

## HUG (Action for Mental Health) Engagement Survey

We are hoping to increase our contact with members and this survey will help us to understand what your priorities are.

1. Please provide the first three digits of your postcode - this will allow us to see what area our responses are coming from but won't enable us to identify your location

2. Please tell us which gender you identify as

- Man  
 Woman  
 Prefer not to say

Other (please specify)

3. Age

- |                                |                             |
|--------------------------------|-----------------------------|
| <input type="radio"/> Under 18 | <input type="radio"/> 45-54 |
| <input type="radio"/> 18-24    | <input type="radio"/> 55-64 |
| <input type="radio"/> 25-34    | <input type="radio"/> 65+   |
| <input type="radio"/> 35-44    |                             |

4. Do you currently receive all the support and help that you need to live well with mental health difficulties?

- Yes  
 No

If no, what would make it better for you

5. Over the last 12 months has your mental health

- Stayed the same  
 Worsened  
 Improved

6. Are you affected by other people's attitudes to your mental health?

Yes

No

If yes, how does this affect you

7. After the lockdown, what do you think HUG should focus on?

Collecting voices of people with lived experience and sharing this with other organisations

Partnering with other organisations to make change happen

Developing Peer Support groups and crisis services

Increasing awareness of Mental Illness

Other (please specify)

Challenging stigma through creative activities

Providing services for people living with mental illness

Representing people living with mental illness at a national level

Holding services to account

8. Please tell us what you think HUG's biggest priorities should be for the next 12 months

9. If you would like to add further comments or hear from HUG more often, or if you would prefer to be contacted by email please leave your email address and tick the consent box

Comments:

Email address: \_\_\_\_\_

I consent to HUG storing my email and using it to contact me by email  (please tick if you agree)

Thank you for completing this short survey. If you would like to speak to someone about any of the above issues then please call us on 0300 365 9366 and leave a message. Alternatively you can email [hug@spiritadvocacy.org.uk](mailto:hug@spiritadvocacy.org.uk)

Thank You

HUG (Action for Mental Health)