

What questions about mental health support matter most for people aged 16–35?

What would you like us to find out or improve about mental health services?

It's up to you what you think is most important. If you are not sure what to tell us about, you can use some of the examples below.

Issues to do with finding and accessing support, e.g.,

- Getting help (barriers or things that helped)
- Waiting for support

Issues to do with assessment and treatment, e.g.,

- Assessments or diagnosis
- Therapies or medication

Issues to do with care and support, e.g.,

- Family or carer involvement in care/support
- Crisis care or recovery

Issues to do with how services are joined-up, e.g.,

- Moving between services
- Falling through the gaps

These are just examples, you can write about anything that matters to you.