



**Senedd Cymru**  
**Welsh Parliament**



# **Mental health and wellbeing in Wales**



**Questionnaire for children  
and young people**

## About this leaflet



The Welsh Youth Parliament looks at things that are important to children and young people in Wales.

1 of these things is mental health and wellbeing.



Having problems with your mental health can mean feeling sad and worried.

You might not be able to cope with everyday life.



**Wellbeing** means staying healthy and happy in your mind, thoughts and feelings.



## Tell us what you think

We want to know what children and young people think about mental health and wellbeing in Wales.



You do not need to have mental health problems to answer these questions.



We are asking lots of people the same types of questions.

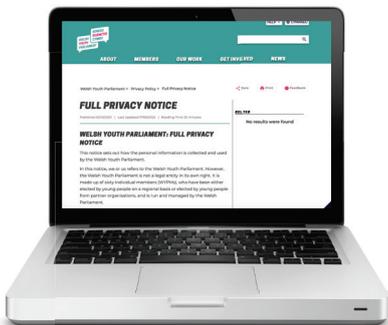


If you need any help with the questions, you can email us:  
**[hello@youthparliament.wales](mailto:hello@youthparliament.wales)**



Before you answer our questions, please read our privacy notice.

It tells you how we will use and look after the things you tell us on this form.



Our privacy policy is on our website:  
**[youthparliament.senedd.wales/  
privacy-policy/full-privacy-notice/](https://youthparliament.senedd.wales/privacy-policy/full-privacy-notice/)**



The privacy notice is not in easy read. You might want to ask someone to help you read it.



When you have answered the questions send this questionnaire back to us by:

**Monday 3rd October 2022**

You can email or post the questionnaire back to us.



## Email

[hello@youthparliament.wales](mailto:hello@youthparliament.wales)



## Post

**Welsh Youth Parliament**  
**Tŷ Hywel**  
**Cardiff Bay**  
**CF99 1SN**



There are a lot of questions in this questionnaire.



You do not need to answer the questions in 1 go. You can take a break and answer more questions later.

## Questions about you

**Question 1:** How old are you?



7 - 11

18 - 25

12 - 14

26 or older

15 - 17

**Question 2:** What gender are you?



I am female

I am male



Other

I don't want to say



When you are born a doctor decides if you are a boy or a girl.



As you grow up, you might feel you have a different gender to the one you were given at birth.  
This is called being Trans.



**Question 3:** Are you now or have you ever felt you are trans?



Yes



No

I don't  
want  
to say

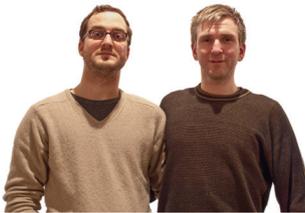


## Question 4: What is your **Sexuality**?

**Sexuality** mostly means who you are attracted to.



I am a boy who is attracted to girls or a girl who is attracted to boys



I am boy who is attracted to other boys



I am a girl who is attracted to other girls



I am attracted to both boys and girls

I am an other sexuality

I don't want to say

**Question 5:** What is your **ethnicity**?  
**Ethnicity** is your race, background and culture.



White



Mixed ethnic background



Asian, Asian Welsh or Asian British



Black, Black Welsh, Caribbean or African



Other ethnic group

I don't want to say



**Question 6:** Do you have a disability?



Yes

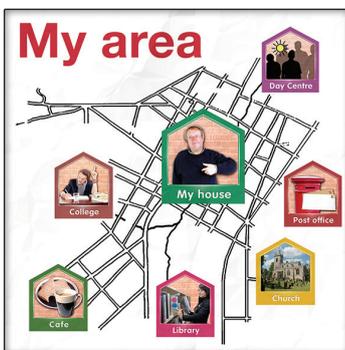


No

I don't  
want  
to say



**Question 7:** If you ticked yes to question 6, tell us what disabilities you have:



**Question 8:** Where do you live?



**Question 9:** Tell us where you get any education, training or support to learn. This might be at home, school or college.



**Question 10:** If you don't already go to school or college, would you like to?



Yes



No



I don't want to say



**Question 11:** Does your mental health stop you from going to school?



Yes



No



I don't want to say

**Question 12:** Tick the box if it describes you.



I do not live at home with my parents or guardian. A guardian is someone who makes decisions for you like a parent would.



I am a young carer. I look after a parent, guardian or family member



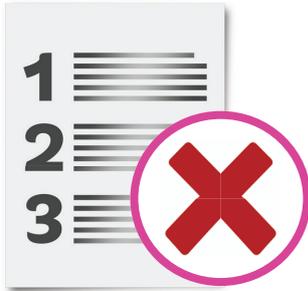
I am homeless. This means you might sleep on the streets or move around to different friends or family's houses.



I live in a hostel or supported housing



I get Universal Credit or other benefits



None of these describe me

# Questions about support for mental health

- 1 
- 2 
- 3 
- 4 
- 5 

**Question 13:** We have written 5 things below. Please tell us how much you agree with them:



**1. I know how to tell if I am starting to feel stressed or unwell**

   
A lot

   
Not very much

   
A little bit

   
Not Sure



**2. I know what things help me feel better when I am feeling stressed or unwell**

   
A lot

   
Not very much

   
A little bit

   
Not Sure



**3. I am happy to talk to someone if I am feeling stressed or unwell**



A lot



Not very much



A little bit



Not Sure



**4. I know where to get help and support if I am feeling stressed or unwell**



A lot



Not very much



A little bit



Not Sure



**5. I am happy to get help and support for my mental health and wellbeing**



A lot



Not very much



A little bit



Not Sure



**Question 14:** Thinking about your friends or a family member.

Please tell us how much you agree with these things:



**1. I know how to tell if my friend or family member starts to feel stressed or unwell**



A lot



Not very much



A little bit



Not Sure



**2. I know what to do to help my friend or family member if they feel stressed or unwell**



A lot



Not very much



A little bit



Not Sure



### 3. I know where to get help and support for my friend or family member



A lot



Not very much



A little bit



Not Sure



People sometimes find it hard to ask for help with their mental health.

**Question 15:** What things can we do to help children and young people ask for help? Please tell us:



**Question 16:** Do you think enough is being done to let children and young people know about mental health and wellbeing?



Yes



No



I don't know



Yes

If you ticked **yes**, go to Question 17.



If you ticked **no**, please tell us what else you think we can do:



**Question 17:** Do you have someone to talk to if you are feeling stressed or unwell?



Yes



No



I don't know



If you ticked **yes**, who would you talk to and how do you know them:



**Question 18:** What types of places would you feel comfortable in to talk about your mental health?



**Question 19:** Are you happy to get support for your mental health at your school or college?

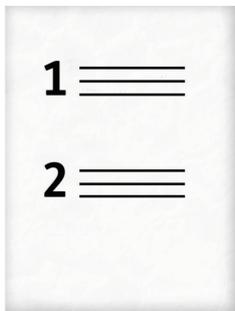


Yes



No

I don't know



**Question 20:** We have written 2 things below. Please tell us how good your school or college is at these things:



**1. Telling me where I can find information about mental health**



Good



Not good or bad



Bad

I don't know

2. Including mental health and wellbeing in things we do at school and college. This might be in:



- lessons

or



- assembly. An **assembly** is when everyone at school gets together in a big hall



Good



Not good  
or bad



Bad



I don't  
know

## Questions about your thoughts, feelings and mental health



**Question 21:** How often do you feel stressed, anxious or unwell?

Please tick 1 box.

Every day

Once a fortnight

Once a week

Once a month

More than once a week

1 or 2 times in the last 12 months

Never



**Question 22:** Do you have a mental health condition?



Yes



No



I don't know



I don't want to say



Did a doctor say you have a mental health problem?



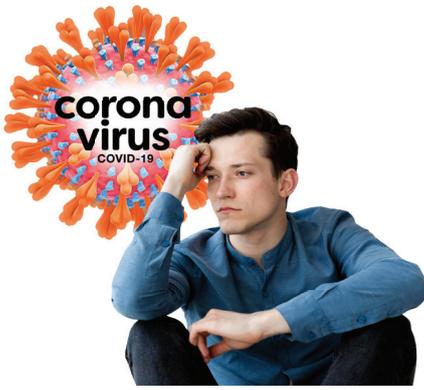
Yes



No



**Question 23:** What things make you feel stressed, sad or worried? Tell us here:



**Question 24:** The COVID-19 pandemic has affected lots of people's mental health.

Do you feel more stressed or upset after COVID-19?



Yes



No



I don't know



I don't want to say

## Getting support at your school or college



**Question 25:** Can you get support for mental health and wellbeing from your school or college?



Yes



No



I don't know



I don't want to say



**Question 26:** Have you ever tried to get help for your mental health and wellbeing at school or college?



Yes



No



I don't know



I don't want to say



If you ticked **No**, **I don't know** or **I don't want to say** please go to Question 31.



Yes

If you ticked **yes**, please go to Question 27.



**Question 27:** Did your school or college give you support?



Yes



No



I don't know



I don't want to say



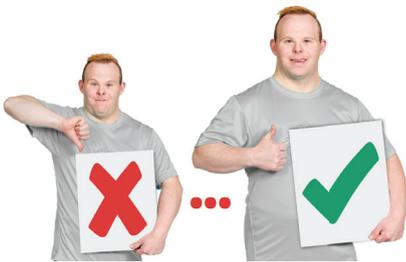
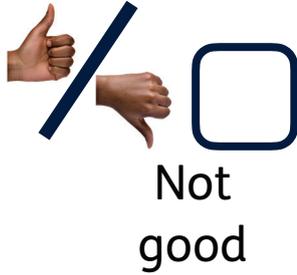
**Question 28:** If you ticked **no** to Question 27, please tell us more here:



**Question 29:** How long did you have to wait for support? Was it days, weeks or months?



**Question 30:** Thinking about the support you got. Was it:



**Question 31:** What things would make support better at your school or college?

# Questions about Child and Adolescent Mental Health Services



This service is called **CAMHS** for short. We say it like this **cams**.

CAMHS is a mental health service for children and young people.

**Question 32:** Have you ever tried to get support from CAMHS?



Yes



No



I don't know



I don't want to say



If you ticked **No**, **I don't know** or **I don't want to say** please go to Question 38.



Yes

If you ticked **yes**, go to Question 33.



**Question 33:** Did CAMHS give you support?



Yes



No

I don't know

I don't want to say



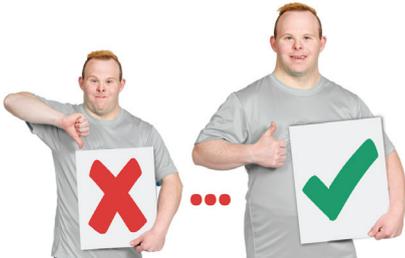
**Question 34:** How long did you have to wait for your **first appointment**? Was it days, weeks or months?



**Question 35:** How long did you have to wait for your **second appointment**? Was it days, weeks or months?



**Question 36:** Thinking about the support you got at your appointments. Was it:



**Question 37:** What things could CAMHS do to make their services better? Please tell us:



**Question 38:** When young people are old enough they stop using children’s services and start to use adult services.

If you have moved adult services, you can tell us about it here:



**Question 39:** Is there anything else you would like to tell us?

A large, empty rectangular box with a dark blue border, intended for the user to provide an answer to the question above.

Thank you for answering our questions.