



# YOUR VOICE MATTERS: MENTAL HEALTH SUPPORT FOR YOUNG PEOPLE IN CARE

We're inviting you to take part in a short online questionnaire about mental health support for young people in care. Your views will help researchers understand what matters most to you and how services can do better.

We want to hear from care-experienced young people aged 13-17, who live in England.

Before you decide if you'd like to take part, here's what you need to know.



## WHAT IS THIS STUDY ABOUT?

This questionnaire is part of a research project about how young people in care can be better involved in mental health research.

We've already spoken to some adults and care leavers, but now we want to hear directly from young people in care - like you.

You don't need to have struggled with your mental health or asked for help to take part. You can answer based on your past experiences, or what you think would be important in the future.

## WHAT WILL YOU DO IF YOU JOIN?

You'll be asked to complete a short questionnaire where we'll ask you to sort some statements about mental health - we want to know which is most important to you.

The questionnaire won't take more than 10 minutes to complete. There are no right or wrong answers.

The questionnaire will be anonymous so we will not be able to link your answers back to you. Your responses will be stored securely, and only our research team will have access to them.

You will also be asked if you would like to sign up to an online meeting to talk about how you can be more involved in research.

## IT IS UP TO YOU

### You'll receive £5!

As a thank you, you'll receive a £5 gift voucher. We'll need your email to send this, but it won't be linked to your answers. You can also choose to join our Volunteer Research Register for future projects. If you join, you can ask us to delete your email at any time by contacting us.

### Your Data

As the questionnaire is anonymous we cannot delete your responses. However, if you write your email address to receive the £5 gift voucher, or to sign up for the online meeting, you can ask us to delete this for 2 weeks after you completed the survey by emailing Hollie (h.c.gay@exeter.ac.uk) or Nicola (n.a.abraham@exeter.ac.uk)

### Any Risks?

There are no major risks to joining. If anything makes you uncomfortable or upset, you can stop taking part. Your safety and comfort come first and don't worry, it won't affect any gift vouchers you might get.

## GOT ANY QUESTIONS?

If you have questions, you or trusted adult can contact the research team:



**Hollie Gay**

[h.c.gay@exeter.ac.uk](mailto:h.c.gay@exeter.ac.uk)



**Nicola Abraham**

[n.a.abraham@exeter.ac.uk](mailto:n.a.abraham@exeter.ac.uk)

If you have any concerns about ethics, you can talk to the Psychology Ethics Committee Co-Chairs, [Ciro Civile \(c.civile@exeter.ac.uk\)](mailto:c.civile@exeter.ac.uk) and [Julian Basanovic \(j.basanovic@exeter.ac.uk\)](mailto:j.basanovic@exeter.ac.uk).

THANK YOU FOR READING THIS AND FOR YOUR INTEREST IN OUR RESEARCH STUDY!