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

**Recording template for engagement with CYP**

Please record the key themes from your discussions with CYP. The recording template can be completed:

* online – <https://eu.surveymonkey.com/r/GettingHelpDCRT>
* Emailed to necsu.icb.involvement@nhs.net.

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|  **Discussion details**  |

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| --- | --- |
| Date  |  |
| Location  |  |
| Number of CYP engaged with  |  |
| Age range of CYP engaged with  |  |

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| **Discussion questions**  |

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

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1. **What makes you feel worried, sad or anxious?**

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1. **What do you do when you feel worried, sad or anxious?**

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1. **Have you ever spoken to anyone about your worries / anxieties or used Children and Young People’s Mental Health and Wellbeing Services?**

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

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1. **For secondary school children only - What are your thoughts about accessing online support services?**

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1. **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?**

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1. **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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| **Facilitator comments**  |

**Please use the space below to document anything additional you would like to add about the discussion that may be helpful to our research team.**

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**Please return completed form to** necsu.icb.involvement@nhs.net