

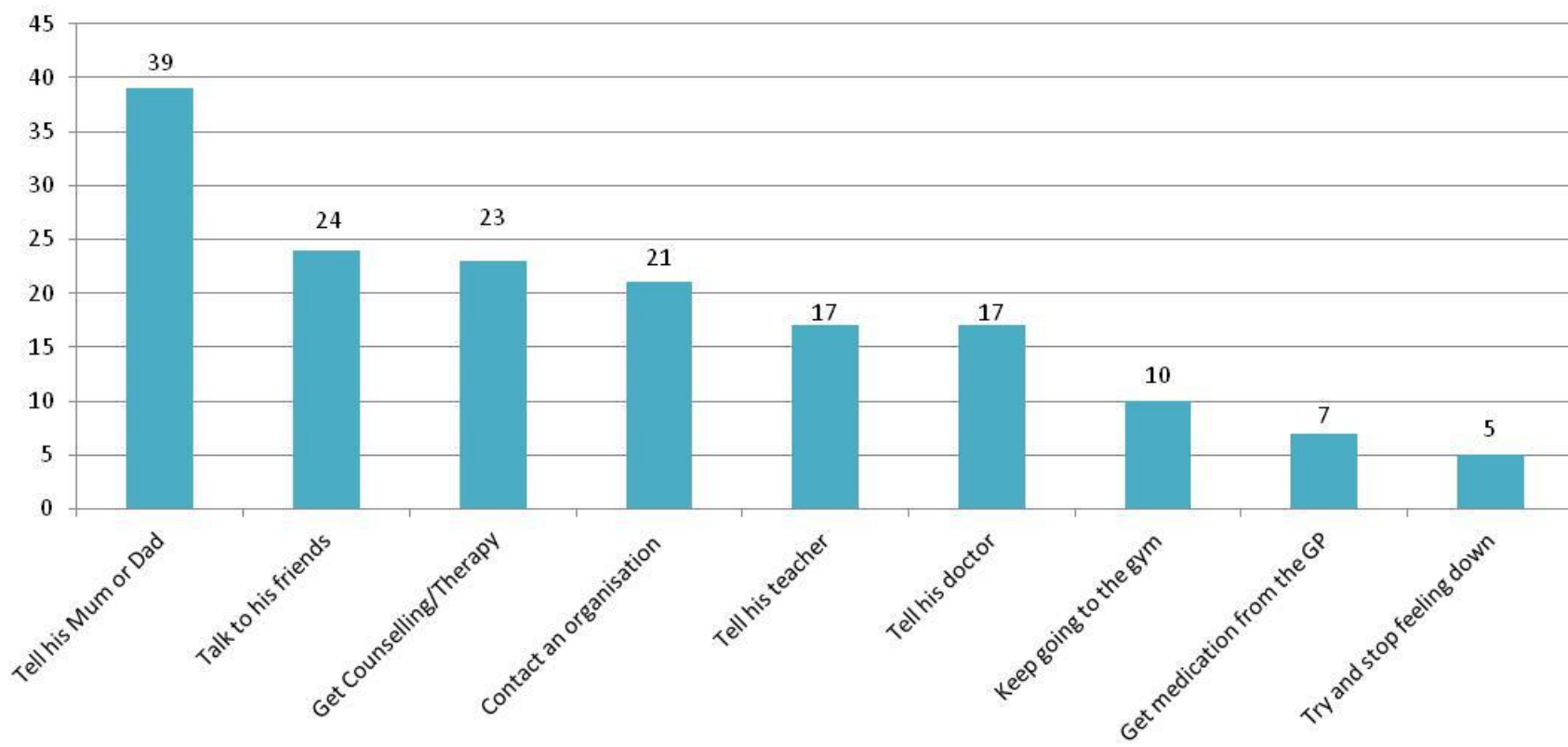
Teenage Mental Health: Snapshot of Awareness of Services in Kingston Borough

September 2015

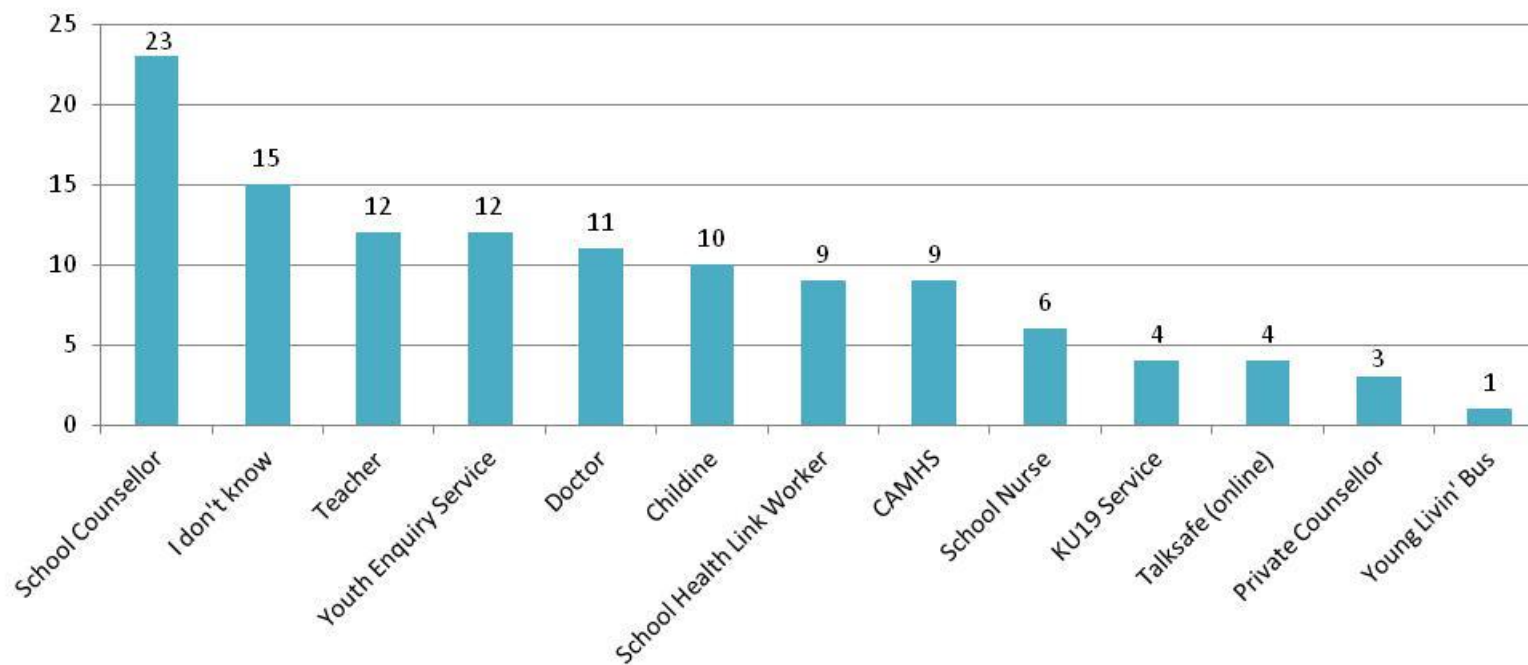


- Healthwatch Kingston was approached by the Challenge Network, which delivers the National Citizen Service initiative in Kingston, to work on a one-off project and we agreed to set a workplan for a group of teenagers.
- We liaised with Dr Carlie Goldsmith, Director of North Social Research and Training to adapt a mental health survey which was commissioned as part of Public Health's Depression, Self Harm & Suicide Needs Assessment.
- We adapted the survey to ensure it was suitable for young people aged 12-18.
- The survey was conducted by the teenagers in Kingston Town Centre on Saturday 26th September.
- 49 responses were returned to Healthwatch Kingston.
- Survey respondents were given the following short scenario and asked questions about this, and their own experiences: "Omar is in Year 11 at school. A few months ago Omar started to feel down, but doesn't know why. In the last couple of weeks, Omar has tried to make himself feel better by joining a local gym but he feels that this hasn't helped much. Now, as well as feeling down, Omar has become anxious about going to school."

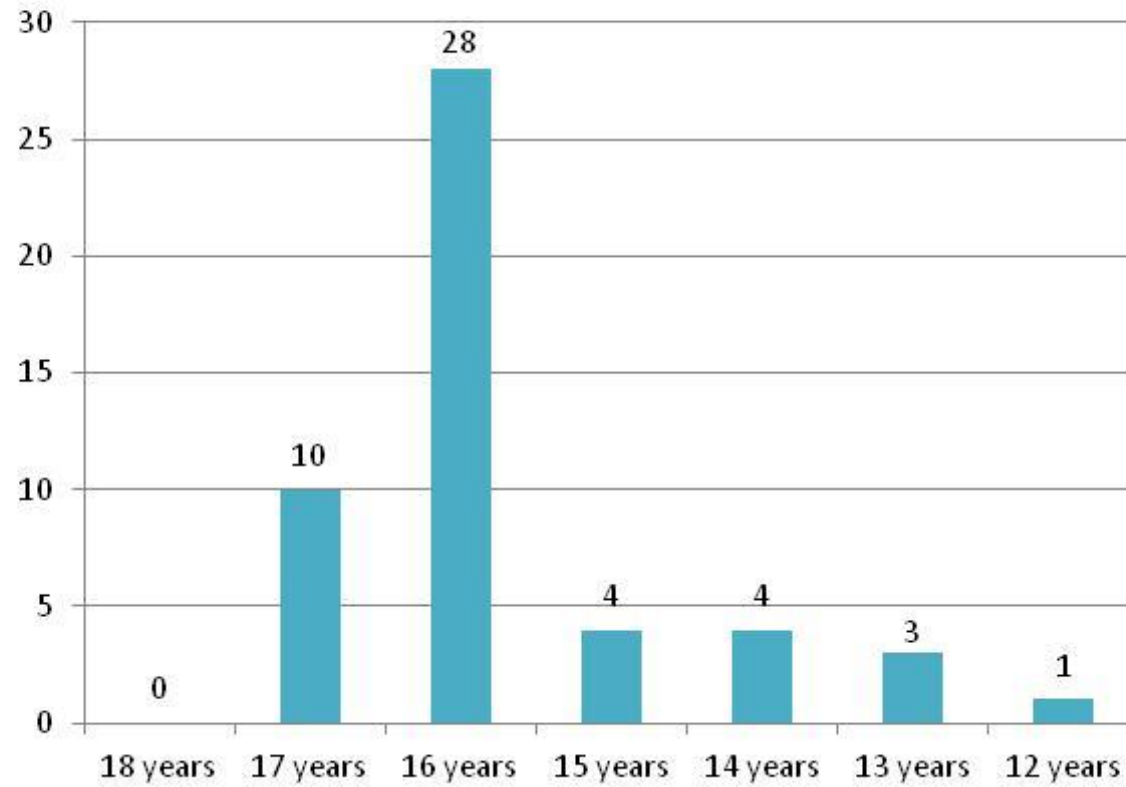
Which of the following things would you tell Omar he should do in order to help him? Tick all things that you might tell him

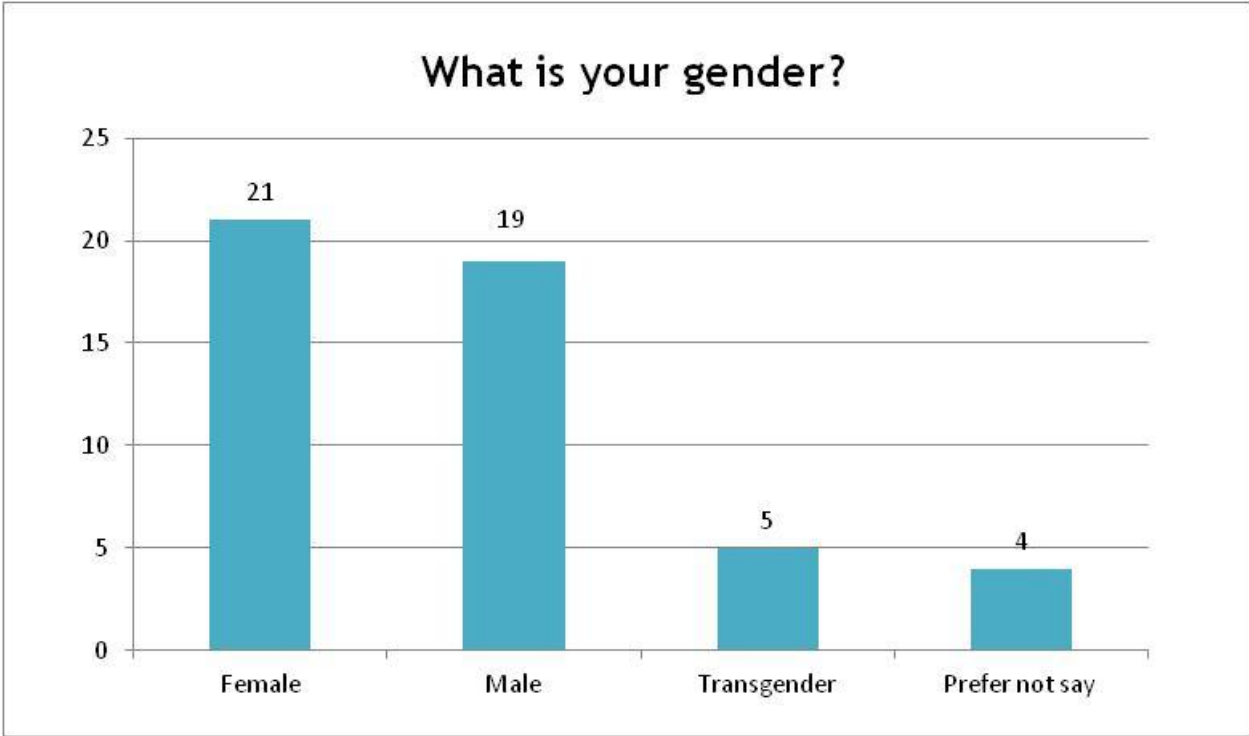


Where should Omar get help? Please read the list below and tick the three places you think would be most likely to be able to help Omar with his self-harm, or if you're not sure, just choose 'I don't know'

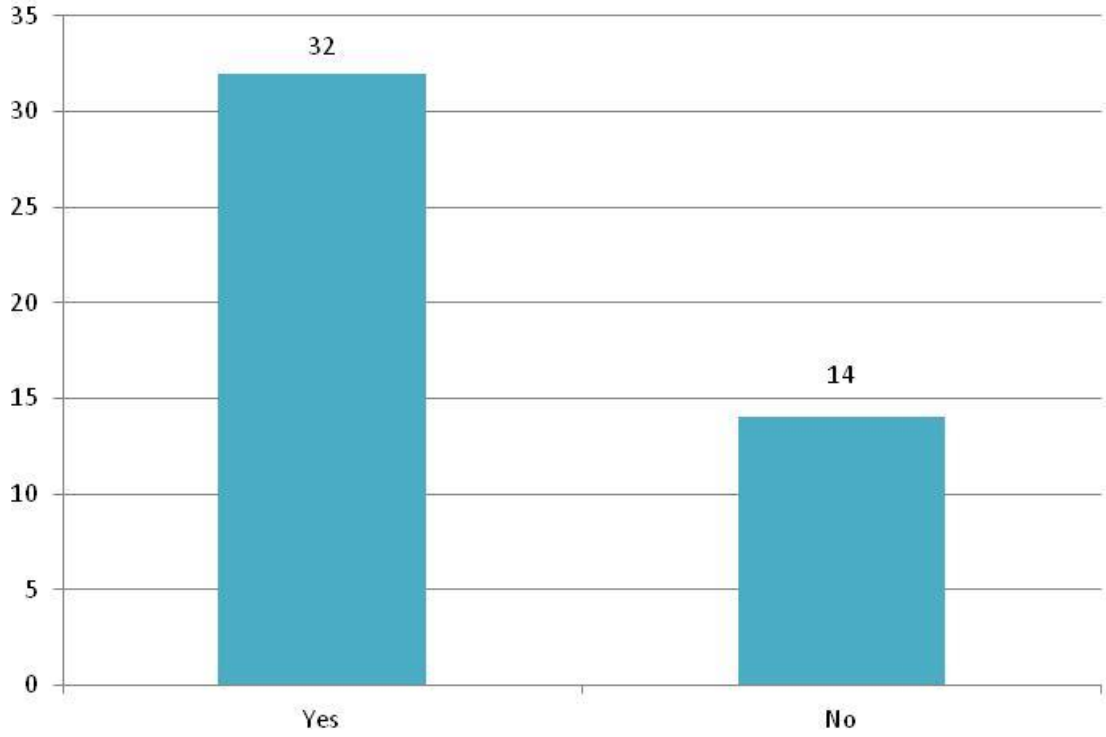


How old are you?

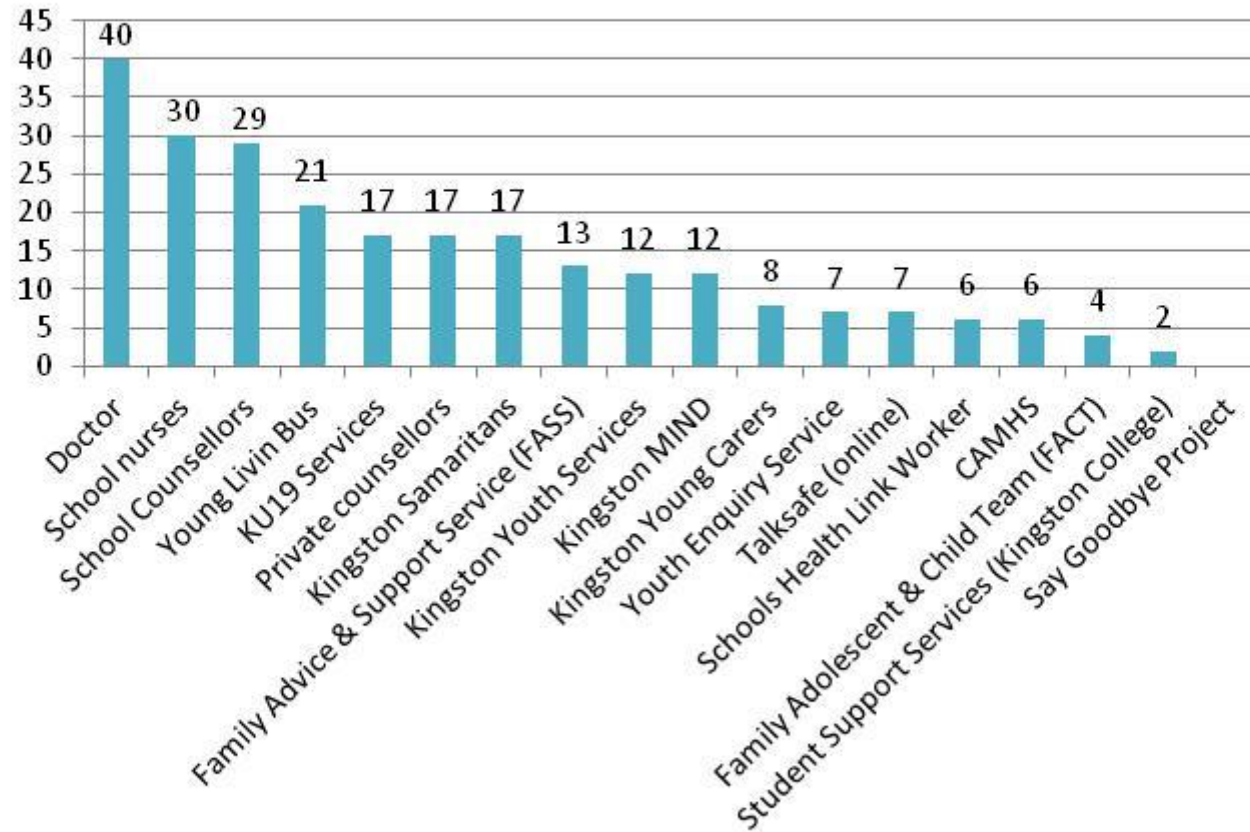




**Do you live or go to school or college in Kingston
(or have in the last 5 years?)**



Please tick all of the services you have heard of



Have you/someone you know received help from any of the following services in Kingston?

