



## The Women's Mental Health Network are inviting you to Turn Up The Volume ... and have your say about the services you use

This questionnaire is about you sharing with Wish, the women's mental health charity, what the most important areas are for you within the mental health and criminal justice systems, and the associated statutory services (such as NHS, prisons and services provided by local councils).

Through the Women's Mental Health Network, Wish will then launch user-led campaigns to improve these areas.

This questionnaire will also be available on the website [womensmentalhealthnetwork.com](http://womensmentalhealthnetwork.com) in various formats including large print and Easy Read. If you would like this questionnaire to be sent to you in a different format or language please email [womensmhnetwork@gmail.com](mailto:womensmhnetwork@gmail.com)

### Your Information

You do not have to give this information, but we will need it if you want to become more involved in the Network and if you would like to be kept updated. Your details will be used and stored according to our privacy policy which can be viewed at [www.womenatwish.org.uk/privacy-policy](http://www.womenatwish.org.uk/privacy-policy)

<b>Name</b>	
<b>Address</b>	
<b>Email address</b>	

- I would like to become a member of the Women's Mental Health Network
- I would like to write a blog for the Women's Mental Health Network
- I would like to become involved in developing the campaigns for the Network to take forward

We would like your help in ensuring this much-needed consultation involves as many women as possible, from a range of backgrounds and with diverse life experiences, so please share this so we can reach the women whose voices will be right at the centre of the Network. If you have any questions about the consultation, please get in touch via email on [womensmhnetwork@gmail.com](mailto:womensmhnetwork@gmail.com).

If you plan to print out this questionnaire and return it by post then the address to send it to is:  
**Wish, Freepost RTSB-ZASG-URRB, 15 Old Ford Road, London, E2 9PJ**

### Campaign Consultation

We are asking you to select your **top 3 priorities** from the following areas for the Women's Mental Health Network to take forward through targeted campaigns. These are the campaigning areas that the women in the five focus groups, across sectors, highlighted as the ones that most need to be changed.

You can also tell us about any other areas which you would like to see included, or give additional information, in the space provided.

<b>Campaign Areas</b>	<b>Priority One Tick I only</b>	<b>Priority Two Tick I only</b>	<b>Priority Three Tick I only</b>
We don't want to tell our stories over and over again to staff in different services. We want a system in place where we can own our story but do not have to relive it and be re-traumatised.			
In some circumstances it's just not ok to have men providing services to women, it can be intimidating and re-traumatising. The role of male staff including: care co-ordinators, psychiatrists, and mental health liaison staff in A&E, needs to be reviewed.			
We should not be punished for being distressed, such as by being arrested, withdrawal of services, and unnecessary restrictions when in hospital.			
Most women should not be in prison in the first place, but as this is still happening, there should be acknowledgement of women's needs, advocacy, and appropriate mental health support with enough healthcare places. We should have proper mental health care wherever we are.			
The police are often the first point of contact for both victims of domestic violence and women experiencing a mental health crisis. The police need to take reports of domestic violence seriously and be aware of all forms of abuse, especially those which are not visible. They also need to be aware of the re-traumatising impact of physical restraint.			
Women with any diagnosis/label, especially those with complex needs, PTSD or a personality disorder label need gender-specific talking therapies that take our life experiences and past trauma into account; not just more medication.			
We want to be treated like human beings by staff across services; listened to, believed, our experiences validated, and treated with respect. Staff need to know that we are the experts on our own mental health and should be heard not dismissed.			
Let's have a model for early intervention that works for women, with enough resources to make sure that appropriate support and services can be put in place. A national scheme is needed that has a specific named person in this role who will take the time to understand our current circumstances and past experiences, and how these affect our mental health.			
There needs to be widespread awareness of the impact of separation of children from their mothers. Social services can take a pessimistic approach to mental health conditions, disregarding the possibility of recovery and underestimating the life-long harm of separating mother and child.			
Hospitals should be places of safety and support for women in distress, but we often feel unsafe, ignored and judged on mental health wards and in A & E.			
Housing – there needs to be an understanding across services and a commitment to providing safe, affordable, women-only housing options. We know they say that housing is in short supply, but ultimately it is unlikely that our mental health can improve if we haven't got anywhere safe and secure to live.			
We want a 360° holistic assessment of our needs, which might include counselling, advocacy and intensive support in the community, to ensure we can live our lives in a way that we find positive and fulfilling.			
<b>Other campaigning areas, or anything you want to add as examples ...</b>			
<b>You can continue on another sheet of paper if you need to</b>			

## Diversity Monitoring

The information in this form will be used only for monitoring purposes to ensure that we consult with women from a variety of backgrounds and with different life experiences, and will be treated as confidential. Please indicate your responses by checking the appropriate boxes.

### 1. Ethnicity

White	Mixed heritage	Asian or Asian British
<input type="checkbox"/> White British	<input type="checkbox"/> White and Asian	<input type="checkbox"/> Indian
<input type="checkbox"/> White Irish	<input type="checkbox"/> White and Indian	<input type="checkbox"/> Pakistani
<input type="checkbox"/> Other White background	<input type="checkbox"/> White and Black African	<input type="checkbox"/> Bangladeshi
	<input type="checkbox"/> White and Black Caribbean	<input type="checkbox"/> Other Asian background
	<input type="checkbox"/> Other Mixed background	

  

Black or Black British	Chinese or other ethnic group	Gypsy / Traveller
<input type="checkbox"/> Caribbean	<input type="checkbox"/> Chinese	<input type="checkbox"/> Irish traveller
<input type="checkbox"/> African	<input type="checkbox"/> Any other (please state)	<input type="checkbox"/> Gypsy
<input type="checkbox"/> Other Black background		<input type="checkbox"/> Romany

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### 2. Age

- |                                   |                                  |  |
|-----------------------------------|----------------------------------|--|
| <input type="checkbox"/> Under 18 | <input type="checkbox"/> 18 – 30 | <input type="checkbox"/> 31 – 50           |
| <input type="checkbox"/> 51-64    | <input type="checkbox"/> 65+     | <input type="checkbox"/> Prefer not to say |

### 3. Religion or belief Which group below do you most identify with?

- |                                      |                                 |   |
|--------------------------------------|---------------------------------|---|
| <input type="checkbox"/> No religion | <input type="checkbox"/> Hindu  | <input type="checkbox"/> Sikh                 |
| <input type="checkbox"/> Bahá'í      | <input type="checkbox"/> Jain   | <input type="checkbox"/> Prefer not to say    |
| <input type="checkbox"/> Buddhist    | <input type="checkbox"/> Jewish | <input type="checkbox"/> Other, please state: |
| <input type="checkbox"/> Christian   | <input type="checkbox"/> Muslim |   |
- 

### 4. Sexual Orientation & Gender Identity

How would you describe your sexual orientation?

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Heterosexual / straight | <input type="checkbox"/> Gay / lesbian     | <input type="checkbox"/> Bisexual / pansexual |
| <input type="checkbox"/> Asexual                 | <input type="checkbox"/> Prefer not to say | <input type="checkbox"/> Other, please state: |
- 

Are you trans, transgender or non-binary?

- |                              |                             |  |
|------------------------------|-----------------------------|--|
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Prefer not to say |
|------------------------------|-----------------------------|--|

## 5. Disability or Health Status

Do you have a disability, impairment or longstanding health condition? If so, you may tick one or more of the boxes, or use your own words below:

- Mental health condition
  - Physical impairment or condition that affects your mobility, or other physical movement
  - Sensory impairment, such as being blind/having a serious visual impairment or being d/Deaf/having a serious hearing impairment
  - Learning difficulty or disability
  - Neurodiverse condition such as autism or ADHD
  - Alcohol or substance misuse
  - Long standing illness or health condition, such as cancer, HIV, diabetes or epilepsy
  - Other, please specify:
- 

Do you consider yourself to be disabled?

- Yes                                       No                                       Unsure

## 6. Use of statutory services

Which of the following statutory services have you used / been involved with, at any point in your life?

- Adult community mental health services                       Adult acute inpatient mental health services
  - Adult specialist inpatient mental health services (e.g. secure, eating disorder, mother and baby)
  - Adult social care services     Children and Families social care services
  - Child & Adolescent mental health services (CAMHS)
  - NHS substance misuse services
  - Prison     Probation
  - Other, please specify:
- 

## 7. Life experiences

Have you ever had experience of the following, at any point in your life?

- Domestic violence / abuse               Homelessness                                       Prefer not to say

Thank you for taking the time to fill in this questionnaire.

You can return it electronically to: [womensmhnetwork@gmail.com](mailto:womensmhnetwork@gmail.com)

or by post to: **Wish, Freepost RTSB-ZASG-URRB, 15 Old Ford Road, London, E2 9PJ**

The closing date for this survey is **31<sup>st</sup> March 2019**.