



**SURREY**  
COUNTY COUNCIL

# **End Stigma Surrey Survey Large Print**

**January 2024**

## Overview

### **We Need Your Help to Stamp Out Mental Health Stigma**

**Please only fill in this survey if you are a Surrey resident.**

**End Stigma Surrey is the local campaign and programme to raise awareness and reduce stigma around mental health. (More information about End Stigma Surrey is available online. Please visit: [www.endstigmasurrey.org.uk](http://www.endstigmasurrey.org.uk)). This survey will help us to target the programme to where it is most needed.**

**We would like to hear from people with experience of mental health issues (either direct or indirect e.g., as a carer, family member, friend), about any stigma or discrimination they have experienced, or may experience. The survey takes about 10-15 minutes, (or longer if you have more to say).**

**All responses are strictly confidential and will only be shared amongst the direct project team for statistical analysis. We will gather all findings anonymously to share and present in a summary report. This report will be published and made available in March on the End Stigma Surrey website: [www.endstigmasurrey.org.uk](http://www.endstigmasurrey.org.uk)**

**If you would like to know more about how we handle your personal information, please refer to Surrey County Council's privacy statement:**

**[www.surreycc.gov.uk/endstigmaprivacynotice](http://www.surreycc.gov.uk/endstigmaprivacynotice)**

**If you would like more information about this survey or to request it in a different format, please contact Surrey County Council using the details on page 17.**

## **End Stigma survey**

**Thank you for taking the time to complete this survey.**

### **Explanation of Terms Used:**

**Mental health stigma is a set of negative and often unfair beliefs that a society or individuals have about people who experience mental health issues. The stigma may be obvious and direct, e.g., an unpleasant comment or behaviour; or it can be more subtle such as an assumption/attitude e.g., you are not as capable as others in a workplace or social setting. Negative attitudes and stigma – perceived and real - can cause some people to withdraw from friends, family, work, and day-to-day life and make them reluctant or delay seeking help from services.**

**Discrimination is the unfair or prejudicial treatment of people and groups based on characteristics, for example not hiring someone because they have a history of mental health issues or dismissing someone because they have taken repeated periods of sick leave for a mental health condition.**

## **Closing date**

**The closing date for the survey is 11.59pm on 11 February 2024.**

## **Survey questions**

**Question 1: Why do you feel that mental ill health is viewed negatively/stigmatised by some people? Please select all that apply:**

- Lack of awareness/knowledge about mental ill health/mental health problems**

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- **Inaccurate beliefs and perceptions about people with mental health problems**
- **Mental health is not considered or treated as important as, or equal to physical health**
- **Other – please specify below:**

**Please state your answer:**

**Question 2: Do you have any experience of mental health issues? Either personally or through someone you know. Please select all that apply:**

- **No**
- **Yes - personal experience**
- **Yes - through someone I know (e.g., friend, family member or someone I care for)**
- **Prefer not to say**
- **Do not know**

**Please state your answer:**

**Question 3: Have you ever experienced mental health related stigma and/or discrimination? Please select one answer:**

- **Yes**
- **No**
- **Prefer not to say**

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- I'm not sure (see explanations on the first page which may help you to answer)

Please state your answer:

**Question 4: If yes, please let us know where you experienced the stigma/ discrimination.**

Your answer will be kept strictly confidential and will not be linked to you as an individual. Responses to this question will only be used as part of a group statistic, to help target the work of the End Stigma Surrey campaign to where it is most needed.

Please select all that apply:

- Friends
- Family
  
- Colleagues
- Manager
- Job Centre
- Employment/recruitment agency
- Employer recruitment/HR
  
- Hospital
- GP Practice/Doctor's surgery
  
- Community mental health services
- Inpatient mental health services
- Adult Social Care
- NHS Talking Therapies/IAPT

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- **Crisis support services**
- **Community Connections or other voluntary sector organisation**
  
- **Police**
- **Ambulance**
- **Fire and Rescue**
- **Welfare/benefits services e.g., Citizens Advice (please specify which below)**
- **Council**
  
- **Housing association**
- **Rental agency**
- **Private landlord**
  
- **Taxi company**
- **On the bus**
- **On the train**
  
- **College**
- **University**
- **Adult Education**
  
- **Leisure/Fitness services – Council/Local Authority**
- **Leisure/Fitness services – Private sector**
- **Leisure/Fitness services - Voluntary sector**
  
- **Surrey phonenumber (e.g., Crisis Line, Surrey Drug and Alcohol Care helpline (SDAC), Adult Social Care Information and Advice Service)**
- **National phonenumber**

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- **Other, please specify without giving any identifiable names/details**

**Please state your answer:**

**Question 5: If you answered yes to any of the above, please tell us how the stigma/discrimination was expressed towards you. Please select all that apply:**

- **Negative attitudes or comments from others**
- **Harassment (unwanted behaviour you find offensive, or which makes you feel intimidated or humiliated), or bullying (verbal/physical abuse, threat or coercion)**
- **Difficulty accessing services**
- **Physical health symptoms not properly investigated because of a mental health issue/condition**
- **Difficulties finding a job due to mental health**
- **Less tolerance in the workplace about sickness absence**
- **Reduced opportunities for promotion/career advancement**
- **Unfair dismissal**
- **Other – please specify**

**Please state your answer:**

**Question 6: If you answered yes, what was the impact of the stigma/ discrimination on you? Please select all that apply:**

- Lowered self-esteem and/or self-worth
- Less/lack of trust in others
- Reluctance to/not talking about your mental health to others
- Reluctance to seek help/delaying seeking help
- Withdrawing from others or your community/social isolation
- Other – please specify

**Please state your answer:**

**Question 7: On a scale of 1-5, how able do you feel to address or challenge any stigma/discrimination that you have experienced, or may experience?**

**(where 1 is not able at all and 5 is very able)**

**Please select one answer:**

- 1 Not able at all
- 2
- 3
- 4
- 5 Very able



- **Prefer not to say**

**Please state your answer:**

**Question 8: What would help you feel more able to address stigma and/or discrimination?**

**Please state your answer:**

**Question 9: What do you think would be best at reducing mental health stigma and discrimination?**

**Please select and rank your top three options from the list below, starting with the most effective.**

- **Option A: Training on mental health awareness and stigma reduction for frontline staff in the public and voluntary sector**
- **Option B: Training around interpersonal skills (e.g., listening, communication, empathy) for frontline staff in the public and voluntary sector**
- **Option C: Raise public awareness of mental health e.g., campaigns, on social media, radio, local newspapers, events**
- **Option D: Conversations between people with experience of mental health issues and the public – to increase understanding and awareness about mental health**

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- **Option E: Support/training for people with experience of mental health issues (e.g., on building confidence, speaking with others/in public, sharing their experiences safely)**
- **Option F: Advice/support on what to do if you have been on the receiving end of stigma and discrimination**
- **Option G: Promote and Increase awareness of the End Stigma Surrey programme**
- **Other, please specify:**

**Please state your answer:**

**Question 10: Before today, were you aware of the local anti-stigma programme End Stigma Surrey (previously known as Time to Change Surrey)? Please select one answer:**

- **Yes (please answer questions 11- 13)**
- **No (skip the next few questions and proceed to question14)**
- **I'm not sure**
- **Prefer not to say**

**Please state your answer:**

## **End Stigma survey**

**Question 11: If you answered yes to question 10, how did you hear about End Stigma Surrey? Please select all that apply:**

- **In person: e.g., at a drama or training session or conversation with a Mental Health Champion(s)**
- **End Stigma Surrey display stand at an event in Surrey**
- **End Stigma Surrey social media**
- **Surrey County Council website or social media**
- **Surrey mental health services (NHS, Talking Therapies or voluntary sector e.g., Community Connections, Citizens Advice)**
- **GP/doctor, health or social care staff**
- **Other - please specify**

**Please state your answer:**

**Question 12: Have you ever engaged with or been involved with End Stigma Surrey? Please select one answer.**

- **Yes**
- **No**
- **Don't know**
- **Prefer not to say**

**Please state your answer:**

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**Question 13: If you answered yes to question 12, please tell us more about how you engaged with or were involved with End Stigma Surrey? Please select all that apply.**

- **I attended an End Stigma Surrey drama scene/play or training session**
- **I saw an End Stigma Surrey display stand at an event in Surrey**
- **I spoke to the Co-ordinator**
- **I had a conversation with an End Stigma Surrey Mental Health Champion(s)**
- **I am/was an End Stigma Surrey Mental Health Champion**
- **I received training/support from End Stigma Surrey to become a Champion**
- **I enquired about becoming an End Stigma Surrey Mental Health Champion**
- **I read/used their Anti-Stigma Toolkit (Comment or Complaint? Practical Online Guide to Challenging Stigma or Discrimination in Public Services/Workplace:**
- **Other, please specify**

**Please state your answer:**

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**Question 14: If you would like to hear more about or get involved in the work of End Stigma Surrey, please use this separate link below to provide your contact details.**

**You can register for free support, training and resources online: [www.tinyurl.com/EndStigmaSurrey](http://www.tinyurl.com/EndStigmaSurrey)**

**Your contact details will only be used to contact you about the End Stigma Surrey campaign and will not be linked with your responses to this survey. Further details are available from the End Stigma Surrey Privacy Policy: [www.endstigmasurrey.org.uk/privacy-policy](http://www.endstigmasurrey.org.uk/privacy-policy)**

## Demographic Questions

**The following questions tell us more about you and help us to make sure we have captured views and experiences from a cross section of people living in Surrey, and to see if there are any differences.**

**All answers are strictly confidential and will not be linked to you as an individual.**

**Question 15: Are you a Surrey resident? Please select one answer:**

- Yes
- No
- Prefer not to say

**Please state your answer:**

**Question 16: If you are a Surrey resident, which district or borough in Surrey do you live in? (This will be the council**

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you or your household pays council tax to). Please select one answer:

- Elmbridge
- Epsom and Ewell
- Guildford
- Mole Valley
- Reigate and Banstead
- Runneymede
- Spelthorne
- Surrey Heath
- Tandridge
- Waverley
- Woking
- Prefer not to answer

Please state your answer:

Question 17: What age group are you? Please select one answer:

- 18-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65+
- Prefer not to say

Please state your answer:

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**Question 18: Which of the following categories do you feel best describes your working status? Please select all that apply:**

- **Working full time**
- **Working part time**
- **Working on a zero hours or similar casual contract**
- **Temporarily laid off/furloughed**
- **Freelance/self employed**
- **Unemployed**
- **Not working due to a disability or health condition**
- **Carer**
- **Homemaker**
- **Student**
- **Other, please describe**

**Please state your answer:**

**Question 19: To which of these groups do you consider you belong? Please select one answer from the categories below:**

**Asian or Asian British:**

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

**Black, Black British, Caribbean or African:**

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

**Mixed or multiple ethnic groups:**

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

**White:**

- **English/Welsh/Northern Irish/British**
- **Irish**
- **Gypsy or Irish traveller**
- **Roma**
- **Any other white background**

**Other ethnic group:**

- **Arab**
- **Any other ethnic group**
  
- **Prefer not to say**

**Please state your answer:**



**Question 20: Which of these best describes your gender?**

**Please select one answer:**

- **Male**
- **Female**
- **Nonbinary**
- **Prefer not to say**
- **Prefer to self-describe**
- **If prefer to self describe, please specify:**

**Please state your answer:**

**Question 21: Is your gender the same sex you were registered at birth? Please select one answer:**

- **Yes**
- **No**
- **Prefer not to say**

**Please state your answer:**

**Question 22: Which of the following best describes your sexual orientation? Please select one answer:**

- **Bisexual**
- **Gay man**
- **Gay woman/Lesbian**
- **Heterosexual/straight**
- **Prefer not to say**
- **Other (if other, please describe)**

**Please state your answer:**

**Thank you for taking the time to answer this survey.  
We really appreciate your help.**

**A summary report of the findings will be published at an anonymised level in March on the End Stigma Surrey website: [www.endstigmasurrey.org.uk](http://www.endstigmasurrey.org.uk)**

## **Submitting your answers**

**If you are completing this survey electronically, it can be returned by emailing it to: [public.health@surreycc.gov.uk](mailto:public.health@surreycc.gov.uk)**

**Alternatively, it can be returned by post to the following address:**

**Public Health  
Surrey County Council  
Woodhatch Place  
11 Cockshot Hill  
Reigate  
RH2 8EF**

**The closing date for the survey is 11.59pm on 11 February 2024.**

## **Further information**

**If you have any questions or you would like the survey in a different format (Easy Read or Screen Reader Accessible) or language, please contact us as follows:**

- **Telephone: 0208 5417976**
- **Text (SMS): 0784 1724 938**
- **British Sign Language: [www.surreycc.gov.uk/bsl](http://www.surreycc.gov.uk/bsl)**
- **Email: [public.health@surreycc.gov.uk](mailto:public.health@surreycc.gov.uk)**