# Surrey County Council logoEnd Stigma Surrey Survey Screen Reader Accessible

**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](https://endstigmasurrey.org.uk/) is available online). 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](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](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 13.

**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 Sunday 11 February 2023.

## 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
* 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
* 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
* 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 phoneline (e.g., Crisis Line, Surrey Drug and Alcohol Care helpline (SDAC), Adult Social Care Information and Advice Service)
* National phoneline
* 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
* 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:**

Question 11: If you answered yes to question10, 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:**

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](https://endstigmasurrey.org.uk/wp-content/uploads/2021/09/Mental_Health_Stigma_Toolkit_Surrey.pdf)
* Other, please specify

**Please state your answer**:

### 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](https://docs.google.com/forms/d/e/1FAIpQLScV74gLOVA4ClG5NrvvST0zfgAmhYKNBalhGM__T1tL29gv5A/viewform) online.

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](https://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 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**:

### 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](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

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 (Large Print or Easy Read) or language, please contact us as follows:

* **Telephone**: 0208 5417976
* **Text (SMS)**: 0784 1724 938
* **British Sign Language**:via [SignLive Video Relay Service](https://www.surreycc.gov.uk/bsl)
* **Email**: [public.health@surreycc.gov.uk](http://public.health@surreycc.gov.uk/)