**The Tees Valley Getting Help – Children and Young People’s Mental Health and Wellbeing Service**

**Discussion guide for engagement with children and young people**

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| **Information for facilitators** |

North East and North Cumbria Integrated Care Board (NENC ICB), which is responsible for buying local health care services for people across Tees Valley, are engaging with children and young people (CYP), their families and carers, local staff and stakeholders on their experiences of CYP’s mental health and wellbeing support.

This guide has been developed to help you to facilitate a discussion with CYP about what mental health means to them and what would help them to have better mental health.

The guide sets out the questions that we wish to explore with CYP of both primary and secondary school age. We are happy for you to change the wording of the questions to aid clarification, however please be conscious of not changing the meaning of each.

We understand that there will be variance in the situations in which these discussions are undertaken, therefore we have not provided any approximate timings.

A recording template is provided for you to capture feedback from the CYP. We please ask that you type up your discussion notes and return your completed feedback form to necsu.icb.involvement@nhs.net by 19th January 2024. If it is easier for you to write your notes by hand, please send scans of the completed recording template to the above address.

Alternatively, you can also submit your notes online by completing this form: [SURVEY LINK]

We ask that you document how many CYP you engaged with and their age range (e.g. 10 CYP aged between 8 and 10). This can be documented in the recording template.

Feedback from all the different engagement methods is being collated and analysed by the independent research organisation, Harvey Research Ltd.

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| **Questions for discussion** |

**Facilitator to introduce the purpose of the engagement:**

These questions are designed to understand your thoughts about mental health, particularly what would help you to have better mental health and what you think is important about the support that is available to children and young people.

There are no right or wrong answers to any of the questions.

Please respect each other’s thoughts by not talking over each other.

**Questions**

1. **What does ‘mental health’ mean to you?**

Facilitator to clarify what is meant by the term before moving on.

1. **What makes you feel worried, sad or anxious?**
2. **What do you do when you feel worried, sad or anxious?**
3. **Have you ever spoken to anyone about your worries / anxieties or used Children and Young People’s Mental Health and Wellbeing Services?**

If yes, facilitator to explore:

* 1. Who did you speak to, and where?
  2. Would you speak to the same person again?
     1. If not, why?
     2. What would you do differently?
  3. What was this experience like?
     1. What was good?
     2. What could have been better?

1. **What would help you to feel less worried / have better mental health?**

Facilitator to explore:

1. Who would you feel comfortable / not comfortable speaking to about your worries / mental health?
2. Where would you feel comfortable talking to someone?
3. **For secondary school children only**

**What are your thoughts about accessing online support services?**

Facilitator to explore:

1. How likely would you be to use an online support service?
2. Would you have any concerns about using online support services?
3. What would you like to see from an online support service?
4. **What is the best way to let children and young people know about the support that is available to them to help with their mental health?**
5. **Do you have any other comments or questions about what we have talked about / Children and Young People’s Mental Health and Wellbeing Services?**

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| **End of questions** |