



# Stopping mental health stigma

What do you think?



**Mental health stigma** is when people think bad things about people with poor mental health.



**Easy  
Read**

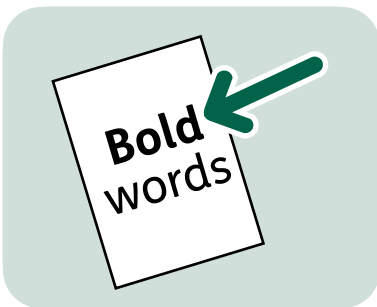
# Easy Read



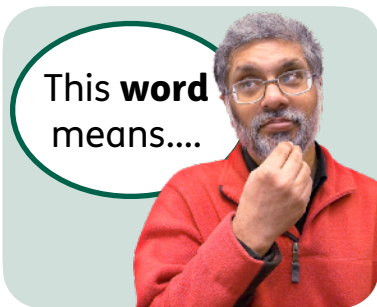
This is an Easy Read version of some information. It may not include all of the information but it will tell you about the important parts.



This Easy Read booklet uses easier words and pictures. You may still want help to read it.



Some words are in **bold** - this means the writing is thicker and darker.



These are words that some people will find hard. When you see a bold word, we will explain it in the next sentence.



Blue and underlined words show links to websites and email addresses. You can click on these links on a computer.

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# About this booklet



End Stigma Surrey is a local campaign that works to help stop **mental health stigma** and **discrimination**.



**Mental health stigma** is when people think or say bad things about people with poor mental health.

**Discrimination** is when people are treated unfairly because of their poor mental health.



We are working with Surrey County Council to find out about mental health stigma and discrimination people may have faced.

We want to hear from:



- People who have mental health issues.



- People who know people who have mental health issues.

# How we use your information

The information we get from this survey will help the council to:



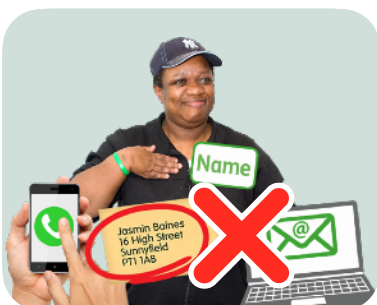
- Know where anti-stigma services are needed.



- Check if there have been any changes to mental health stigma in Surrey.



No one will know that it was you that answered the questions.



We are not getting anyone's personal information in this survey.



We will write a report about what we find out from this survey.



In March, we will put the report on the End Stigma Surrey website:  
[www.endstigmasurrey.org.uk](http://www.endstigmasurrey.org.uk)

# Questions for you to answer



Please only fill in this survey if you live in Surrey.



This survey should take about 10 to 15 minutes to fill in. It might take longer if you have more to say.



**Question 1:** Why do you think that mental health issues are seen as bad by some people?

*Please tick all boxes that you agree with.*

They do not know enough about mental health issues

They have the wrong ideas about people with mental health issues

Mental health is not seen as important as bodily health

Other - please tell us:





**Question 2:** Do you know what it is like to have a mental health issue?

*Please tick all boxes that apply to you.*

No

Yes, I have a mental health issue

Yes, I know someone who has a mental health issue

I do not want to say

I do not know



**Question 3:** Have you ever been thought of badly or treated unfairly because you or someone you know has a mental health issue?

Yes

No - *please go to question 7 on page 20*

I do not want to say

I am not sure

**Where?**



**Question 4:** If you ticked yes for question 3, please tell us where you were thought of badly or treated unfairly.

*Please tick all the places this happened.*

With friends

With family

With people you work with

With your manager

At a job centre

A recruiter - this is a company that helps people find a job

- At the place where you work, or where you were starting a job
- At a hospital
- At a doctor's surgery (GP)
- At mental health services in your local area
- At mental health services where you stayed overnight
- Adult Social Care services - this is support to help you do daily activities
- Talking therapy from the NHS

- Crisis support services - they help you if you are in danger of harming yourself
- Community Connections or another community organisation
- With the police
- In an ambulance
- With the fire service
- With benefits services
- With the council
- With a housing association - this is an organisation that you rent your home from

- With a company that rents out houses
- With a private landlord
- With a taxi company
- On the bus
- On the train
- At college
- At university
- In Adult Education - this is where adults can learn new skills
- At a council gym or leisure centre

At a private gym or leisure centre

At a gym or leisure centre that does not make money

On a Surrey phonenumber, like the Crisis Line, Surrey Drug and Alcohol Careline or Adult Social Care Information and Advice Service

A national phonenumber

Another place - please tell us:

**How?**



**Question 5:** If you ticked any of the places in question 4, please tell us how you were thought of badly or treated unfairly.

*Please tick all that happened.*

Bad behaviour or comments from other people, or people thinking bad things about you

Harassment - this is any behaviour that makes you feel scared or bullied

Difficulty using services

Not getting the right help with your other health issues because of your mental health issues



- Difficulty finding a job
- Your employer not being happy if you need to be off work sick more than others
- Fewer chances to move up in your job or find a better job
- Being sacked from your job without a good reason or in an unfair way
- Other - please tell us:



**Question 6:** If you ticked any of the places in question 4, how did being thought of badly or treated unfairly make you feel?

*Please tick all that are true for you.*

Made you feel like you were not a good person

Made you trust people less

Made you not want to talk about your mental health to others

Made you not want to get help with your mental health

Made you not want to spend time with others or be part of the groups you usually are part of

Other - please tell us:



**Question 7:** How able are you to **challenge** people when you are thought of badly or treated unfairly because of your mental health?

**Challenge** means speaking up and telling people that they are treating you badly or unfairly.

5:  
Very able

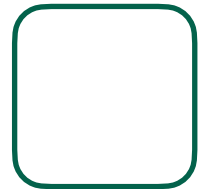
4:  
A bit able

3:  
Not able  
or unable

2:  
Not very  
able

1:  
Not able  
at all

I do not  
want to  
say



**Question 8:** What would help you to feel more able to challenge people when you are thought of badly or treated unfairly?

A large, empty rectangular box with a green border, intended for the user to write their answer to Question 8.



**Question 9:** What would help to stop people from being thought of badly or treated unfairly because of their mental health?



Please write 1, 2 and 3 in 3 boxes below. Number 1 should be the thing you think is most important.

Training on mental health for staff who work for services that deal with the public

Training about listening and understanding people better, for staff who work for services that deal with the public

Letting more people know about mental health, through things like newspapers, radio and social media, like Facebook or Instagram

People with mental health issues talking to the public so they understand mental health better

Training for people who have mental health issues, on things like getting more confident and speaking to the public

Advice or support on what to do if you have been treated badly or unfairly

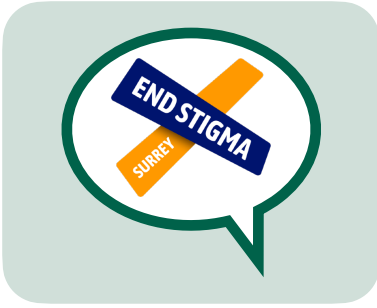
Letting more people know about the End Stigma Surrey programme

Other - please tell us:



**Question 10:** Before today, did you know about End Stigma Surrey?

- Yes - *please answer questions 11 to 15*
- No - *please go to question 18 on page 34*
- I am not sure
- I do not want to say



**Question 11:** If you said yes to question 10, how did you hear about End Stigma Surrey?

*Please tick all the ways you have heard about us.*

- In person, like at a training session or talking to a Mental Health Champion
- From an End Stigma Surrey display at an event in Surrey
- End Stigma Surrey social media, like Facebook or Twitter
- Surrey County Council's website or social media
- Surrey mental health services, like the NHS, Talking Therapy or Community Connections



From your doctor or GP

Other - please tell us:



**Question 12:** Have you ever contacted End Stigma Surrey or taken part in one of their events or groups?

Yes

No

I do not know

I do not want to say



**Question 13:** If you said yes to question 12, what did you take part in?

I went to an End Stigma Surrey drama play or training session

I saw an End Stigma Surrey display at an event in Surrey

I spoke to the Co-ordinator of a group or event

I talked to an End Stigma Surrey Mental Health Champion

I am or was a Mental Health Champion

I got training and support to become a Mental Health Champion

I asked about becoming a Mental Health Champion

I read or used their **Anti-Stigma Toolkit** - this is an online guide to help stop mental health stigma

Other - please tell us:

## Find out more



If you would like to find out more about the work of End Stigma Surrey, please fill in the form on this website: [https://docs.google.com/forms/d/e/1FAIpQLScV74gLOVA4ClG5NrvvST0zfgAmhYKNBalhGM\\_\\_T1tL29gv5A/viewform](https://docs.google.com/forms/d/e/1FAIpQLScV74gLOVA4ClG5NrvvST0zfgAmhYKNBalhGM__T1tL29gv5A/viewform)



Your contact details will only be used to contact you about the End Stigma Surrey campaign and will not be linked with your answers in this survey.



End Stigma Surrey explain how they will use your personal information on their website: [www.endstigmasurrey.org.uk/privacy-policy](http://www.endstigmasurrey.org.uk/privacy-policy)



You can ask them to delete your personal information at any time by emailing [info@endstigmasurrey.org.uk](mailto:info@endstigmasurrey.org.uk)

# Questions about you



These questions help us to know which groups of people are answering the survey.



It will tell us if there are any groups we have not heard from.



We will keep your information safe and private.



Remember, no one will know that it was you that answered these questions.



**Question 15:** Do you live in Surrey?

Yes

No

I do not want to say



**Question 16:** Which local council area of Surrey do you live in?

- Elmbridge
- Epsom & Ewell
- Guildford
- Mole Valley
- Reigate & Banstead
- Runnymede
- Spelthorne
- Surrey Heath
- Tandridge
- Waverley
- Woking
- I do not want to say





### Question 17: How old are you?

- 18 to 24
- 25 to 34
- 35 to 44
- 45 to 54
- 55 to 64
- 65 or over
- I do not want to say



**Question 18:** How would you describe your working life?

I am working full time

I am working part time

I am working on a zero-hours contract, or I do not have a fixed number of hours to work

I have been asked to stop working for a short time by my employer

I work for myself or run my own business

I do not have a job

I am not working because I have a disability or health condition

I am a carer

I am a homemaker - I look after my home

I am retired

I am a student

Other - please tell us:

**Question 19:** Which of these groups do you see yourself as part of?



**Asian or Asian British**

- Indian
- Pakistani
- Bangladeshi
- Chinese
- Any other Asian background



**Black or Black British**

- Caribbean
- African
- Any other Black, Black British or Caribbean background



### **Mixed ethnic background**

- White and Black Caribbean
- White and Black African
- White and Asian
- Any other mixed or multiple ethnic background



### **White**

- English, Welsh, Scottish, Northern Irish, British
- Irish
- Gypsy or Irish Traveller
- Roma
- Any other White background

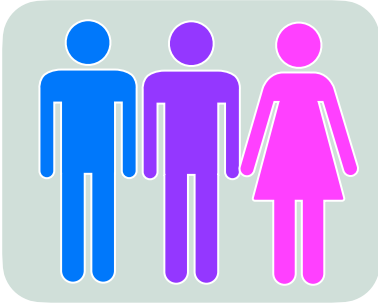


### Other ethnic group

Arab

Any other ethnic group

I do not want to say



**Question 20:** What is your gender?

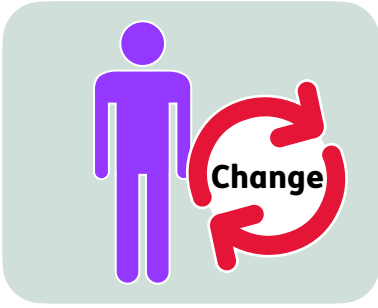
Male

Female

Non-binary or other - this means you do not feel yourself to be either female or male

I give my gender another name - please tell us:

I do not want to say



**Question 21:** Is your gender the same as your sex at birth?

Yes

No

I do not want to say





**Question 22:** What is your sexual orientation - this means who you are attracted to.

- Bisexual
- Gay man
- Gay woman or Lesbian
- Heterosexual or straight
- Other - please tell us:

- I do not want to say

# Send your answers to us



Thank you for taking the time to answer these questions.

You now need to send your answers to us. You can do this:



- By email:  
[public.health@surreycc.gov.uk](mailto:public.health@surreycc.gov.uk)



- By post:  
Public Health  
Surrey County Council  
Woodhatch Place  
11 Cockshot Hill  
Reigate  
RH2 8EF



Please send your answers to us by 11.59pm on Sunday, 11 February 2024.

# How we keep your information safe



All the answers you give us will be kept safe and private.



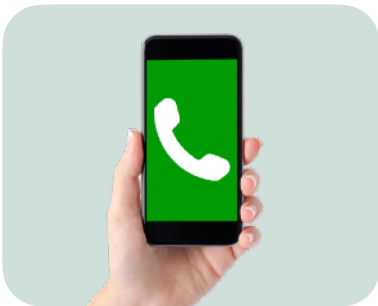
We will only share the answers with people who are working to write up the results of this survey.



All answers will be anonymous - that means no one will know who answered the questions.

# Find out more

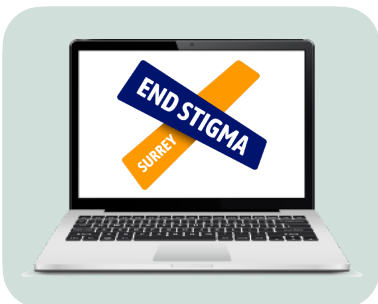
If you need more information about this survey, please contact End Stigma Surrey by:



- Phone or text: 07767 865 985



- Email: [info@endstigasurrey.org.uk](mailto:info@endstigasurrey.org.uk)



- Website: [www.endstigasurrey.org.uk](http://www.endstigasurrey.org.uk)

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