



# GLoucestershire LINK SURVEY

## FOR CARERS OF PEOPLE WHO SELF HARM

The survey will only take a few minutes to complete and will be completely anonymous.

Gloucestershire LINK is a network of local people, groups and community organisations who want to help shape health and social care services commissioned and provided in Gloucestershire. It is a mechanism for gathering the views of people throughout Gloucestershire's communities so that these views can be made known to health and social care commissioners and providers. The LINK set up a task group to look at access to health and social care services in relation to self harm and the survey aims to gather patient and carer experiences over the last 12 months.

**For the purposes of this survey, self harm also includes eating disorders and substance misuse.**

**Accessible to All. If you require support in completing this survey please contact Christine Welsh on 01452 528491.**

**Q1 Who is the person who self harms?**

- Son
  - Daughter
  - Sibling
  - Parent
  - Another family member
  - Partner/spouse
  - Friend
  - Other, please state
- 

**Q2 Please indicate the length of time they have self harmed as far as you are aware?**

- Less than a month
- 1-6 months
- 7 months to a year
- 1-5 years
- More than 5 years

**Q3 As a carer, how easy is it to get help or information?**

- Very easy
- Easy
- Adequate
- Difficult
- Unable

**If you ticked difficult or unable, please say why:**

**What could be done to improve this?**

**Q4** Have you used any of the following services in connection with self harm? Please tick all that apply.

- GP
- Walk In Centre
- Hospital Emergency Department
- Community Hospital/Minor Injury Unit
- Together Trust (mental health services)
- NHS Direct
- Education Services
- Voluntary Support Group
- None - **Go to A9**
- Other, please state

**Q5** How useful was the help/information you received from these services and why?

**Q6** When you received help/information, were you recommended to or referred to any other service/agency?

- Yes
- No

**Q7** Were you given or made aware of any support for yourself?

- Yes - please tick below
- No

**Support:**

- GP
- Counsellor/Therapist
- National or local Carers Support Services
- Websites
- Helplines
- Friends/family
- Other, please state

**Q8** If you weren't given support for yourself, what would you have liked?

**Q9** As a carer, have you ever been offered a carer's assessment by a health professional?

- Yes
- No

**Q10** Did the person who is self harming indicate that they wanted you involved as their carer?

- Yes
- No - Go to Q14

**Q11** Were you part of the treatment plan/process from the outset?

- Yes
- No
- N/A

**Any comments?**

**Q12** Where appropriate, were you able to contribute your knowledge and be listened to in respect of the patient?

- Yes
- No
- N/A

**Any comments?**

**Q13** Did the health professionals fully engage with you in the process of discharging the patient from treatment?

- Yes
- No
- N/A

**If no, why not?**

**Q14 Are there any additional general comments or suggestions you would like to make?**

**ABOUT YOU (OPTIONAL)**

To build a more complete picture of issues surrounding self harm we would be grateful if you would complete the following optional questions.

Any personal details you provide will be held by Gloucestershire Rural Community Council on behalf of Gloucestershire LINK and will not be passed onto any third party or used for any purpose other than this survey

**Q15 Are you:**

- Male  Female

**Q16 Transgender: is your identity the same as your gender at birth?**

- Yes  No

**Q17 How old are you?**

- Under 16  26-35  56-65  
 16-18  36-45  over 65  
 19-25  46- 55

**If under 16, please state your age:**

**Q18 What is your sexual orientation? Do you consider yourself to be:**

- Bisexual  
 Gay  
 Heterosexual (straight)  
 Lesbian

**Q19 What is your ethnic origin?**

- Asian - Indian  
 Asian - Bangladeshi  
 Black - Pakistani  
 Black or Black British - African  
 Black or Black British - Caribbean  
 Chinese  
 Mixed - White & Asian  
 Mixed - White & Black African  
 Mixed - White & Black Caribbean  
 White - British  
 White - European  
 Other

**Q20 Which of the following best describes your religion/belief?**

- Buddhist  Muslim  
 Christian  Sikh  
 Hindu  Other  
 Jewish  No religion

**Q21 Do you consider yourself to have a disability?**

- Yes  No

**Q22 Which district do you live in?**

- Gloucester  Forest of Dean  
 Cheltenham  Stroud  
 Cotswold  Tewkesbury

**Thank you for taking the time to complete this survey**