

# Beyond the Mind

Understanding support, wellbeing and connection. When we're experiencing difficulties with our mental or emotional wellbeing, support can take many forms — and our wider lives matter too.

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## Before you start

- This is not an assessment of your mental health or of the care you receive. We won't ask you about diagnoses, and we won't ask you to describe difficult experiences.
- There are no right or wrong answers. We're interested in your experience.
- Your answers are anonymous. We don't ask for your name or contact details anywhere in the survey.
- If you tell us you'd like to talk further, we ask for your contact details on a separate form afterwards, so they're never stored alongside your answers.
- Your answers are read by a small team and used only to understand what good support looks like. They are not shared with anyone involved in your care, and they have no bearing on it.
- Nothing is sent until you press send on the last step, and you can stop at any point.

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## If you need support right now

This is a research survey, not a support service, and it can't respond to anything you tell us. If you're struggling right now, these people can, at any time of day.

### **Samaritans — 116 123**

Free, 24 hours a day, from any phone in the UK and Ireland.

### **Shout — text SHOUT to 85258**

Free, confidential support by text message, 24/7.

### **NHS 111 — select the mental health option**

For urgent mental health help, 24 hours a day.

### **Mind**

Information on local services, peer groups and support near you.

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This paper version covers the same questions as the online one at [communi.team/research/beyond-the-mind](https://communi.team/research/beyond-the-mind). Please write in the boxes and lines provided.

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## Your experience of support

Two quick questions to start.

### **1. How long have you been receiving some form of support for your mental or emotional wellbeing?**

- ☐ Less than a month
- ☐ 1–3 months
- ☐ 3–12 months
- ☐ 1–3 years
- ☐ More than 3 years
- ☐ I receive support occasionally rather than continuously
- ☐ Prefer not to say

### **2. Overall, how supported do you currently feel in your life?**

*I mostly feel I'm dealing with things alone*

*I feel very well supported*

|   |   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|---|----|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|

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## Beyond mental health

### 3. When your mental or emotional wellbeing is affected, does it also affect other areas of your life?

Select any that apply.

- ☐ Physical health or how my body feels
  - ☐ Sleep
  - ☐ Energy
  - ☐ Motivation
  - ☐ Confidence
  - ☐ Work or education
  - ☐ Activities or hobbies
  - ☐ Relationships
  - ☐ Social life
  - ☐ Daily routines
  - ☐ Feeling part of something
  - ☐ Feeling connected to other people
  - ☐ My sense of meaning or purpose
  - ☐ Something else:
- 
- ☐ None of these
  - ☐ Prefer not to say

### 4. Is there anything about the wider experience of struggling with your wellbeing that you wish other people understood better?

*Optional*

Only as much as you want to say — a sentence is plenty.

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## What supports you?

### 5. When you're finding things difficult, where do you currently find support?

Select any that apply.

- ☐ Partner
- ☐ Family
- ☐ Friends
- ☐ Mental-health professional
- ☐ GP or another healthcare professional
- ☐ Coach or mentor
- ☐ Colleagues
- ☐ School, college or university
- ☐ Support or peer group
- ☐ Local or community group

- ☐ Faith or spiritual community
  - ☐ Sports, fitness or activity group
  - ☐ Online community or social media
  - ☐ Apps or online resources
  - ☐ Personal practices such as exercise, meditation, creativity or journalling
  - ☐ Spending time outdoors or in nature
  - ☐ I mostly deal with things myself
  - ☐ Somewhere else:
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## 6. Of all the support available to you, what actually helps you feel supported?

*Optional*

There's no particular kind of answer we're looking for. It might be something somebody does, a place you go, an activity, a conversation, a practice, or something else entirely.

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## Is anything missing?

### 7. Is there any kind of support you feel you could use more of?

Select any that apply.

- ☐ Someone to talk to
  - ☐ Someone who understands me
  - ☐ Regular contact or check-ins
  - ☐ Encouragement or motivation
  - ☐ Help maintaining routines that are good for me
  - ☐ More connection with friends or family
  - ☐ Connection with people who have had similar experiences
  - ☐ Opportunities to meet or spend time with people
  - ☐ Activities that give me a sense of purpose
  - ☐ Opportunities to contribute or help other people
  - ☐ Practical support
  - ☐ Professional support
  - ☐ Time or space for myself
  - ☐ I'm not sure what would help
  - ☐ I feel sufficiently supported at the moment
  - ☐ Something else:
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## Connection

We're particularly interested in what connection means to different people, so we're deliberately not defining the word.

**8. When you're going through a difficult period, how important is feeling connected to your wellbeing?**

*Not important to me*

*Extremely important to me*

|   |   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|---|----|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|

**9. Are there times when you would like connection but find it difficult to reach for it?**

- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never
- ☐ I'm not sure
- ☐ Prefer not to say

**10. What does “feeling connected” mean to you?**

*Optional*

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**11. What helps you feel most connected?**

*Optional*

This could involve people, places, activities, communities, nature, creativity, spirituality, animals, shared experiences or something completely different.

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**Community**

**12. Do you currently feel part of a community or group where you feel you belong?**

- ☐ Yes, strongly
- ☐ Yes, to some extent
- ☐ Not really
- ☐ No
- ☐ I'm not sure what “community” means to me

**13. Would connecting with other people who have experienced similar difficulties ever be helpful to you?**

- ☐ Yes
- ☐ Maybe
- ☐ Probably not
- ☐ No

☐ It would depend on the circumstances

**14. What would make that kind of connection feel safe and worthwhile?**

*Optional*

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## Technology and connection

Technology is increasingly part of how we communicate and find support. We're interested in both what it makes possible and what might be lost.

**15. Overall, how does technology affect your sense of connection with other people?**

- ☐ It helps me feel much more connected
- ☐ It generally helps me feel connected
- ☐ It has both positive and negative effects
- ☐ It generally makes me feel less connected
- ☐ It makes me feel much less connected
- ☐ I'm not sure

**16. How would you feel about technology that sometimes encouraged you to step away from the technology itself?**

For example, it might encourage you to contact somebody you trust, spend time with another person, attend an activity, go outside, join a local group, create something or simply take some time away from a screen.

- ☐ Very positive
- ☐ Mostly positive
- ☐ Unsure
- ☐ Mostly negative
- ☐ Very negative

**17. Are there ways that technology or social media can make connection more difficult for you?**

*Optional*

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## One question we're particularly interested in

Imagine support for your wellbeing could include more than appointments, treatment or therapy.

**18. What else would you want around you?**

*Optional*

Don't worry about whether it currently exists.

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## Continue the conversation

We're also hoping to speak with a small number of people to understand these experiences in greater depth. This would be an informal conversation of around 20–30 minutes. It isn't therapy or an assessment. We'd simply like to understand your experience and perspective.

### 19. Would you be interested in taking part?

If you say yes, we'll ask for your contact details on the next screen — they're sent separately from your answers, so your name is never stored alongside what you've told us.

- ☐ Yes, I'd be happy to hear more
- ☐ Maybe — I'd like some more information
- ☐ No, thank you

### 20. I understand my answers describe my wellbeing, and I'm happy for Communi.Team to use them for this research.

You can withdraw at any time by writing to [hello@communi.team](mailto:hello@communi.team). Because the survey is anonymous, please tell us roughly when you answered so we can find and delete your response.

- ☐ I understand my answers describe my wellbeing, and I'm happy for Communi.Team to use them for this research.

SEPARATE THIS PAGE BEFORE RETURNING

# Leaving your details

Fill this in only if you'd like to hear more about a conversation. There's no obligation — we'll explain what's involved and you can decide then.

*Please detach this page and return it separately from your answers, so your contact details are never held alongside what you told us.*

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**1. Your name**

*Optional*

Or whatever you'd like us to call you.

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**2. Your email**

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**3. Your phone number**

*Optional*

Only if you'd rather we called than emailed.

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**4. Anything that would help us get in touch at a good time?**

*Optional*