

Perinatal Mental Wellbeing Survey

Introduction

Pregnancy and the period after childbirth are significant times of change in a woman’s life. It is common for women and their partners to experience many different emotions during this time.

Some women have mental health issues in pregnancy or after birth. These can either be illnesses that women have had before or, for some women, it may be the first time they become unwell.

Perinatal Mental Health

Perinatal mental health is a term used to describe mental health issues during pregnancy, or in the first year following the birth of a child. Perinatal mental illness affects up to 20% of women and men, and covers a wide range of conditions.

Healthwatch Sutton (www.healthwatchsutton.org.uk) is collecting the views and experiences of **people who are pregnant (and their partners)** and **parents of children who are under 2 years old**. Please only complete this survey if you fall in to this group.

- This survey is confidential and anonymous. We do not collect any personal information (e.g. names, address etc.).
- The information you give will only be used for the purpose of this project.
- Comments you make may be used in our report (though any comments that could make it possible for someone to identify you will not be used).

When you complete this survey you can enter a draw with a prize of £150 in Amazon vouchers. To enter please complete the form on the last page.

1. Which of the following statements apply to you:

- I am pregnant
- I have given birth within the last 2 years
- My partner is pregnant
- My partner has given birth in the last 2 years

2. How would you rate your knowledge of the symptoms of perinatal mental health issues (1–no knowledge at all – 10- Very knowledgeable)?

1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>									

3. How much information have you been given about perinatal mental wellbeing (please select one answer)?

- Not enough
- Right amount
- Too much
- I have not received any information
- I did not want/need any information

4. What was your main source of information (optional)?

5. How useful have you found the information you have received from this source (please select one answer)?

- Very useful
- Somewhat useful
- Not so useful
- Not at all useful
- I have not received any information
- I did not want/need any information

6. Did you know dads and partners can experience perinatal mental health issues as well?

- Yes
- No

7. Do you think there is enough support for the perinatal mental health of dads or partners?

- Yes
- No
- Don't know

8. Have you, your friends or a member of your family accessed support for your/their perinatal mental health in the last 2 years?

- Yes (**Go to Question 9**)
- No (**Go to Question 12**)

9. What support did you/they access (please select all that apply)?

- GP or nurse
- Health visitor
- Midwife
- Sutton Uplift
- Children's Centre
- Community Mental Health Team
- Home-Start
- Voluntary or community groups
- Online services
- Don't know (**Go to Question 12**)
- Other (please specify)

10. Which of these (from Question 9) was **helpful** and why (optional)?

11. Which of these (from Question 9) was **unhelpful** and why (optional)?

12. If you were worried about perinatal mental wellbeing, how comfortable would you feel accessing advice and support (1- Not at all comfortable – 10-Very comfortable)?

1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>									

13. Can you explain why you have given the score above?

14. If you were worried about your perinatal mental wellbeing, where would you go for help (please select all that apply)?

- Friend or family member
- GP or nurse
- Health visitor
- Midwife
- Sutton Uplift
- Children’s Centre
- Community Mental Health Team
- Voluntary or community groups
- Online services
- Don’t know
- Other (please specify)

15. What do you think are the barriers to accessing help and/or support for perinatal mental health issues (please select all that apply)?

- Not knowing how to access support
- Worrying about other people’s reaction
- Anxiety that social services would become involved
- Worrying that my baby may be taken away from me
- Difficulties accessing support (e.g. child care, time, location, travel.)
- Stigma of mental health
- Cultural or language barriers
- Lack of services
- Delay in accessing support (waiting lists etc.)
- Other (please specify)

16. Which of the following areas of learning would you find useful (please select all that apply)?

- Triggers and coping with emotions
- Self-help strategies
- How relationships change
- What to expect as a parent
- Understanding your baby – exploring you baby’s feelings, development, communication and behaviours
- Strategies to manage thoughts and behaviours
- Looking after yourself
- Assertiveness and self-esteem
- Challenging my internal critic
- Medication advice
- Other (please specify).

17. How would you like to access information concerning the areas specified in the previous question (please select all that apply)?

- Online
- Group
- One-to-one
- Other (please specify)

18. How old are you?

- Under 18
- 18-24
- 25-29
- 30-34
- 35-39
- 40-44
- 45-49
- 50+
- I don't want to say

19. What is your gender?

- Female
- Male
- Other
- I don't want to say

20. What is your ethnic group?

- Arab
- Gypsy or Irish Traveller
- White British
- Any other White background
- Asian British
- Indian
- Pakistani
- Bangladeshi
- Chinese

List continues on next column

- Any other Asian background
- Black British
- Caribbean
- African
- Any other Black background
- Any other Mixed/Multiple ethnic background
- I don't want to say

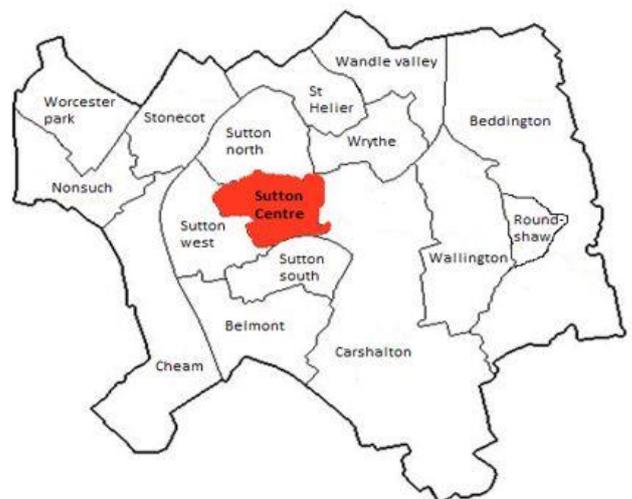
21. Do you have a long term condition or disability?

- Yes
- No
- I don't want to say

22. What is your sexual orientation?

- Heterosexual/Straight
- Gay Women/Lesbian
- Gay Man
- Bi
- Prefer to self-describe
- I don't want to say

23. Do you live within the London Borough of Sutton? (**anywhere shown on the map below**)



- Yes
- No
- Don't know

Thank you for taking the time of complete this survey.

Please return this survey and draw entry slip to:

Freepost RRZE-KYKG-JBSH

Healthwatch Sutton

Granfers Community Centre

73-79 Oakhill Road

Sutton

SM1 3AA

If you wish to keep your contact information separate from your survey response please return in two separate envelopes to the same Freepost address.

For more information advice and/or support please contact:

- Your GP
- NHS 111
- Sutton Uplift www.suttonuplift.co.uk Tel: 0800 032 1411 (Freephone) Tel: 020 3513 4044 (charged at your network rate)
- Health visitor advice line 020 8661 3904 (0208 770 5409 from 1st April 2019)

For online information/support:

- pandasfoundation.org.uk
- mind.org.uk
- cocoonfamilysupport.org

If you are interested in getting more involved in sharing your views and experience of perinatal mental wellbeing (for example, joining a focus group), please contact Nadine Wyatt (Patient and Public Engagement Manager at Sutton CCG) at nadine.wyatt@swlondon.nhs.uk .

Healthwatch Sutton will analyse the responses to this survey and produce a report with recommendations to the NHS, local council and others. These will be taken to key decision-makers with a view to improving services and access to services, as well as looking at any other support needs that are identified. If you would like to receive a copy of the final report, please email pete@communityactionsutton.org.uk to be added to the distribution list.



PRIZE DRAW ENTRY

If you would like to be entered in to the draw for £150 of Amazon vouchers, please enter your contact details below. One lucky winner will be drawn at random.

Healthwatch Sutton will keep your contact details separately to your completed survey and your details will only be used for the purpose of this draw.

You will need to confirm that you agree to the terms and conditions of this draw by ticking 'yes' below. The full terms and conditions are listed overleaf.

I agree to the terms and conditions of the Healthwatch Sutton Perinatal Mental Wellbeing Survey Draw

Yes

No

Name	
Telephone number	
Email Address	

Please return this draw entry slip to:

Freepost RRZE-KYKG-JBSH

Healthwatch Sutton

Granfers Community Centre

73-79 Oakhill Road

Sutton

SM1 3AA

Terms and conditions

1. Our prize draw is organised by Healthwatch Sutton Ltd (known simply as 'Healthwatch Sutton') of Granfers Community Centre, 73-79 Oakhill Road, Sutton, SM1 3AA registered with the Charity Commission for England and Wales under number 1151601 .

How to enter

24. Entries received after the 30 April 2019 will not be accepted.
25. Entries will only be accepted on completion of the Healthwatch Sutton Perinatal Mental Wellbeing Survey online or on paper.
26. Our prize draws and competitions are free to enter and no purchase is necessary.
27. Healthwatch Sutton will not accept responsibility for entries that are lost, mislaid, damaged or delayed in transit, regardless of cause, including, for example, as a result of any postal failure, equipment failure, technical malfunction, systems, satellite, network, server, computer hardware or software failure of any kind.
28. By submitting an entry, you are agreeing to be bound by these Terms and Conditions. If you have any questions, please contact info@healthwatchsutton.org.uk
29. Healthwatch Sutton reserves the right to refuse entry, or refuse to award the prize to anyone in breach of these terms and conditions.

Eligibility

30. Unless otherwise stated, our prize draws and competitions are open to all except employees of the Healthwatch Sutton, their families, agents or any third party directly associated with administration of the prize draw.
31. Entrants under 18 must get consent from their parent(s) or legal guardian(s) before entering. The parent(s) or legal guardian(s) of entrants under 18 agree to these Terms and Conditions on behalf of the entrant.
32. Only one entry per person is permitted.
33. In entering, you confirm that you are eligible to do so and eligible to claim any prize you may win. Healthwatch Sutton may require you to provide proof that you are eligible to enter the prize draw or competition.
34. Healthwatch Sutton reserves all rights to disqualify you if your conduct is contrary to the spirit or intention of the prize draw or competition.

The Draw

35. A winner will be chosen by random draw performed by a computer process within one month of the prize draw or competition ending.
36. The winner will receive details of the prize.
37. The winner will be notified by email or telephone (using details provided at entry) within 7 days of being chosen and must provide a postal address to claim their prize. If a winner does not respond to Healthwatch Sutton within 14 days of being notified, then the winner's prize will be forfeited and the Healthwatch Sutton will be entitled to select another winner in accordance with the process described above.
38. The prize will be sent to the winner within 14 days of responding to the Healthwatch Sutton.
39. The prize is non-exchangeable, non-transferable and no cash alternative is offered. Healthwatch Sutton reserves the right to replace the prize with an alternative prize of equal or higher value if circumstances beyond the Healthwatch Sutton's control makes it necessary to do so.
40. The decision of the Healthwatch Sutton regarding any aspect of the prize draw or competition is final and binding and no correspondence will be entered into about it.
41. The winner's name and county can be obtained by sending a stamped addressed envelope to Healthwatch Sutton, Granfers Community Centre 73-79 Oakhill Road, Sutton, SM1 3AA or an email to info@healthwatchsutton.org.uk within 60 of days after the date of the closing date of the prize draw or competition.
42. Healthwatch Sutton reserves the right to hold void, cancel, suspend, or amend the promotion where it becomes necessary to do so.

Limitation of liability

43. Insofar as is permitted by law, the Healthwatch Sutton, its agents or distributors will not in any circumstances be responsible or liable to compensate the winner or accept any liability for any loss, damage, personal injury or death occurring as a result of taking up the prize except where it is caused by the negligence of the Healthwatch Sutton, its agents or distributors or that of their employees. Your statutory rights are not affected.

Data protection and publicity

44. Healthwatch Sutton is committed to protecting and respecting your privacy and will only use your personal information in accordance with these Terms and Conditions.
45. By entering, you agree that any personal information provided by you with your entry may be held and used by the Healthwatch Sutton or its agents and suppliers to administer the competition.

Governing law

All our prize draws and competitions will be governed by English law and entrants to the prize draw submit to the jurisdiction of the English courts.

The Healthwatch Sutton reserves the right to update these Terms and Conditions from time to time and any updated version will be effective as soon as it is published on the website.