careful about not including any information that could identify you.

- In the event that information is included which we think could identify a person, we will treat that information as confidential.

- There may be very particular circumstances where we might have to break confidentiality:

- If somebody reveals that that they have current or immediate plans to attempt suicide

- If there are other circumstances that indicate that there is a significant risk of harm to themselves.

OR

- If something is revealed which indicates a significant risk of harm to somebody else.

In any of these cases, we would only pass on the information which is absolutely necessary. This is in accordance with AdvoCard's Confidentiality Policy.

Places to go for support

If you find yourself in distress, now or at any other time, you might find the following organisations helpful:

Breathing Space - Breathing Space provide a confidential phone service for people over 16 who feel low anxious or depressed: phone 0800 83 85 87 (6pm – 2am weekdays and 24 hours at the weekend). They have expanded capacity with additional funding and staff.

Edinburgh Crisis Centre - You can phone the Edinburgh Crisis Centre on 0808 801 0414 or email crisis@edinburghcrisiscentre.org.uk Please go to the Edinburgh Crisis Centre website for more information: <http://www.edinburghcrisiscentre.org.uk/>

Samaritans - Samaritans provide a 24 hour helpline for those in emotional distress: phone 116 123, email jo@samaritans.org or visit www.samaritans.org

NHS Mental Health Hub - NHS 24 have an additional service now called the Mental Health Hub. To access this call NHS 24 on 111. The recorded message will offer a number to press to access mental health support. The service is currently available 6pm to 2am but it is hoped this will expand. Staff include psychological wellbeing practitioners and registered mental health nurses, who can refer you on to further help if needed.

Questionnaire

Are you happy for us to use direct quotes from what you have told us? (Using direct quotes would mean that we would use your words as you have told them to us.)

Yes

No

(Please underline or put a tick or X next to your answer)

1. How have you and your life been affected by the current situation?

The care and support you tell us about in response to the following questions could be help from mental health services, or it could be help from other places, including family, friends, neighbours and volunteer schemes. It could also include peer support or arts groups, or anything else like that, which are now meeting online. If it is relevant to you, then it is relevant to us.

2. What care and support, if any, have you been getting so far?

3. Is there anything that you need or that would help you that is currently missing? Or is there anything that you don't have enough of?

4. Is there anything that is happening or that services are doing that you have found particularly helpful?

5. Is there anything that is happening now or that services are doing now that you would like to see continue in the future?

6. We are aware that a lot of the support available just now is online. Are you able to get online at home? If so, are you happy accessing support using the online methods on offer just now?

7. Are there are changes that could be made that would improve things for people with mental health issues in Edinburgh just now?

8. Is there anything else you would like to tell us?