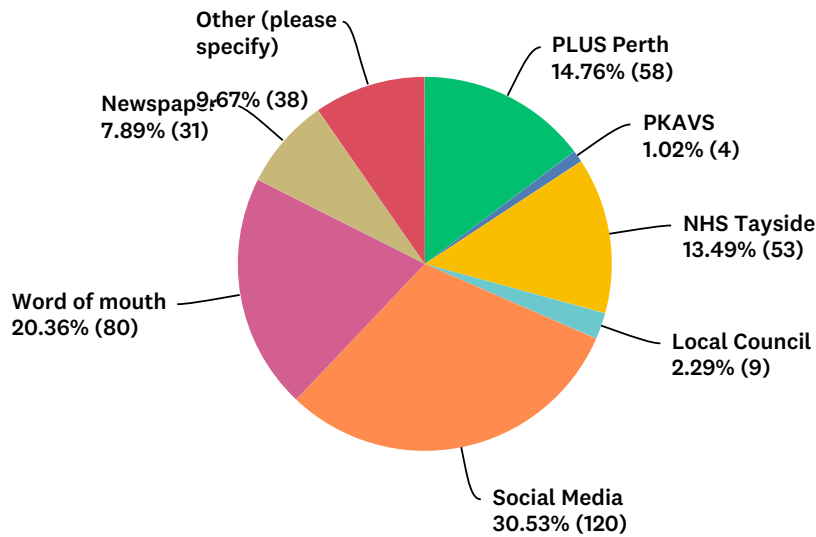


# Q1 Where did you hear about the NHS Tayside proposal to centralise all adult acute mental health beds at Carseview Centre, Dundee?

Answered: 393 Skipped: 2



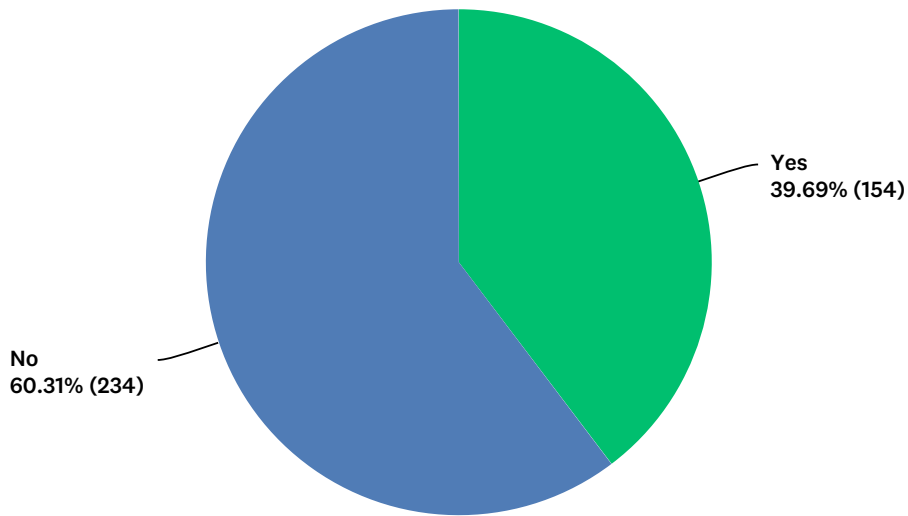
ANSWER CHOICES	RESPONSES	
PLUS Perth	14.76%	58
PKAVS	1.02%	4
NHS Tayside	13.49%	53
Local Council	2.29%	9
Social Media	30.53%	120
Radio	0.00%	0
Word of mouth	20.36%	80
Newspaper	7.89%	31
Other (please specify)	9.67%	38
<b>TOTAL</b>		<b>393</b>

#	OTHER (PLEASE SPECIFY)	DATE
1	Tayside carers	11/27/2017 12:30 PM
2	PLUS Perth & Newspaper	11/26/2017 6:05 PM
3	PLUS Perth, NHS Tayside, Word of Mouth, Local Council, Radio and Newspaper.	11/26/2017 6:04 PM
4	PKAVS, Council, NHS, Social Media	11/25/2017 5:20 PM
5	PLUS Perth and Newspaper	11/25/2017 5:15 PM
6	PLUS Perth, Newspaper	11/25/2017 3:48 PM
7	i haven't heard of this	11/23/2017 12:07 AM
8	U3A	10/27/2017 5:04 PM
9	U3A	10/24/2017 7:24 PM
10	Perth U3A newsletter October 2017	10/24/2017 5:32 PM
11	MindSpace	10/16/2017 12:07 PM
12	Mairi Gougeon MSP	10/13/2017 9:38 AM

13	My MSP Mairi Gougeon	10/12/2017 4:23 PM
14	Dundee Autism & LD SPG	10/9/2017 9:59 AM
15	Mindspace pk	10/5/2017 9:53 PM
16	Through work - third sector	10/5/2017 8:04 PM
17	PLus Perth - Word of Mouth - Newspaper	10/5/2017 1:08 PM
18	Plus Perth and PKAVS - as a member of Plus I have been informed of the changes.	10/5/2017 12:12 PM
19	No answer	10/5/2017 11:17 AM
20	Plus Perth and word of mouth	10/5/2017 10:42 AM
21	John steel vox update	10/4/2017 11:59 AM
22	email from a friend	10/4/2017 7:34 AM
23	Facebook	9/30/2017 4:10 PM
24	Facebook	9/28/2017 5:42 AM
25	Friend who lost her daughter	9/27/2017 7:19 AM
26	From a friend	9/27/2017 6:40 AM
27	Facebook	9/26/2017 7:59 PM
28	Didn't know	9/26/2017 12:07 PM
29	Phillip Welsh	9/26/2017 11:03 AM
30	Facebook	9/26/2017 10:59 AM
31	Friend being admitted	9/26/2017 9:23 AM
32	Facebook	9/24/2017 11:27 AM
33	NHS Taysides Board online minutes	9/18/2017 5:39 PM
34	Attended event	9/14/2017 2:45 PM
35	Daughter	9/14/2017 9:31 AM
36	Board minutes on line	9/12/2017 7:24 PM
37	When my family had to access emergency mental health services for myself	9/12/2017 6:43 PM
38	Mindspace	9/8/2017 8:31 PM

## Q2 Have you visited the NHS Tayside consultation website for this proposal?

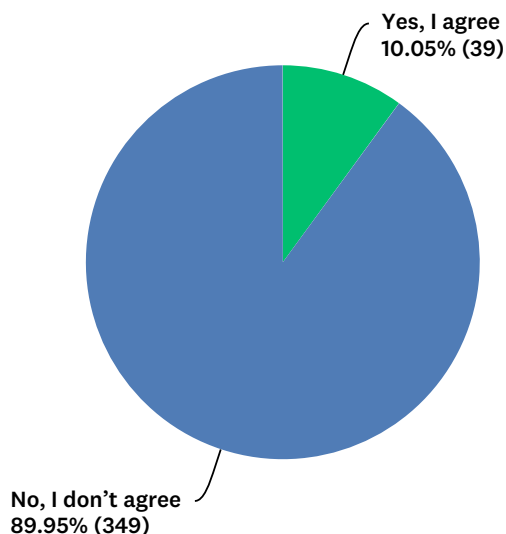
Answered: 388 Skipped: 7



ANSWER CHOICES	RESPONSES	
Yes	39.69%	154
No	60.31%	234
TOTAL		388

### Q3 Do you agree with the proposal that all adult (16-65) acute mental health beds should be centralised at Carseview Centre, Dundee?

Answered: 388 Skipped: 7



ANSWER CHOICES	RESPONSES	
Yes, I agree	10.05%	39
No, I don't agree	89.95%	349
<b>TOTAL</b>		<b>388</b>

#	PLEASE STATE YOUR REASONS	DATE
1	I have relatives in Glasgow but nobody local so that would be difficult to have visitors if I was in hospital in Dundee	11/27/2017 12:32 PM
2	Perth - MRH needs to retain Moredun ward as it is too much to cope with moving psychiatric patients who are in trauma anyway and need family visits to support them. Perth serves such a wide area to cover	11/27/2017 12:30 PM
3	Too far for patients and relatives to travel. Takes patients away from support networks. P&K is a massive area- what about admissions from remote parts of P&K, Aberfeldy, Braco for some Stirling is nearer than Dundee. Who will accompany people in crisis out of hours to Dundee. Not everyone has a friend/ family to take them- will they have to go in a taxi. It would remove patients from their professional as well as personal networks. there will likely be conflict about who controls the beds at Dundee.carseview and who controls the admission process will P&K doctors/staff agree? who has the final say? Millions of pounds have been spent on building a new acute mental health unit - purpose built- what an extraordinary waste of money in these cash strapped times How will patients get to and back from home on an overnight pass? prior to support patients may need support to regain confidence and practice accessing their local communities eg shops, vol orgs. How much harder will it be for them and their CPN to do this from Dundee. Many patients are likely to feel anxious frightened confused distressed- all made worse if they are so far away from 'home' and the people who are 'there' for them. Going to Carseview is not the same as going to Ninewells for a physical health problem ( necessarily). The impact of mental illness is not being taken into account. People who are mentally ill are sensitive to their environment and need to feel that people who care about them- families, friends, professionals- are nearby or at least not as far away as Dundee. ( I realise that this does also apply to people with physical health problems)	11/27/2017 12:13 PM
4	Distance from much of Perth	11/27/2017 11:57 AM
5	Makes it difficult for people to get visits from friends and family. Travelling costs to Dundee. Re deployment of staff to Dundee. Further for patients in crisis to get medical treatment and care	11/27/2017 11:35 AM

6	Inpatient local beds are essential to keep people safe. The idea of in the community care is not working. To many clients not enough staff. For some this lack of care and help is the reason they relapse	11/27/2017 10:40 AM
7	people should not be exiled from home town for mental health condition Perth hospital is recently purpose built specially for mental health purpose	11/27/2017 10:13 AM
8	This is not appropriate. Perth and Kinross needs its own facilities. This is a cut not a boost to mental health services.	11/26/2017 7:06 PM
9	I think they at Murray Royal.	11/26/2017 7:01 PM
10	Everything is going to Dundee. Soon nothing will be local.	11/26/2017 6:48 PM
11	Mental Health Services in general are always under-funded. MRH cost millions and will now be under-used. Dundee is too far away for both service user and families.	11/26/2017 6:30 PM
12	Long way to go to visit family & friends.	11/26/2017 6:05 PM
13	Most mentally unwell individuals need rapid support in a moment of crisis. For suicidal individuals the local hospital provides a safe environment which is easily accessed. For myself during a suicidal episode the hospital has saved my life.	11/26/2017 6:04 PM
14	I think it is traumatic enough to be admitted to hospital without having to travel and implications for visitors etc.	11/26/2017 5:55 PM
15	I disagree because the number of beds at Carseview are currently in high demand for the resident of Dundee and surrounding areas. I have been advised that Dundee had the highest rate of suicides in Tayside last year (2016). Surely there are ample people from Dundee and surrounding areas who will need the beds at Carseview in future. To close Moredun Ward at Murray Royal Hospital would be a mistake. Firstly, those in need of acute mental health services would need to be assessed. If admission is necessary, and a person would normally go to MRH, how can they be accommodated if Moredun is closed and the beds in Carseview are already filled with Dundee patients? For those in more desperate need, ie to harm themselves, if beds in Carseview are not available, Moredun is closed and no beds at PRI or Ninewells, is a police cell the only option? I find this totally unacceptable. Families and friends of those in-patients will have to travel, if it's Carseview, much further than if they were in Moredun Ward. Can you imagine the travel problems relatives and friends face if they lived in Aberfeldy or Kinloch Rannoch. These visits could be radically reduced because of the extra distance and costs incurred, or not even take place at all. The in-patients, if hospitalised at Carseview would suffer greatly from the lack of contact and support from family and friends. We are all aware of how vital that support is. Moredun Ward has 24 beds. We need to ensure this provision and location at Murray Royal Hospital remains the same.	11/25/2017 8:14 PM
16	It just fit in with treating people locally. It is also a fair increase in travel difficulties in an already stressful situation. Perth and Kinross is a vast area with very poor transport to move easily to Carseview.	11/25/2017 7:27 PM
17	The number of people in Perth and Kinross is at an all time high and in that population there will maybe need treatment, and no matter how old you may be, this can be a frightening process for those involved and also visitors may find it too much.	11/25/2017 6:55 PM
18	a) I live in Errol and so do all my family and friends, and when I or my daughter have to stay in hospital for psychiatric treatment it means we do not receive visits as visiting Carseview is problematic. This affects our recovery and can delay our discharge. b) When acute inpatient treatment is necessary it is already very difficult to gain a place at Moredun Ward or Carseview as there are not enough beds as it is!	11/25/2017 6:18 PM
19	For those with no access to a car, dependence on public transport has many issues : mobility, economic, time. It would also tie up patient transport and ambulance service for far longer than at present.	11/25/2017 5:51 PM
20	I believe the financial resources should be used mainly for community services while some provision should be for crisis care in local hospitals (Murray Royal for Perth) otherwise people risk being left in crisis until they deteriorate until admission is needed in Dundee. While this may provide employment for the staff in Dundee it is not in the interests of the patients. The complimentary doctors of the chiropractic say "The NHS is built for crisis and this is what they do best". What they do best is not the best for others in this instance.	11/25/2017 5:36 PM
21	I think local services are extremely vital and necessary for a patients recovery ie for local friends / family visits, day passes and to remain within your local, near home facility.	11/25/2017 5:20 PM
22	Keep care local. Easier for family / friends to visit - distance to Dundee especially if coming from North of Perth.	11/25/2017 5:15 PM
23	It would be difficult for people to visit me as I come from Crieff	11/25/2017 5:08 PM

24	Beds at Carseview and Murray Royal are already very scarce. I have familial experience of members requiring acute mental health stays and being offered places in Fife or even England! This is not conducive to a speedy recovery, being far from home!	11/25/2017 5:00 PM
25	This seems to be a very shortsighted move prompted by purely financial concerns with very little thought given to the actual needs of the patients they purport to care for. Surely such patients should be cared for locally.	11/25/2017 4:55 PM
26	Carseview feels like a prison. Those with mental health difficulties should be treated near home and in a nice environment to aid healing.	11/25/2017 4:41 PM
27	People need to be near to their friends and family when ill. As well as being cared for in hospital, how will the reduction of beds cope with the needs. When I was very ill recently, there wasn't a bed available in Scotland. How will changes affect crisis care in the community.	11/25/2017 4:22 PM
28	People in crisis need quick access to local facility where support networks they are used to are still accessible	11/25/2017 4:13 PM
29	People who are ill enough to be in hospital need to be as near home and relatives as possible - you cannot just move people around as if they were objects - the proposal is purely to save money when the priority should be on local mental health services. Especially in a county the size of Perthshire, where many people are living over 30 miles from even Perth! Murray Royal in Perth was hailed as the modern answer to psychiatric needs - it is totally morally wrong to close Moredun adult ward; it shows that NHS Tayside regard mental illness as second-rate, undeserving of having money spent on it to keep local services. You really do need to think again about your responsibility to provide an adult ward in Perth.	11/25/2017 3:48 PM
30	Extra expense for patients and family having to travel to Dundee. Patients need to be in their own environment. How do they get there in the middle of the night unless Doctor asks ambulance to come. Expense in having to travel home on discharge. All that expense in upgrading Murray Royal wasted.	11/25/2017 3:27 PM
31	i think patients should remain locally so as it's easier for family and friends to visit	11/23/2017 12:07 AM
32	This is too far away for some people.	11/4/2017 9:25 AM
33	Local services are necessary	11/1/2017 1:33 PM
34	Not everyone lives near Dundee, therefore those who do not live within the city boundary have a 2 hour journey, whether visiting or treatment. Persons who have been admitted are left feeling isolated, alone and sometimes scared knowing that their family, friends and support network are many miles away and cannot afford the time nor money to visit and support their loved ones. In my eyes it feels you are being discriminated for being mentally ill through no fault of your own. Surely this is morally wrong.	10/31/2017 10:11 PM
35	Because it is definitely needed in perth so patients can be near their families friends and support workers.	10/31/2017 5:49 PM
36	All mental health patients should be treated locally not centralised.	10/30/2017 5:32 PM
37	Time and distance are going to be wasted.	10/30/2017 11:54 AM
38	those needing acute mental health beds need to be in their community and readily accessible by friends and family.	10/29/2017 2:45 PM
39	This is going to cause a lot of stress for the patients who live in the Perthshire area as they are having to go further away from home, and will feel isolated from their loved ones, who may find difficulties trying to get their because of travel especially if they don't drive. I don't drive and cannot travel to Dundee on local transport as my anxiety goes through the roof and I have panic attacks. Trying to get to Murray royal is a dilemma for me, Dundee is going to be a catastrophe.	10/28/2017 8:16 AM
40	Prefer local	10/27/2017 5:04 PM
41	It is an added stress factor to have to travel to Dundee.	10/24/2017 7:24 PM
42	People should remain in their local communities where at all possible and have local services to access when necessary. It is more difficult for family and friends to get into Dundee from outlying areas as transport tends to be based on local centres. Some of the programmes for helping people reintegrate into their communities will be harder to implement as people relearn skills in an unfamiliar environment and then have to learn again how to use them at home. Supervision would be more stretched, too.	10/24/2017 5:32 PM

43	<p>People who and mentally ill will have increase anxiety if they are moved to an unfamiliar environment, away from family and other support services such as those in the voluntary sector. As an organisation we visit any of our service users when they are returned to hospital to ensure they feel a sense of belonging, recognise they are valued and know they are still supported and can return to accessing our services when they are ready / better placed to do so. Carseview have had many challenges of their own over recent times and many are protesting about the care - or lack of- and surely it is best they set their own house in order before the embark upon trying to get others to do so on an increased scale. That may mean more training, better supervision, change in staff, better management of services.....</p> <p>The plans for relocation shall reduce the amount of visits, increase costs and shorten visits. But most of all it shall be yet another challenge and barrier for the patient at a time when they need quite the opposite! Lets look at what the patient needs! lets ask the patient what they feels is best! What happened to to the NHS being the 'gatekeepers for their well being'? Surely the NHS should be working tirelessly to: improve well-being; connect people to their communities (not someone elses); help overcome personal challenges (not creating them); and reduce barriers to improving their health. The NHS should be social prescribes - emphasis on choice - How can they be if patients do not have a choice. they should be enabling patients- to better maintain existing relationships and build new ones. Carseview are not connected to local support services so how do they make this work??</p>	10/16/2017 12:07 PM
44	<p>There are not enough beds as it is and the Mulberry unit is a fantastic resource in an idyllic setting, which from experience aids recovery. I find Caresview dark, depressing and institutionalised. It's in need of modernisation.</p>	10/15/2017 9:30 PM
45	<p>A lot of people have benefited from the new Mulberry unit st Stracathro hospital. This is a new unit that has had a considerable amount of investment put into it. It has helped a lot of people who have had mental health issues. This unit should be kept open.</p>	10/14/2017 9:27 PM
46	<p>its not cost effective to taxi people back and forward to dundee . I do not think that it would be a wise decision to move patients to dundee when they have a real need to be beside their families and friends when they have a crisis going on in their lives also not everybody can afford travel costs involved with getting to dundee. I think that carseview resembles an old prison or sanitarium stuck in the past with draconian values with staff that dont seem to care about the patients welllbeing and their welfare.</p>	10/14/2017 2:37 PM
47	<p>I have been a patient at both Carsview &amp; Mulberry apart from anything else the area surrounding Mulberry is for more conducive to a positive recovery.</p>	10/13/2017 12:24 PM
48	<p>There will be too much centralisation of Health Services in Dundee. Health services must be locally based</p>	10/13/2017 9:38 AM
49	<p>Yet again, rural patients lose out. Angus and P&amp;K patients will move from a lovely unit in beautiful surroundings to a tired, unsafe unit with no immediate outdoor access for Angus patients. So much further for family and friends to visit.</p>	10/13/2017 5:53 AM
50	<p>1.Acute mental health beds should be located as close to the area of the patients. 2. Carseview is three buses in either direction from Brechin, much too far and time consuming as well as costly. 3. There has been a widespread response from the Petition on Facebook which attracted 2,500 signatures and importantly over 1,000 comments. These broadly condemned Carseview as a prison-like place. Dreary accommodation and inability to go outside. Lack of one to one consultations and too much reliance on medication. 4.Carseview has had a number of suicides resulting from discharge of patients in a day or so.</p>	10/12/2017 8:42 PM
51	<p>I know two people who have been treated at Stracathro and it was extremely helpful for them to be local for ease of visiting. It is also a great setting.</p>	10/12/2017 6:44 PM
52	<p>Mental health should be locally based where facilities exist. The Mulberry Unit is such a facility.</p>	10/12/2017 5:37 PM
53	<p>The unit at Carseview is not fit for purpose. Patients have been moved from a purpose built unit with all important secure and safe outdoor space (an important factor in mental health recuperation and treatment) to the confines of an old style hospital ward.</p>	10/12/2017 4:43 PM
54	<p>People need local access, different health issues need specialist care not all lumped together</p>	10/12/2017 4:37 PM
55	<p>Beds reduced from 25 to 20 when mulberry moved to Carseview, the ward is not fit for purpose. Patients have no access to a garden unlike wards 1, 2, IPCU and LDAU. Too far for families to visit relatives and public transport links quite poor. Far less activities on the ward due to lack of room/provisions. Mulberry was a purpose built award winning ward with an excellent team and fantastic resources. Now they have been tarred with the 'Carseview brush' and can no longer provide the kind of care, therapies and social outings they previously could. Patients are frustrated and bored and it is impacting on their recovery. Moredun is a large ward and also purpose built. The likelihood is that it will need to reduce bed numbers also when it moves. We are struggling for beds across Scotland and yet NHS Tayside see this as the best option?!</p>	10/12/2017 4:28 PM



56	There is a perfectly good, purpose built unit at Stracathro which is makes no sense to close - it would be a complete waste of money. Centralising at Dundee doesn't take into consideration people who live in angus who need treatment and their families.	10/12/2017 4:23 PM
57	Risks associated to travelling longer distances, costs for carers, carers without own transport will be unable to visit inpatients.	10/12/2017 3:59 PM
58	People with mental health problems should be as near to their support network as possible	10/12/2017 3:00 PM
59	Most definitely not! Perth needs to have local beds as it is difficult enough for individual who are in hospital and would be made worse if they were isolated in another area.	10/12/2017 2:47 PM
60	Below is a summary of the comments and opinions of some of our members (self-advocates): • Words used by self-advocates to describe the changes included: Very bad, shocking, terrible, horrible, sad and stupid. Overall, most self-advocates could not understand why such extreme measure were taking place and could not understand why this expensive process was taking place when a new facility could have been built on the existing Strathmartine site. • Moving people from places that have become 'home' is shocking, especially when they have no control, choice or opinion about it. It was pointed out that many adults residing in Carseview LDAU and Craigowl, Strathmartine have been there for many years due to a lack of appropriate community facilities and support. • They also expressed their concern about the distance between Dundee and Perth and the negative impact an inpatient stay might have on a family member/support provider/care giver/friend. o They felt public transport was unreliable and many people either cannot drive or do not have a car to rely upon, this would make visiting someone in hospital in Perth very difficult, resulting in more people spending less time with family and friends and an increased sense of loneliness and isolation and a negative impact on mental wellbeing recovery. o They think that support from providers would be affected – if someone only received two hours outreach support, how much time would they really receive after travel time was taken into consideration? o Individuals who have been in an inpatient bed stated very strongly that their family had helped them to maintain independence whilst under a hospital admission and that frequent visits and trips out of the hospital helped in their recovery process. The thought of families not being able to provide this support visibly caused anxiety to one individual during the focus group. In the consultation, question five, do you have any ideas on making these services better? Our members have suggested the following: • Do not change the current services to option three. • Carry out a full independent consultation led by people who can communicate effectively with people with complex communication needs and/or LD and/or ASD to ensure the can participate and contribute to this consultation. • Look at the Dundee quality impact assessment, it states, it will not have an impact on the public, surely this is wrong? Any one of us could be in an inpatient psychiatric bed during our lifetime. • Carry out an economic impact assessment, option three will definitely lead to more poverty for adults with Learning Disabilities and their families/Carers in Dundee, most of whom are already impoverished. • Have children/young people and their families been consulted? After all, this will affect them. • Spend more money on community based resources and supports to stop admission happening Question 6 - Any other comments: Our members: • would like to ask the Perth IJB how did the views of Dundee and Angus citizens feed into their decision just to consult on Option 3 • would like to see a local (Dundee) impact assessment being carried out. • suggest the front page of the consultation questionnaire is not asking someone's option – it is dictating it. It states 'We are changing the Mental Health and Learning Disability inpatient services. The changes will make the services better'. • suggest inside front cover that says 'We want to know your views on the way we give services. Yet no discussion on improving, renovating or redesign of the existing locations - could be interpreted as that Option 3 is going to happen. • would like to see the consultation timescale being extended until mid-Dec so meaningful consultation can take place with people with LD and/or ASD and their families/Carers.	10/9/2017 9:59 AM
61	Too far to travel.	10/8/2017 9:44 AM
62	It's not practical for people who live more rurally in Perth, how would they get all the way to Dundee? People may not consider their mental health to be at such a critical point where they have to travel that far to be seen. People have difficulty asking for help as it is without adding additional stress of additional travel, expense, distance etc.	10/6/2017 12:43 PM
63	This will isolate a lot of people	10/6/2017 8:03 AM
64	Beds in Perthshire are already far too few!!!	10/6/2017 12:25 AM
65	For those experiencing acute mental health problems being further isolated and further away from their home /family /community will have a significant impact. Poverty will mean that for some they will have no visitors. The time spent travelling for some in Perth and kinross to Dundee is also a factor and the cost of this. Additionally for those individuals who need a care package involving p&k organisations there would be less services able to travel to Dundee, this would also have a negative impact on individuals with mental health problems. I would propose carseview is closed.	10/5/2017 9:53 PM



66	I believe this will result in an increased risk to individuals with acute mental health needs. Due to its geography P&K need a service which is centrally based. This is not Dundee. It will increase the isolation of people in hospital, at a time when their support network is at its most needed.	10/5/2017 8:04 PM
67	The impact this will have across all communities, particularly those living rurally could be devastating	10/5/2017 5:51 PM
68	This is a political decision. It is not at all in the best interests of any possible patients, particularly those who live some distance from Carseview. This decision ignores the problems of access any patients might have. This kind of centralisation also limits services severely - it saves money because, theoretically, less staff and resources are needed, but it is a short term solution to a long term problem and simply creates more problems. In effect it will lead to less people being seen and therefore longer waiting lists - and this at a time when we are constantly told by the media of increasing numbers of people wishing to access services! (And being encouraged to access services!) This is a disgraceful decision. We should be providing more access, not less.	10/5/2017 3:22 PM
69	The inaccessibility for patients and visitors from such a wide area as Tayside. caring - time to see Dr and Consultants not rushed through a system. Local involvement is necessary in healing particularly in mental health issues. The stress caused by travel is highly detrimental.	10/5/2017 1:08 PM
70	Perthshire is a wide area and carseview can be a long way away for many people to be able to visit - and visitors in hospital are extremely important.	10/5/2017 12:37 PM
71	Accute mental health beds should be local.	10/5/2017 12:28 PM
72	Accute mental health beds should be local.The further the distance from family and friends has effect on the fequency of visits by friends and family and consequently has a detrimental effect on the mental health and recovery of patient.	10/5/2017 12:22 PM
73	I dont see the point of building a new hospital mental heath, then after a few years close it. The visitors from rural Perthshire that have to use public transport it not really feasible.	10/5/2017 12:12 PM
74	When I was in hosptial what helped me was being in familiar surroundings being able to see my friends.	10/5/2017 11:59 AM
75	Its just not practical!	10/5/2017 11:47 AM
76	Design and location of building Culture of care within Dundee is not positive Patient support/contact with local community/services Access to services Continuity of care Lack of open space Purpose built deign features of MRH: gym/art room/kiln/spiritual care / tribunal facilities	10/5/2017 11:42 AM
77	I dont agree as mental health patients dont have money or travel and more people would feel helpless if this service is stopped, mark my words if this service is stopped I have no doubts there will be more suicide in perth and perthshire/ keep this service.	10/5/2017 11:17 AM
78	Difficulty in visiting and providing family support from outlying areas. The population of Perth is forecast to increase substantially and therefore I think Perth should have its own services.	10/5/2017 11:04 AM
79	Murray Royal is local to me and when I was there I found it a great help/support that my friends could visit me. If it was not in Perth there would be less chance as it would be further to travel and those that dont drive could not come straight after work and still be home for child care.	10/5/2017 10:42 AM
80	Patients need to be close to family and friends for support.	10/4/2017 4:59 PM
81	Patients should have treatment available in their local area, some patients will miss out on visitors as many relatives, friends etc will not be able to travel to Dundee for visiting.	10/4/2017 3:58 PM
82	You are removing people from their local environment making harder for some families to support. Stop herding people like sheep. They have rights too	10/4/2017 11:59 AM
83	Distance factors for people living in rural Perthshire	10/4/2017 10:55 AM
84	It would seem more appropriate for services for local people to be provided locally particularly those of a crisis nature.	10/4/2017 7:44 AM
85	I think that in all cases people should receive treatment closest to their homes and not miles away.	10/4/2017 7:34 AM
86	Mental Health Services should be available to people within their own communities. Having to travel to Dundee for services is unacceptable and may not be an option for people in crisis. Individuals who find themselves suffering from mental health issues need help and support right away and this is not going to happen if services are moved to Dundee.	10/4/2017 7:16 AM
87	Travel time Mrh was gifted to Perth for me ysl health 500 houses being built No need to locate in Dundee will not save any money	10/3/2017 3:35 PM

88	Perth & Kinross covers a wide area at present and it can already be difficult for outlying people to get to Perth without asking them to travel further to Dundee. I feel it could cause deaths. It will add pressure to carers that are already very stressed	10/3/2017 3:30 PM
89	I feel this should go without saying, however at a very basic level, to expect individuals who have mental health issues to plan and attend appointments at Carseview, is absolutely ridiculous, and this is at a very basic level.	10/3/2017 3:12 PM
90	Carseview provides poor care in comparison to Mulberry and it cannot cope with the patients it already has.	10/2/2017 3:10 PM
91	1. It will make less people agree to an informal admission if they are further away from family & friends leading to increased detentions under the mental health act which will cause resentment between the patient and the services. 2. Less visits/visitors can lead to patients feeling isolated & lower in mood, or resentful towards family & friends for visiting less often. 3. Increased financial burden on family/friends/carers for travelling further to visit their relative Dundee instead of Perth. 4. Less beds for this patient group in Tayside WILL lead to vulnerable people DYING as they will be left at home in a crisis due to no beds being available.	10/2/2017 12:35 PM
92	Need a wider range of hospitals and places of safety all over Scotland. When my daughter was sectioned aged 16 she was placed in carseview. There were no beds available anywhere else. She ended up in the Priory in Glasgow!!!! Heaven knows how much that was costing the NHS	10/2/2017 7:15 AM
93	Too far for people in crisis to travel. I think it will endanger lives.	10/1/2017 8:12 PM
94	To aid the recovery of patients it is essential to have the support of family and friends. This proposal risks that these stakeholders involvement will be diminished.	10/1/2017 8:01 PM
95	This is a very poorly thought-out consultation that will move mental health care out of Angus, making it inaccessible for many patients and relatives to visit. It will also see a purpose built Unit at Mulberry - which only opened five years ago - closing. This is a ludicrous waste of public money.	9/30/2017 10:18 PM
96	Mental health services need to be as local and accessible as possible for the wellbeing and recovery of patients. Isolation from family and friends is not good for anyone who is ill in hospital; it must be easy for visitors to gain access. I also believe there will be fewer beds in Tayside in general for mental health patients, if these proposals are allowed to go ahead. The Mulberry Unit was purpose-built, and has only been open for five years, due to a prior review which led to a huge reduction in beds across Tayside. We simply cannot afford for those beds to be removed from Angus - suicide deaths are already rising: local services should be increased, rather than diminished.	9/30/2017 8:16 PM
97	Cause people with mental health care issues should be cared for nearest to where they & they're families, friends & carers are.	9/30/2017 6:15 PM
98	Too far for relatives to travel to visit patients. Visits from friend and family are important to the recovery of each individual. Lovely surroundings and purpose built layout.	9/30/2017 4:32 PM
99	People are better served living in their own communities.	9/30/2017 4:10 PM
100	I feel there has been little or no consultation with service users, carers or staff regarding the closure of Mulberry. There will be transport issues for families and friends of patients trying to get to carseview. If there's no beds available at carseview patients could be in hospitals as far away as Inverness or Aberdeen, isolated because families and friends cannot afford to visit them. I know many service users who will refuse treatment at carseview due to its reputation which is not good	9/30/2017 10:33 AM
101	This will affect patient and families causing more distress mentally and financially	9/30/2017 10:11 AM
102	Centraliation of services for people with mental health problems removes from them, or makes more difficult, the social and community support they need. Once discharged, increased travel requirements may make ongoing support difficult or unattractive	9/30/2017 8:23 AM
103	Each person is an individual and each individual is different, but I think anyone going into a mental health institute has their own problems/issues, worries, illnesses ect. And would find everything hard enough without the problems of family and/or friends to visit if they live out of town and should go to where they feel most comfortable and happy and not to make things affordable. Stacey Williamson	9/29/2017 10:36 PM
104	The services should be kept localised	9/29/2017 8:15 PM
105	Unrealistic to send people to Dundee from Perth that have these problems. Causing more issues.	9/29/2017 6:18 AM
106	With the city growing in size I don't understand why there is a need to move mental health services further away, with so many recent young people passing away in Perthshire, I feel it's necessary to keep services close enough to provide support.	9/28/2017 7:52 PM

107	There is a perfectly good, modern facility at Murray Royal in which to base some services. As a paramedic, there will also be increased pressure on the ambulance service to transfer patients over greater distances.	9/28/2017 7:40 PM
108	It isolates the patients. There's a stigma with Carseview	9/28/2017 10:32 AM
109	Distribute Centres so that friends and relatives can visit more easily. Also staff can commute more locally, all of which contributes to best teamcare quality. For meetings, family therapy, etc. Don't concentrate everyone in a single place, where patients may be incompatible, or respond better to different teams of staff. A sense of progress or a fresh start may be needed, helped by an alternative locations. A therapeutic and restorative environment is essential. I don't know what the architecture of this proposed 'supersize' place is, but simply for noise, orientation, and balance of in and outside spaces, smaller unit models must be a better design?	9/28/2017 5:42 AM
110	It will make it harder for families to keep contact with the patient and therefore can make it a more stressful experience for the patient. Carseview is not big enough to take all the patients in so some will not get the help that they need and are entitled to get. Some potential patients could be put off trying to get help because they would want to stay near home, not go to Dundee.	9/27/2017 8:03 PM
111	Not everyone lives in that vicinity	9/27/2017 3:24 PM
112	I think its an absolute joke people from perth having to go all the way to dundee for much needed help	9/27/2017 1:35 PM
113	It is important to retain local services. Perth is slowly being stripped of healthcare facilities.	9/27/2017 11:56 AM
114	Someone who is suicidal and doesn't want to leave their home isn't going to head off to another city for help no matter who is trying to convince or take them. Perth and the surrounding small towns (as far as 26 miles north remember?) NEED this facility.	9/27/2017 10:20 AM
115	If someone is feeling suicidal then asking them to go to another city would just add to their trauma .	9/27/2017 6:40 AM
116	Perthshire is a large area, Dundee is too far away fir many families to take someone, never mind police resources.	9/27/2017 5:57 AM
117	There are big travel issues fr faily and friends to visit and to stay in touch. It seems to be aimed mainly at the convenience of staff and the organisation rather than patient care and outcomes	9/27/2017 12:55 AM
118	Patients will be even further away from there supporters and family who help them with there recovery	9/26/2017 10:24 PM
119	There are a number of reasons but primarily I am of the view that Carseview is sadly lacking in a number of areas at present. It is both sterile and patient unfriendly while any sense of 'sanctuary' is sadly missing. I suggest that the changes in patient population over the last 20-30 years now includes an increasing number of young adults with addiction problems. I believe the current Mental Health care and facilities do not meet the broad needs of this patient population, especially older adults of 40+. An increased number of younger patients with addiction problems will have a further detrimental effect on the care and outcomes of the patient population in general. If I remember correctly, we shouldn't forget the quote by the then NHS Tayside chairman who described the hospital "not fit for purpose". I feel I could probably add a number of other reasons to explain my critical opinions, however, I don't think it would serve any useful purpose at this time. My clear view is that mental health care in Tayside and Carseview in particular needs a radical rethink - I don't think you need me to highlight that from a public relations perspective I'm afraid Carseview's negative publicity, especially over the last few years, is further testament to a very poor public image.	9/26/2017 10:08 PM
120	It is going to put vulnerable people at risk.	9/26/2017 9:24 PM
121	There is a huge mental health issue in Perth, and cutting services is exactly opposite to what we should be doing.	9/26/2017 9:21 PM
122	I think it should be available in more areas than just one. Carse view can't cope as it is let alone with more pressure	9/26/2017 9:18 PM
123	It is not easy for everyone to get to Dundee from other parts of Tayside. Not everyone has access to a car, have money or the ability to independently use buses and it's also a long time away from home for patients which will not help with mental health issues, especially those with anxiety disorders	9/26/2017 9:03 PM
124	Local accountability is best	9/26/2017 9:02 PM
125	It's too far away	9/26/2017 9:00 PM
126	Tayside happens to be so large,the outleiyng areas still need ,their units,you my be short,staffed for mentally trained,staff	9/26/2017 8:51 PM

127	I have mental health issues and a young daughter who I wouldn't get to see if I needed to be in hospital due to my mental health. I also have a father in law who has vascular dementia and his family are in Perth and have no means to visit if he was hospitalised outside perth	9/26/2017 8:44 PM
128	It would mean patients being placed quite far from home area. Would also be expensive for health and social care professionals travelling from their own outlying areas to manage cases.	9/26/2017 8:41 PM
129	My friend seeked help just short of a couple weeks from murray royal just weeks before committing suicide ! Beds and help should be allowed within perth if he got the help there and then then i believe he would still be alive	9/26/2017 8:40 PM
130	Too far away to travel when in crisis	9/26/2017 8:00 PM
131	Perth has such a large population it needs a facility on its doorstep. Perth and Kinross is such a large area that someone from pitlochry's family shouldn't have yo travel that distance. Family are important in the process of helping	9/26/2017 7:37 PM
132	They should be spread over the trust locality, local services for local patients.	9/26/2017 7:36 PM
133	why is everything Dundee, we need to have something here in perth for vulnerable people at the time not sending them away to another town its not right	9/26/2017 6:08 PM
134	We have a perfectly good hospital in perth	9/26/2017 6:00 PM
135	It is appalling that you deem this fit. That is only going to make matters worse in most situations. People need help, not sent away elsewhere. Surely they can be seen at some stage at a local hospital rather than making everything difficult for the individuals.	9/26/2017 5:38 PM
136	As a nurse at carseview this would help ensure that the best treatment is giving and adequate staffing numbers are available.	9/26/2017 5:35 PM
137	Tayside NHS covers a much wider area than Dundee and this proposal would lead to some people having to travel quite far for treatment which can be off-putting, e.g. I believe Neil Cumming refused a bed at Murray Royal when there wasn't a bed at Carseview and went on to murder his wife. Also I believe centralisation will lead to the number of beds being cut.	9/26/2017 5:15 PM
138	What good was it building the super duper new hospital at Murray Royal? £80 million wasted.	9/26/2017 5:14 PM
139	It very much depends on locality	9/26/2017 5:13 PM
140	To far away from Perth	9/26/2017 5:12 PM
141	It makes sense to have them on one location	9/26/2017 5:09 PM
142	Yes if there are going to be enough beds and isnt a way of making cuts.	9/26/2017 4:52 PM
143	I think this is absolutely ridiculous!!!! For a large region to only have access to beds in dundee is unacceptable! To try and get someone who has severe mental health issues out of their home to a unit in their own town is difficult let alone in a different one.Be it on your heads when the suicide rate rises!!! Bloody awful	9/26/2017 4:50 PM
144	Absolutely disgusting that all the facilities are getting moved from Perth. We are meant to be a city	9/26/2017 4:50 PM
145	Due to budget cuts the NHS are centralising emergency mental health beds to Dundee from Perth. I believe my friends brother would still be alive if Murray Royal didn't turn him away and tried to send him to Dundee, he took his own life just weeks after. If someone is suicidal and doesn't want to leave the house, then getting them to another city will just not happen!!! Let our voice be heard. It's important to our town, especially at the moment. Male suicide is at an all time high. These services need more money, not less.	9/26/2017 4:39 PM
146	To much in one place	9/26/2017 3:43 PM
147	My brother killed himself just weeks ago because Murray Royal couldn't take him and tried to send him to Dundee. HE'S DEAD BECAUSE OF THIS!!!!	9/26/2017 3:27 PM
148	Not enough beds	9/26/2017 3:22 PM
149	Dundee cannot cope with the amount of people this service needs to help	9/26/2017 3:16 PM
150	Perth requires to have facilities immediately available to help people suffering from any form of mental health issue and to allow them to treated by people who may know them and treat them accordingly. Relatives and friends should also be able to visit on a regular basis to help with their recovery and have input into their self help programme.	9/26/2017 2:56 PM
151	Perth is in need of this service why is it getting moved	9/26/2017 2:27 PM
152	Yes because my cousin was begging for help and got refused from Carseviework. 13 hours later he hung himself.	9/26/2017 12:48 PM

153	The staff should be trained to deal with their problems	9/26/2017 12:21 PM
154	It's allows all appointments to be done in one place	9/26/2017 12:20 PM
155	Is it right for patients to be together. Would other sites allow for a progression?	9/26/2017 12:07 PM
156	There should be more hospitals and help for mental health.	9/26/2017 12:00 PM
157	There are not enough beds. A larger facility should be built or spread more beds across the larger area.	9/26/2017 11:33 AM
158	I've had family there before and friends and staff have all treated them terrible, maybe if you retrain your staff	9/26/2017 11:26 AM
159	Inconvenient for those who live far from the area. Would make more sense to have clinics around Tayside	9/26/2017 11:21 AM
160	One main location and concentration of resources would seem to be the best option for patients.	9/26/2017 10:50 AM
161	I feel we do not have nearly enough help out there for our mental health sufferers I personally think there should be some sort of center people can pop into for some support when they are at their lowest ebb	9/26/2017 10:38 AM
162	Carseview is small and limited. Mental health issues are effecting more and more people every day. Other sites should be made available.	9/26/2017 10:37 AM
163	There is not enough provision for mental health services as it is and this will make a terrible situation even worse.	9/26/2017 10:10 AM
164	I think that it's really important for people with acute mental health problems to be within their own community as much as possible, with friends and family nearby. Isolating them, potentially quite far from their support networks, is dangerous and should not be done.	9/26/2017 9:36 AM
165	As a person with mental health issues myself, i understand how essential it is to have help and support in whichever form as close as possible and to have to travel away from your home to acquire this help can be extremely distressing and could potentially be impossible if you don't have funds or someone close by to help you. I have lived in Dundee all my life and I felt isolated in Carseview so i couldn't imagine how others would feel.	9/26/2017 9:34 AM
166	No I think you need more places as it isn't big enough and staff can't cooe	9/26/2017 9:23 AM
167	I have had family that have previously used and needed the service at perth it's vital it stays open . Especially for visiting etc which is important on them getting better	9/26/2017 9:05 AM
168	There aren't enough beds for the mental health patients of Dundee without surrounding area parients	9/26/2017 9:02 AM
169	Patients need the support from their family as well as the hospital staff. They are already scared and vulnerable and need to be close to what is familiar to them. Not everyone is in the financial position to be able to afford the traveling expenses to visit their loved ones	9/26/2017 8:46 AM
170	Centralisation always leaves communities behind, and is particularly damaging in the case of vulnerable people. It makes them more isolated from their support networks, and the feeling of being so far from home can be very frightening to someone with mental health issues. The government has committed to investing in mental health, and it should follow through on it's promise instead of deploying damaging, cost-cutting measures such as centralisation.	9/26/2017 8:36 AM
171	As its a specialised unit.	9/26/2017 8:15 AM
172	We don't have enoughbeds for everyone. Unless the unit is expanded	9/26/2017 7:53 AM
173	It would be too much	9/26/2017 7:33 AM
174	Everything centralised massive region. Carseview will not cope. Struggling now	9/26/2017 7:29 AM
175	Carseview is not big enough for all who have acute mental health There should be a unit in a few areas These people need better support and there family's need support also	9/25/2017 7:26 PM
176	Carseview already under resourced and struggling with capacity at the moment. Carseview is not suitable for long term stay patients, particularly rehabilitation- staff do not have time to spend with patients or talk to visiting family members- tend to stay in office	9/25/2017 7:24 PM
177	They can't cope in there! They can't look after the patients they have.	9/25/2017 6:45 PM
178	Carseview can't cope with the amount of patients they currently have That's why there are so many suicides in Dundee	9/25/2017 6:11 PM
179	Not convient for everyone	9/25/2017 6:00 PM



180	Some families have no transport to visit their loved ones. Public transport is expensive and takes a long time from outlying areas. Only one hospital will soon become over full and people in desperate need will be turned away.	9/24/2017 2:32 PM
181	Why should Perth & Kinross loose it's vital Mental Health Services ? Making it more difficult for family & friends to support & visit those with a debilitating illness. The services at Murray Royal have been vital over the years & remain vital to our ever INCREASING community.....Dundee does not have the bed facilities to cope with centralising this service, therefor again it is those in most need that will loose out & self harm/suicide rates may, and will probably increase. There are not and never will be enough community nurses to save lives !!!!!!!!!!!	9/24/2017 11:27 AM
182	I feel that it is important to have Services local. Centralising Services would increase travel for service users, family, friends, visitors, and staff. I believe this would have a negative impact on people's recovery and access to services.	9/23/2017 8:56 AM
183	-We have a newly built mental health hospital here.. -The available beds are almost non existent as it is. -It greatly helps in connecting patients with local support in the community. -It cuts patients off from any their supportive friends or family they may have from visiting.	9/23/2017 8:49 AM
184	I don't really have an opinion on this	9/23/2017 3:14 AM
185	Carsview is not coping not managing the patients it has now. A young man was rescued from the river Tay again today!	9/23/2017 12:57 AM
186	That could take folk too far from their families	9/22/2017 10:16 PM
187	I think there are arguments for both sides	9/22/2017 9:45 PM
188	Perth needs this service just as much as Dundee. Dundee is too far away	9/22/2017 3:50 PM
189	The people of Angus need The mental health team at Stracathro as it's not only peaceful and more convenient for the individual and their families but I feel personally will reduce the overcrowding of Carsview Unit in Dundee that I experienced when I had to attend with a family member that was the transferred to Perth as there was no beds for him While there for several hours we were aware of how extremely busy the unit was	9/22/2017 6:50 AM
190	My daughter was refused proper medical attention when seeking help and was instead put through a court procedure that should never have happened	9/22/2017 6:31 AM
191	Local communities deserve to have local services that provide person centred care. Not financially driven decision made care.	9/22/2017 5:42 AM
192	People who live outside of Perth have to travel at least 30 miles to get to Perth never mind Dundee	9/22/2017 12:01 AM
193	I don't agree because carsview hospital is not fit for purpose treatment is a disgrace detained people can get out easy because it's not a locked unit so it's unsafe for mentally unstable people they have dementia patents in beside suicidal patients they only seem to think that if you don't show outward signs of mental illness then you are ok so making it centralised will be putting even more life's at risk	9/21/2017 11:05 PM
194	Traveling away from family to receive help for your mental health will cause more stress. Travel is costly. Perth deserves a local mental health facility. People deserve to have help locally and should not have to fight for this.	9/21/2017 10:38 PM
195	Tdetrimental to patients from outer lying areas to go to Dundee and for families having to travel further distances	9/21/2017 10:34 PM
196	I have been admitted to Murray royal previously and if I had to be admitted to carseview it would of made things a lot more difficult for myself and my family.	9/21/2017 10:17 PM
197	We need local support. Going miles away us not an option	9/21/2017 10:11 PM
198	I think there should be one nearer to us not so far away for the people who are in there it is more easier for visitors as some might not be able to travel to dundee	9/21/2017 10:09 PM
199	Don't understand why they would move it from a brand new facility specifically built for 24 hour acute mental health care for Perth and surrounding areas. I understand Carseview was an over flow facility for MoreDun Ward which shows this service isn't only needed it's in need of more care put in place! I don't know how the NHS expect a suicidal person who doesn't even want help in the first place is expected to travel to Dundee safely! This is not only putting them at risk but their family, friends and even the police too meaning more police time wasted!	9/21/2017 10:00 PM
200	Mental health is a huge issue and you are taking away what people of perth need! When you are in crisis there is not capacity to travel to Dundee, we need local help!! This is also going to put even more strain on the police and ambulance services.	9/21/2017 9:59 PM

201	It is vital that the local people of Perth and Kinross have somewhere close to seek the help they need for their mental health.	9/21/2017 9:53 PM
202	Both my daughters use the services in Perth and if moved to Dundee they would not be able to travel to use the service .	9/21/2017 9:51 PM
203	Why move it when it's in a facility specifically designed for acute mental health care in Perth and surrounding areas? I understand Carseview was an over flow facility for Murray Royal which indicates to me more beds are infact needed. The community mental health team can't cope as it is imagine how long a referral will take if the acute mental health services are moved to Dundee!? The suicide rates get higher every year especially in young men can you imagine how this is going to impact people when it's hard enough to get the help in the first place!	9/21/2017 9:51 PM
204	the fact that a perfectly good facility at MRH In perth is to be closed is so nonsensical it beggars belief	9/21/2017 9:49 PM
205	Mental health needs to be accessible for all, with all being centralised in Dundee you will find it impossible to most patients to attend and will cut off links to family	9/21/2017 9:45 PM
206	I believe the service is needed in Perth due to the need in Perth for mental health services and Dundee is too far away to travel for those with mental health problems.	9/21/2017 9:35 PM
207	Dundee is too far to travel when someone is suicidal. Why move it when Murray Royal Moredun Ward was purposely built for Acute mental health care in Perth! Absolutely ridiculous decision and the suicide raise increases year after year just imagine what effect this is going to have! I have been a patient in Moredun Ward and have recently had to be taken to Carseview by Tayside Police for emergency treatment and I don't know what I'd of done if it wasn't for the Police taking me there and bringing me home which may I add is not their job! Not only will this decision put more people at risk and put people off trying to get help it will waste so much Police time! May I add we had to wait nearly 2 hours to be seen or even speak to anyone at Carseview can't imagine how long that wait would be if all acute mental health beds are "centralised" or moved out of reach of people who so badly need it!	9/21/2017 9:30 PM
208	This service is very important for per th and surrounding areas. We just have to look at the recent suicides, the out of hours team are in Dundee and this is a huge mistake. Murray royal has had a lot of bad press but they have done a lot of good over the years. STOP trying to give all the money to dundee!	9/21/2017 9:27 PM
209	Distance Client in crisis being transported safely Family's struggling to visit Important for a person in a crisis to be closer to home Financial strain on family's getting back and forward	9/21/2017 9:00 PM
210	The people of perth and perthshire are entitled to get there needs met locally. How on earth are service users and thier families supposed to get back and forth to dundee. It will only add more stress to the service user as if they haven.t got enough on there plate.	9/21/2017 10:59 AM
211	Tayside is too wide a geographical area to concentrate in one city	9/20/2017 10:39 PM
212	As a member of the community who has mental health issues I feel that moving the service to Dundee will make me unlikely to receive the support I need as I cannot travel that far if and when I need help	9/19/2017 10:12 PM
213	Because it is impractical to expect someone to be transferred out of their own area(local support, family, friends etc) and what exactly will happen to Moredun ward?	9/19/2017 8:10 PM
214	Why make being hospitalised even more traumatic by isolating the ill person from their home town and family and friends. How much will it cost to transfer patients from their home town and back, doesn't seem very well thought out..	9/19/2017 4:37 PM
215	It is too far for people who suffer from this illness, plus they would have to get three busses. I just think its stupid. I'd rather it was Murray Royal as it wouldn't be too far to travel.	9/19/2017 3:48 PM
216	Murray Royal hospital is not fit for purpose building, physicists and staff. It is not a safe place, care of duty is not concistant and national practices & policys are not followed.	9/18/2017 5:39 PM
217	Geographically it's nonsense never mind morally	9/16/2017 11:18 PM
218	I believe it will end up cost financially more and also cost both patients and there families time and money due to travelling.	9/16/2017 8:01 PM
219	I would like it to stay local, it's hard enough to get family to visit Murray Royal never mind travelling to Dundee. Even as an outpatient it would be cost prohibitive to travel to Dundee. Perth is centrally located for a large number of smaller villages and this would allow easier access for them as well	9/16/2017 7:45 PM
220	Increased pressure on single sight, poor patient journey, evidence of patients travelling and waiting times to completion exceeding 8 hours.	9/16/2017 2:09 PM
221	It's better to have acute beds locally in my opinion	9/16/2017 2:00 PM



222	It will be harder for family members to visit there loved ones if they can not get a bed closer to home where ever that is	9/16/2017 1:35 PM
223	Too far.	9/16/2017 1:35 PM
224	people need the right to live in the city they belong to especially when it is long term this may work with short term only	9/16/2017 1:17 PM
225	There should be facility for acute care locally and I do not see why thatt requires a consultant psychiatrist on site 24 hours a day.	9/16/2017 1:09 PM
226	Too far away.	9/15/2017 3:41 PM
227	It is important to keep GAP Services local given the nature of acute mental health problems. Recently heard from a relative, who described being hospitalised in Carseview, as it appears the changes have already been made to centralising services! She described the anguish it caused her not being located in Murray Royal, where she had previously been a patient. This caused extra pressure on her, which would be the same for other patients. Her mother advises that even after having been discharged for a couple of weeks, her daughter has this time not "got back to her old self" and is on heavy medication. There was also the difficulty of visiting (again the same pressure on other families) and it is of utmost importance that people suffering mental health problems have a supportive environment, which must include visitors. The people cost implications in the longer term if the change is made to centralising GAP services at Carseview permanently will have a long term detriment to the service for people in Perth & Kinross. This will lead to worsening conditions of patients and will be more costly long term. Also the fact that GAP Services appear to have already moved to Carseview is extremely worrying given that the consultation ends on 3/10/17. Is it just a tick box exercise with a decision having already been made? Hopefully not.	9/15/2017 3:21 PM
228	Having spent time in Carseview I must say my condition worsened. The staff with one exception had no time for me. Had I not been moved to Murray Royal I honestly believe I would not have survived.	9/15/2017 2:52 PM
229	Too far for unwell ppl to travel Relatives visits would be much less because of financial and distance	9/14/2017 9:21 PM
230	There was a vast amount of money invested in new hospital at MRH incorporating a new acute admission ward for 16/65 age group. Unfortunately my understanding is that there were very few staff members involved in the planning stage of this build and decisions were made by strategic managers regarding the floor plan , size etc and this has proved to be the wrong decision. I think it is a disgrace that patients and family members to travel to Dundee.. Tayside covers a huge geographical area and this extra travelling will only cause unnecessary stress on patient and there families. This proposal is purely financially driven , along with all the other decisions that are made ie the integration of social and health care. It is never for the benefit of patients / service users.	9/14/2017 8:50 PM
231	Everything gets cut and centralised and it's wrong, some families can't drive and would therefore be cut off from ill relatives, having bee such a patient I know how important family and friends visiting are	9/14/2017 2:45 PM
232	Perthshire and Angus are massive areas in comparison to Dundee. Thus centralising it in Dundee would mean an even longer journey for the client who more often than not is very distressed.	9/14/2017 12:36 PM
233	If your a Perth patient in Dundee with no family or friends who drive,how do you get your belongings etc if you were rushed into hospital.	9/14/2017 12:04 PM
234	If families live in pitlochry it is a long journey to visit	9/14/2017 11:47 AM
235	Too far away, too big a hospital, away from familiarity	9/14/2017 11:19 AM
236	Perth is a city,,quite a big one with a lot of people needing easy access to help. It should be kept in our very good facility. Why should the people of Perth put up with this. 22 miles to access health care when we have hospitals of our own. An expanding city with a useless health service.	9/14/2017 9:31 AM
237	I think it is daunting enough for anyone acutely I'll admitted to hospital, some have to travel miles just to receive a bed often meaning their families struggle to visit often, causing added pressures and anxieties. Perth is central to the north and south of Scotland, millions of pounds has been spent for the new Murray Royal hospital to be built so I see centralising GAP services to carseview a bit of a waste really. And also the views of the service users should be highly considered before any decision is made as they are the ones accessing the services. It's ashame really that it has come to this day where we are playing with people's lives for the sake of saving money.	9/14/2017 7:45 AM

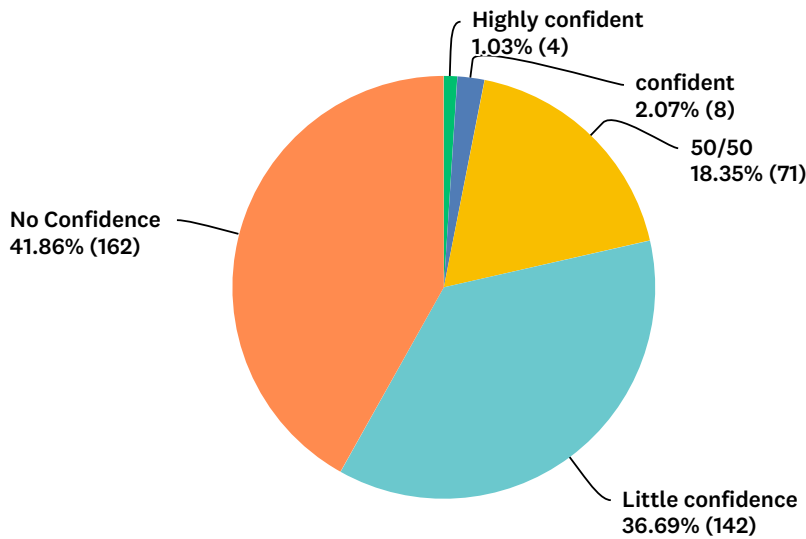
238	Most individuals have family in perth surrounding area and if they moved it to dundee, not only would travel increase but the level of visitation would decrease and thus have a negative impact on the continued negative emotional state of the individuals using the service. I was personally taken into Murray Royal hospital for a 3-4 month stay and my family would not have been able to travel through daily to visit me and it was only with the constant support of my close family network that I was able to recover in that time frame. Stays in hospital may be longer or in some cases shorter as a want to return home is more prominent that a want to get the help required. If people were to return home too early it could encourage people to say they are well when they are not and may decrease their safety in.the community during rehabilitation to society	9/14/2017 6:31 AM
239	1. Not sensible move, already tough for people who are struggling, without being sent away from family and friends to unknown place 2. Implications for visitors - sometimes difficult to visit already but if moved to another city may become impossible 3. Patients become more isolated from friends and family	9/13/2017 8:56 PM
240	What about people with mental health problems who live in Perthshire.	9/13/2017 7:42 PM
241	Mental health patients, esp those in crisis, need daily support from family in order to progress. This is not going to be possible, esp for those with limited means, if travel to and from Dundee is needed. I live in Highland Perthshire, 90 mins from Murray Royal; fortunately I haven't had to be admitted for many years, but if I were to be, it would add an hour + to the journey time of my family visiting. Additionally, for many patients a gradual reintroduction to social interaction, shopping etc is needed. (including those being released from state hospitals) If this can be done in their local town, it makes it easier as it is more familiar. A day release pass from a Dundee hospital would be very confusing if you have no knowledge of Dundee. In the long term, this move would create more problems than it solves.	9/13/2017 9:04 AM
242	Distance & difficult for carers & friends to see patients.	9/13/2017 8:00 AM
243	People with Mental Health problems should be treated as close to home as possible. Perth is a huge geographical area and people have to travel far enough already. Family and friends might not be able to visit them in Carseview.	9/12/2017 10:38 PM
244	If you read board minutes NHS Tayside have all ready decided. I would only wish for the modern ward to be kept open if they bring all the phycatrists, nursing staff and required health & safety up to the national standards because as it stands you should be warned "enter at your own risk"	9/12/2017 7:24 PM
245	It was hard enough to access services before they were centralised, let alone after moving them to Dundee. Perthshire takes in a large area and now ambulance and police services as well as relying on people's friends and family will have to take people that are already distressed mentally, through to Dundee rather than closer areas to be assessed. No crisis help apart from being directed through nhs24. Many situations could be delt with before bombarding Carsview with emergency appointments. Less beds will be available. It will isolate in patients, if family and friends have to travel longer distances to see loved ones	9/12/2017 6:43 PM
246	Makes it very hard for other family members eg young mums with children or the carer who is looking the users children and elderly relatives	9/12/2017 4:13 PM
247	No.It is already difficult to get help with mental health problems in Perth and Kinross without now having to travel to Dundee. The Murray Royal also has a better track record for treating mental health problems than Carseview. How will people who are very unwell get to Carseview?	9/11/2017 7:52 PM
248	Can/t understand the move when Murray Royal is a relatively new hospital. What will Moredun be used for afterwards? Are there any more wards to be moved under future policies? Can't help but think this move is the thin end of the wedge.	9/11/2017 6:31 PM
249	Will definately cause distress to patients and service users.	9/11/2017 6:21 PM
250	Local services are preferable.	9/11/2017 4:35 PM
251	Having been an inpatient at both Moredun B and Carseview I know this is a terrible proposal. Moredun B increases the speed of my recovery with single rooms and en-suite facilities. Carseview is much more like a prison and would definitely increase the chances of me delaying treatment due to fear of admission. I'm literally scared at the thought of ever going back to Carseview. I know my illness indicators which always follow a period of mania and I would definitely seek early intervention if I thought I would be admitted to Moredun B. If I thought I could go to Carseview I would delay treatment and hence increase the chances of doing something really stupid and this includes suicide. By going through with this proposal you are literally going to cost lives in Tayside.	9/11/2017 2:19 PM
252	Absolutely not when people enter a mental Health ward they are distressed and confused but o some bright spark thinks it better to send them to Dundee wasn't the building of Murry Royal for to benifit local people of Perth and Kinross and key to modern approach to dealing with mental health Dundee is way behind in its care atleast 10yrs	9/11/2017 2:12 PM

253	A lot of money has been spent building the new Murray Royal and services should be retained here for the people of Perth & Kinross and not farmed out to Caresview Centre in Dundee. NHS Tayside should be going all out to recruit and train staff to keep the acute ward open at Murray Royal. Centralising the acute mental beds at Carsewell will surely increase demand there and what happens if this unit cannot cope through time with the volume of admissions. Will they then have to look to employ more mental health staff or extend wards. Costing more money and also having the same problem they now say exists at Murray Royal.	9/11/2017 11:15 AM
254	I have been an inpatient in both units and the speed of recovery in Moredun B is far greater.I would be scared to seek treatment for a manic episode if I knew I was going to be admitted to Carseview.I would seek treatment early if the option was Moredun B.This could be the difference between life and death as I may end up taking my own life before getting the treatment required.	9/11/2017 10:48 AM
255	It is 140 miles from the west of the region to this facility. The facility has a bad reputation for making people unwell. The services are not local, and people who go there suffer.	9/11/2017 7:38 AM
256	People with mental health problems need their care close to home so that friends and relatives can visit as this helps their recovery.	9/11/2017 12:28 AM
257	Too far away from family and friends.	9/10/2017 9:53 PM
258	I think all areas should have access to clinics that deal in mental health issues.	9/10/2017 9:21 PM
259	I live in Kinloch Rannoch and its a tiresome journey in the back of an ambulance going to Dundee let alone Perth so I would not wish it on anyone.	9/10/2017 9:00 PM
260	I have used both the crisis team and inpatient and have had a chance to "test" the move to Dundee in a crisis which simply did not work. Ambulances and taxis to get there and back.	9/10/2017 5:01 PM
261	I have to use public transport from my home in Kinross. Visitor issue as well.	9/9/2017 7:41 PM
262	Each area needs their own in-patient services.	9/9/2017 6:08 PM
263	Travel time and costs No reason for it to happen Will not save any money A ward is a ward Murray Royal was gifted to the people of Perthshire for mental health Some people will have to do a 100 mile round trip to visit a relative Brand new hospital st Murray Royal for mental health	9/9/2017 5:18 PM
264	Never enough beds. Mental health issues on the increase. Staff at moredun provide an excellent service. Service users would have to travel too far for there care. It would be detriment to people ready to leave hospital . They would be less able to get time out and link in with support services before being discharged. People need support networks to help to recover and for some would make visiting very difficult and expensive.	9/9/2017 11:38 AM
265	Potential for more suicides in perth Potential for not asking for help due to having to travel to di dee	9/9/2017 11:28 AM
266	People should be catered for within their local community not in an alien environment which would undoubtedly cause undue stress and possible reaction.	9/9/2017 9:38 AM
267	It is too far away for those in highland Perthshire and there aren't enough beds as it is, taking them to Dundee will undoubtedly lower this already unsatisfactory number.	9/9/2017 8:47 AM
268	Visits to relatives in care can be really important for improving their wellness and I already live 30 mins away within Perthshire and moving the facilities to Dundee would stop the frequency of my visits to my family member. Distance/ time make a huge impact on how a family member can help support a patient.	9/9/2017 2:18 AM
269	Difficult for people to get there especially from the rural areas uprooting of the staff financially implications less accessibility to local services	9/9/2017 12:39 AM
270	People need to be as near to home as possible to assist in their recovery. Not helpful for someone wishing to visit their home for a short spell possibly with a nurse to sort out household things such as picking up mail, checking on their home and re adjusting to homelife by having frequent short visits while still in hospital. So important to have visitors often and that would be affected by the distance some people would need to travel.	9/8/2017 10:52 PM
271	Thanks build a good new hospital and people from all over Perth and have to travel to to Dundee an also being stressed at this, moment	9/8/2017 10:21 PM
272	Tayside is a huge region, people might receive less family visits due to money problems. Each area should have their own acute unit.	9/8/2017 9:32 PM
273	There is already a problem for people in Perthshire when looking for services and shortage and cuts in service. This is only going to exacerbate this. It is also so wrong on every level to expect people to have to be in hospitals so far away from their loved ones. This simply cannot be in a patient's best interest.	9/8/2017 9:23 PM

274	Grossly unfair for patients not to have local treatment. It will be a challenge for families to travel considerable distance to visit loved ones.	9/8/2017 9:21 PM
275	I know many people affected by mental health and Dundee is not an option for some. Perth claims to have a city status yet we are losing all our vital necessities in health care!	9/8/2017 8:57 PM
276	It is recognised that people should be treated near to their families. The extra miles make visiting almost impossible for people from rural areas and impossible for those relying on public transport	9/8/2017 8:45 PM
277	Perthshire is a large area and it's unfair to place people so far away from their support network when they're so ill	9/8/2017 8:44 PM
278	Too far away from Perth & Kinross.	9/8/2017 8:39 PM
279	Perth and Kinross covers a huge area and people already need to travel to Perth to go to Murray Royal. Further travel to Dundee is too much. Patients need familiarity and need family to be as near as possible and have access to visits. I think it is a disgrace, criminal even, to have spent all that money on building the new Murray Royal Hospital for a few years later to want to close Moredun Ward. Requiring patients to have to go to Dundee, in which I am lead to believe there will be less beds available. Just where will distressed people needing help go??? Because there is little to no support in the community. You do realise that suicides will increase? Maybe you really don't care because that is the message this proposal sends out. This proposal is ridiculous. People will suffer more and is a backwards step in the treatment of people who struggle with mental illness. Totally dismayed. But who cares, right?	9/8/2017 8:14 PM
280	It will be detrimental to people in need in the Perth area	9/8/2017 7:58 PM
281	It is too far away for most patients to have to get to. Visitors are essential to recovery in the majority of cases. Quite often they are unable to to travel to Carseview either due to difficulty with the distance that has to be covered or require too many changes of buses that it is logistically not feasible.	9/8/2017 5:11 PM

### Q4 How much confidence do you have in the NHS Tayside consultation process on the proposal?

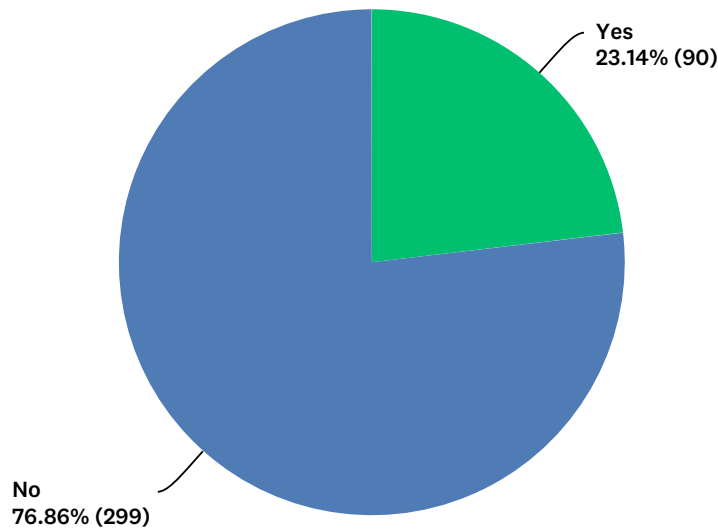
Answered: 387 Skipped: 8



ANSWER CHOICES	RESPONSES	
Highly confident	1.03%	4
confident	2.07%	8
50/50	18.35%	71
Little confidence	36.69%	142
No Confidence	41.86%	162
<b>TOTAL</b>		<b>387</b>

### Q5 Do you believe that giving your opinion to NHS Tayside via their consultation process will influence the outcome?

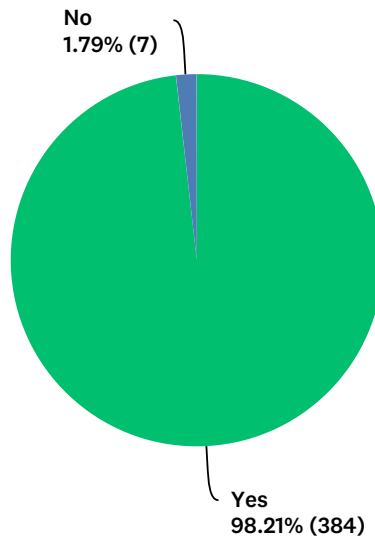
Answered: 389 Skipped: 6



ANSWER CHOICES	RESPONSES	
Yes	23.14%	90
No	76.86%	299
TOTAL		389

### Q6 Do you agree that NHS Tayside Mental Health Services should be based locally to the service user?

Answered: 391 Skipped: 4

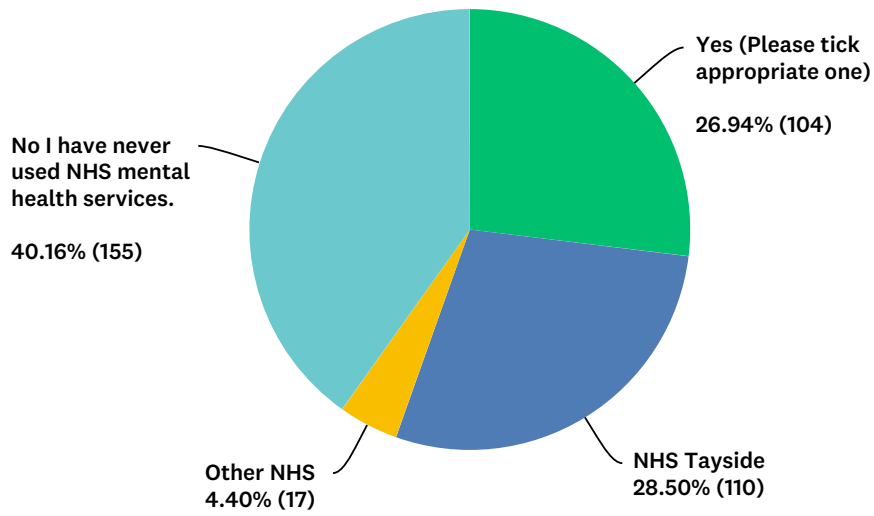


ANSWER CHOICES	RESPONSES	
Yes	98.21%	384
No	1.79%	7
TOTAL		391



### Q7 Are you currently using or have you ever used NHS mental health services?

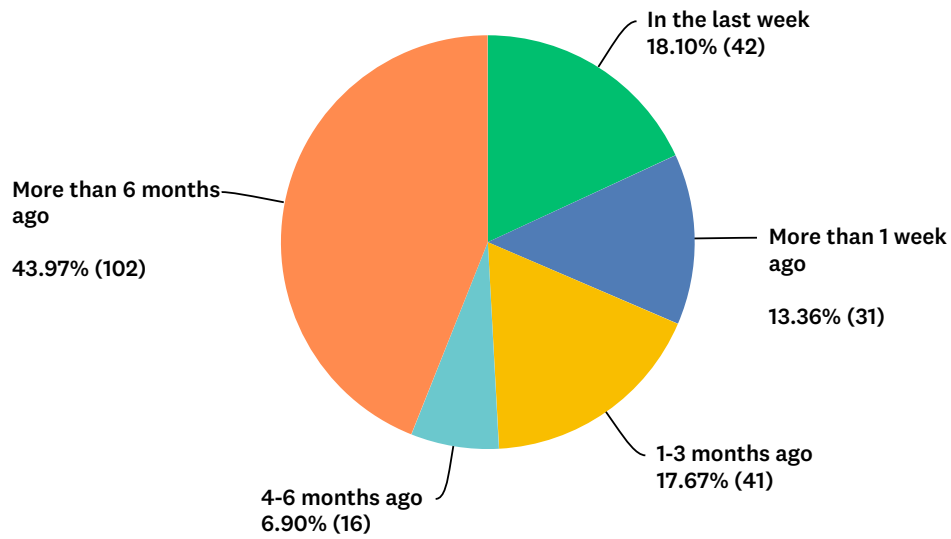
Answered: 386 Skipped: 9



ANSWER CHOICES	RESPONSES	
Yes (Please tick appropriate one)	26.94%	104
NHS Tayside	28.50%	110
Other NHS	4.40%	17
No I have never used NHS mental health services.	40.16%	155
<b>TOTAL</b>		<b>386</b>

## Q8 When was the last time you saw someone from NHS mental health services?

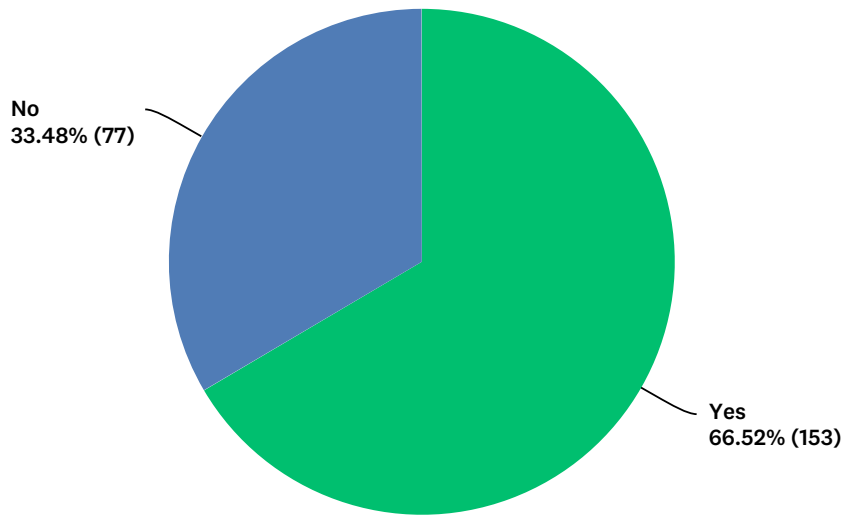
Answered: 232 Skipped: 163



ANSWER CHOICES	RESPONSES	
In the last week	18.10%	42
More than 1 week ago	13.36%	31
1-3 months ago	17.67%	41
4-6 months ago	6.90%	16
More than 6 months ago	43.97%	102
TOTAL		232

### Q9 Have you seen a psychiatrist in the last 5 years?

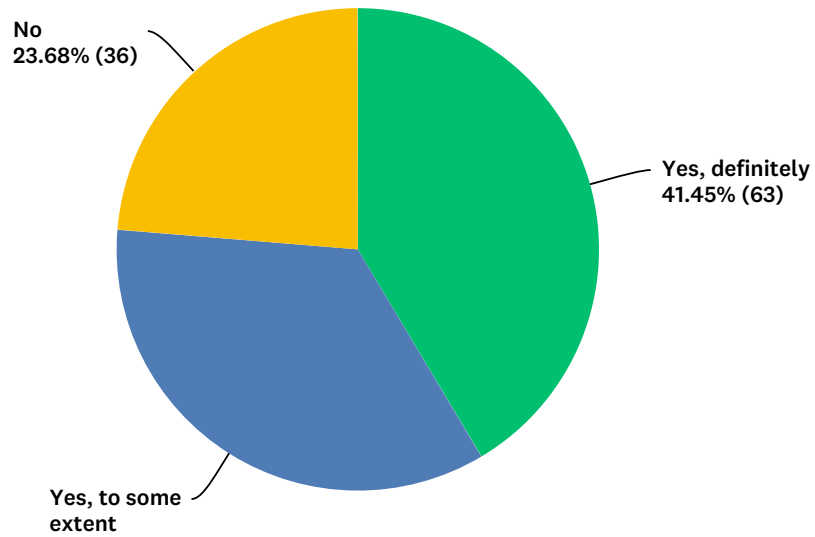
Answered: 230 Skipped: 165



ANSWER CHOICES	RESPONSES	
Yes	66.52%	153
No	33.48%	77
<b>TOTAL</b>		<b>230</b>

### Q10 The LAST time you saw a psychiatrist did they listen in a way which you felt understood?

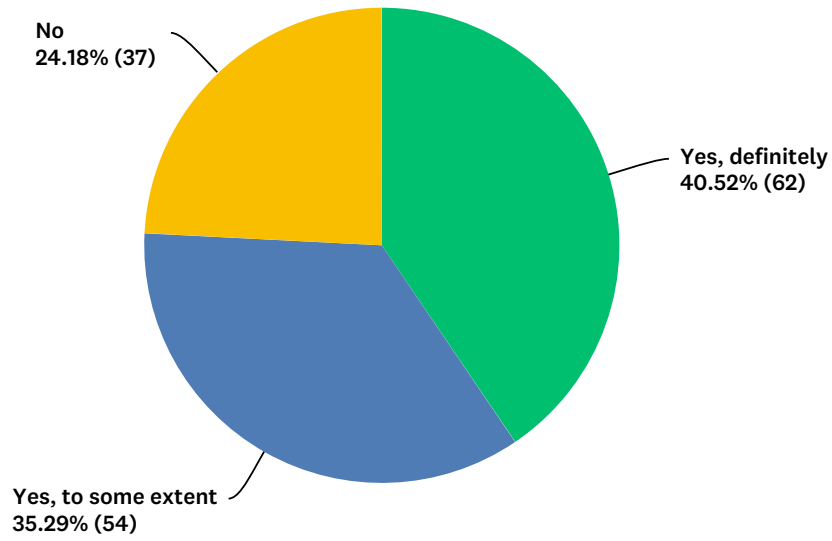
Answered: 152 Skipped: 243



ANSWER CHOICES	RESPONSES	
Yes, definitely	41.45%	63
Yes, to some extent	34.87%	53
No	23.68%	36
TOTAL		152

### Q11 Did you have trust and confidence in the psychiatrist you saw?

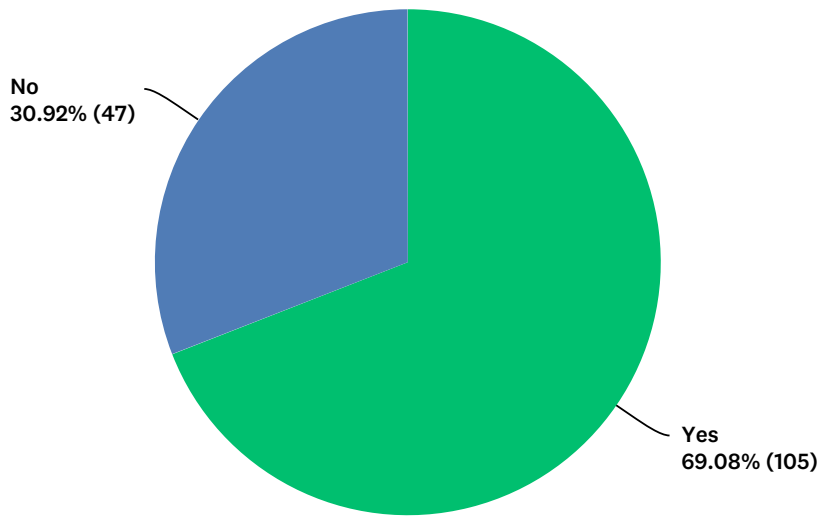
Answered: 153 Skipped: 242



ANSWER CHOICES	RESPONSES	
Yes, definitely	40.52%	62
Yes, to some extent	35.29%	54
No	24.18%	37
TOTAL		153

### Q12 Did you bring up suggestions about what might help in your treatment and recovery when you met with your psychiatrist?

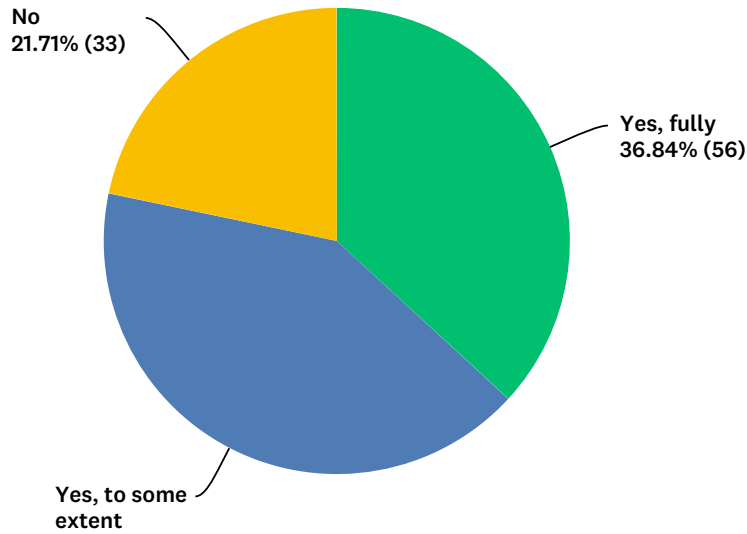
Answered: 152 Skipped: 243



ANSWER CHOICES	RESPONSES	
Yes	69.08%	105
No	30.92%	47
TOTAL		152

### Q13 Has your diagnosis been discussed with you in a way that you understood?

Answered: 152 Skipped: 243

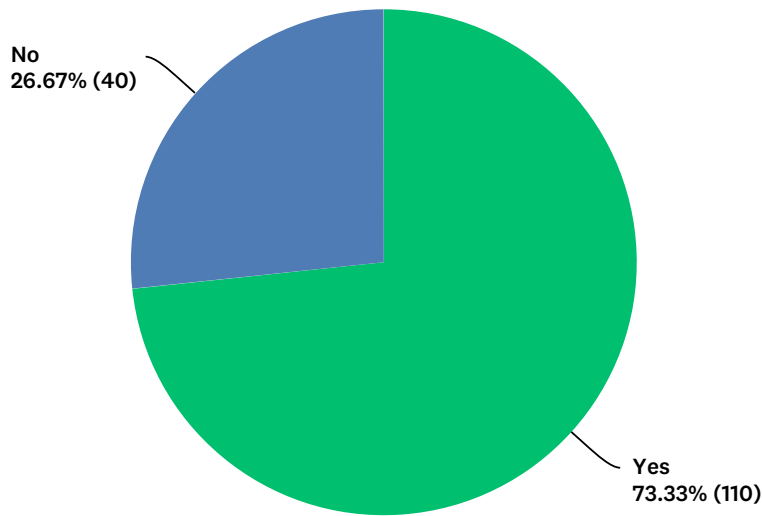


ANSWER CHOICES	RESPONSES	
Yes, fully	36.84%	56
Yes, to some extent	41.45%	63
No	21.71%	33
TOTAL		152



### Q14 The last 3 times you had an appointment with a psychiatrist, was it with the same psychiatrist?

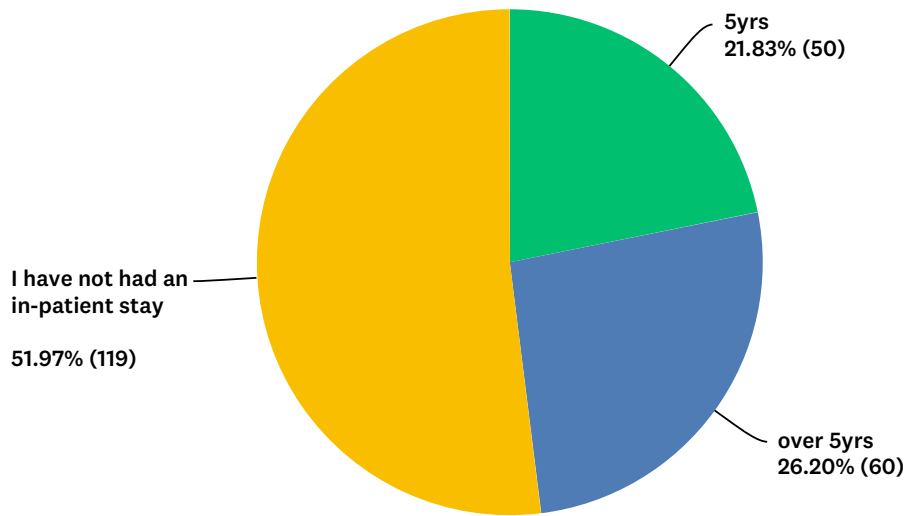
Answered: 150 Skipped: 245



ANSWER CHOICES	RESPONSES	
Yes	73.33%	110
No	26.67%	40
TOTAL		150

### Q15 Have you had an in-patient stay in an NHS psychiatric hospital in the last?

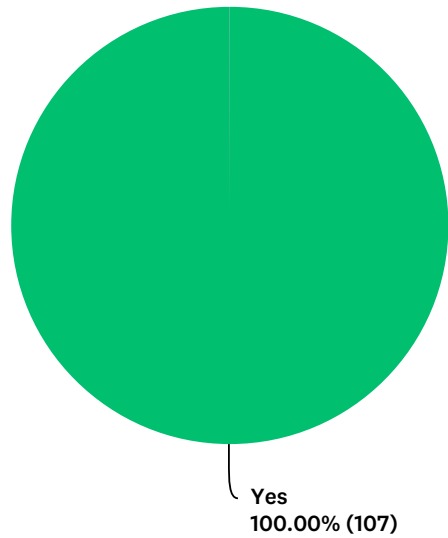
Answered: 229 Skipped: 166



ANSWER CHOICES	RESPONSES	
5yrs	21.83%	50
over 5yrs	26.20%	60
I have not had an in-patient stay	51.97%	119
<b>TOTAL</b>		<b>229</b>

# Q16 Do you believe mental health in-patient beds are needed?

Answered: 107 Skipped: 288



ANSWER CHOICES	RESPONSES	
Yes	100.00%	107
No	0.00%	0
<b>TOTAL</b>		<b>107</b>

#	WHY DO YOU BELIEVE THIS?	DATE
1	The beds are needed as many illnesses are ling going, even lasting a lifetime	11/27/2017 12:34 PM
2	Because you need a peaceful place to be with caring staff who will talk over your health concerns and other issues affecting, A break from very stressful situations , Rest, good food. Meaningful therapies- not just sitting smoking	11/27/2017 11:40 AM
3	If a crisis occurs in my illness I would like to be hospitalised in my area	11/27/2017 11:25 AM
4	crisis care will always be essential for mental health clients as community based care is not sufficient to keep people safe. Traditionally A&E departments have always been available in a hospital why then close the only mental health A&E No A&E will result in deaths. There be no different with remaining a mental health A&E	11/27/2017 10:46 AM
5	some people need safe place and intensive help	11/27/2017 10:20 AM
6	It can be the only place someone feels "safe".	11/26/2017 6:32 PM
7	Often creating a safe environment which is local during a severe crisis can be the difference between life and death for many patients.	11/26/2017 6:04 PM
8	For some really ill people that feel safe in a hospital environment.	11/26/2017 5:57 PM
9	I believe mental health in-patient beds are in great need because people in any community can suffer (either themselves, a member of their family or a friend) from - nervous breakdown - stress / anxiety - shock from sudden death of a loved one - trauma, in many forms; e.g. divorce, car accident, falls - self-harming - suicidal thoughts or attempts The 24 beds in Moredun Ward are vital to the people of Perth and Kinross in order for the excellent standard of care to continue.	11/25/2017 8:25 PM
10	Because the amount of people who have mental health problems in Perth is on the rise. And I am sure they are aware of this.	11/25/2017 6:57 PM
11	When people become acutely unwell this puts unreasonable stress on family and friends and they don't have the expertise to cope. The unwell client needs a safe, secure, quiet environment in which to recover and become well. Being with family and friends can help when the client has had time to adjust to the hospital and the medication.	11/25/2017 6:26 PM

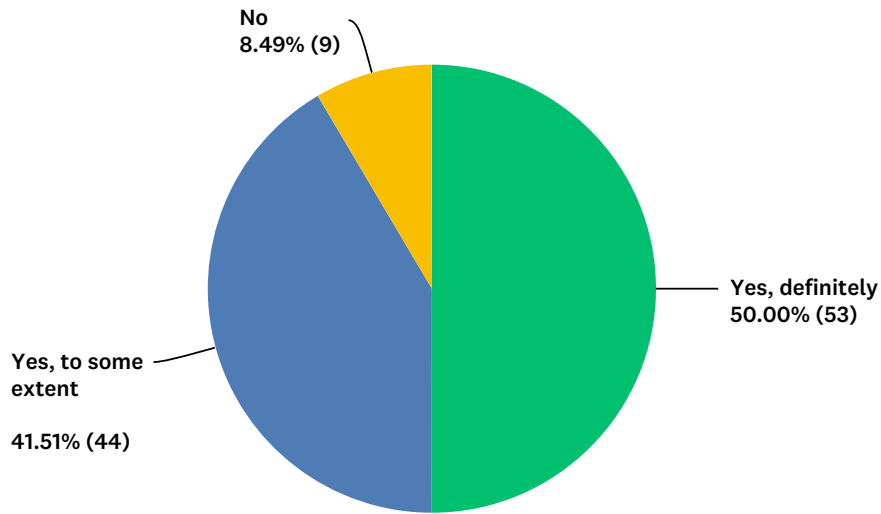
12	From the perspective of safety and care of the patient.	11/25/2017 5:53 PM
13	I believe that some beds are necessary for people in real need but by placing resources in the community for peer group support this will significantly reduce the need for them.	11/25/2017 5:41 PM
14	When one gets to a stage of being mentally ill enough to cause oneself or others harm. Residential is VITAL and I wouldn't be here without it.	11/25/2017 5:22 PM
15	Not everyone can be safely treated at home.	11/25/2017 5:09 PM
16	When crisis situations arise and the ill person feels unsafe - in my case from myself - 1-2 nights in hospital is not the answer. More staff are required on the crisis teams / more CPNs in the community to provide care by the same person / people in times of crisis as well as routine visits	11/25/2017 4:26 PM
17	Each individual person has the right to be heard and also has the right to be treated as a person	11/25/2017 4:07 PM
18	There will always be times when being in hospital is necessary - it is a complete myth to think that "Care in the Community" can help every mentally ill patient.	11/25/2017 3:50 PM
19	Family members often not able to care for patient in the acute stages.	11/25/2017 3:30 PM
20	Yes definitely as many people are in crisis and they need a safe monitored environment.	10/31/2017 9:12 PM
21	They are an absolute lifeline when all else fails and you or others can't keep you safe in the community	10/15/2017 9:33 PM
22	I don't think I'd be alive today otherwise.	10/13/2017 12:26 PM
23	If it is possible for you to receive care from home and out-patient referral to professionals then that is fine. But, often a patient may find themselves in a crisis and require a place of safety as well as close supervised care. I was in such a state of crisis and both myself and wife was scared. But, she contacted a friend and then a GP who arranged an in-bed place. I was diagnosed with bipolar. If there had been no local in-beds, my crisis would have been a catastrophe.	10/12/2017 8:51 PM
24	There are times when the only way to ensure somebody's wellbeing is for them to be an inpatient.	10/12/2017 3:04 PM
25	Not everyone is well enough to be treated as an out patient.	10/12/2017 2:54 PM
26	Community supports still are not adequate or equipped to deal with some individuals resulting in people being scared. Unfortunately in-patient beds is the only available option at the moment to keep some vulnerable adults SAFE from risk of harm.	10/9/2017 10:10 AM
27	Currently, I believe, 2 people EACH DAY in Scotland are committing suicide - I am only surprised the figure is not higher. People are waiting a ridiculous length of time for any kind of appointment. As a result, their conditions are worsening. CMH teams are under huge pressures, as are GPs. A paradigm shift is desperately needed in the whole way in which our society deals with emotional problems. But one of the things needed is quick access to in-patient care for those individuals for whom it would be therapeutic - and for as long as necessary to ensure as great a recovery as required by that individual. I believe that most people would want to be treated in a non-hospital setting, but there are those who would find a stay in hospital helpful. They should be able to access this.	10/5/2017 3:46 PM
28	Sometimes it is safer for people to be an inpatient when they are very unwell and sometimes need to get away from everyday life for a while.	10/5/2017 12:41 PM
29	The number of people suffering from psychiatric illnesses is increasing.	10/5/2017 12:01 PM
30	As long as there are patients, we will always need beds.	10/5/2017 11:50 AM
31	Safety of person Assessment over a period of time Opportunity to be treated/assessed and supports in place on discharge Opportunity for multidisciplinary assessment	10/5/2017 11:46 AM
32	If your mental health state prevents you from being able to live in the community, inpatient beds are a necessity. If you had a serious illness, you would expect access to a hospital bed, mental illness is no different.	10/5/2017 11:08 AM
33	Being an inpatient gives a sense of safety and security which is not always present on the outside.	10/5/2017 10:47 AM
34	To give support and help and advice a listening ear some are good at their jobs others not. Once you have a label they refuse to look at any alternative diagnosis. Guidance support and unwillingness to listen nobody listens these days just because someone is ill doesn't mean that they can't have an opinion or say in their own care.	10/4/2017 12:13 PM
35	In times of crisis you need somewhere safe where you can't hurt yourself or others.	10/2/2017 3:13 PM

36	Sometimes for my own safety and that if my family it is important that I have a bed. Also I believe that, even tho the crisis team do a good job at home, I believe that sometimes the only thing required is s complete break from everything.	9/30/2017 4:39 PM
37	People in crisis need somewhere they can go so they feel safe.	9/30/2017 10:38 AM
38	In my relative's case, he was struggling with an ACUTE psychosis and he actually needed a completely secure ward. Due to lazy diagnosis, poor quality interpatient contact (in the company of very disturbed and negative other patient), inattentive, negligent staff, environment which was not just untherapeutic, with smell of smoking and pop music, (and, I think, a television channel i.e. unpredictable content streaming, but it was a while ago) Also abusive environment, by staying after visiting hours, witnessed a staff throwing crisp packets at patients to feed them supper). A female staff was judgemental of his disturbed behaviour, rather than trained and professional. He made two significant attempts to end his life outside the leaky 'compound' (Stratheden, Fife). Once into the river, the second, 'successful', onto the railway, where he beheaded himself on the line. At no point was there a family/staff round table sharing, or treatment plan discussed. No committed senior staff (Consultant on verge of comfortable retirement). A junior Antipodean locum 'in charge' of his treatment. An official enquiry was held and staff found to have set insufficient watch, been on mobile phone, or on 'break', despite first suicide attempt with a note left. He was survived by his widow, and three young sons, under 9 years.	9/28/2017 6:13 AM
39	I would like to qualify the above - I believe an increase in mental health in-patient beds should not be considered in isolation. The complete model and provision of care needs to be radically overhauled to reflect the changes and diversity of the current patient population.	9/26/2017 10:15 PM
40	Because people are having to travel to Dundee already	9/26/2017 9:03 PM
41	Beds tend to be last resort,how many of us are being lost to suicide	9/26/2017 5:22 PM
42	So many people suffer with a form of mental illness and a bed locally of required should be an option	9/26/2017 9:07 AM
43	There are not enough beds	9/26/2017 9:05 AM
44	Because I'm some cases this kind of care is in the best interests of the patient. However, this is only the case if the patient feels secure and comfortable whilst under in-patient care. If they're far from home this can be very distressing and damage their recovery.	9/26/2017 8:41 AM
45	Because people are poorly and some need that extra bit of help.	9/21/2017 11:49 PM
46	I feel for myself I was a risk to myself and my family. Had I not been admitted to hospital I don't know how ill I could of became	9/21/2017 10:20 PM
47	We need the right help in a setting in our own town, not more upset and distress to someone in crisis	9/21/2017 10:02 PM
48	The fact that Carseview has always been used an over flow for MoreDun Ward shows that these beds are not only needed they are lacking! Don't know how much more proof is needed to clarify these services cannot and should not be centralised!	9/21/2017 10:01 PM
49	Sometimes you just need to be in a safe environment and know you have somewhere to stay and get help	9/21/2017 9:56 PM
50	As I've said before Carseview is used as an over flow facility which proves in fact more beds are needed! If this service is moved it will the people who pay the ultimate price!	9/21/2017 9:53 PM
51	I understand that while I was in Moredun Ward Carseview was an overflow facility. This indicates that not only are the beds within Moredun Ward needed they actually need more! The community mental health team also needs to step up and take the pressure off Murray Royal as and when required! The wait for a referral to see a Psychiatrist is atrocious!	9/21/2017 9:34 PM
52	People in crisis are being turned away from care as they dont meet the said criteria. When will people be treated accordingly to their needs and illness, not a written ticking system.	9/19/2017 4:45 PM
53	Crisis	9/18/2017 5:43 PM
54	When I was there every bed was full	9/16/2017 7:47 PM
55	Because my daughter had to go to cortonvale women's prison for one week untill a bed came available which is absolutely disgusting but once in carseview her treatment was fantastic and she finally got diagnosed	9/16/2017 1:43 PM
56	There are times when patients with extreme depression quite simply need sanctuary.	9/15/2017 2:57 PM
57	People are in crisis which cannot be maintained in community safely	9/14/2017 9:24 PM
58	Because mental health problems are on the rise	9/14/2017 2:47 PM

59	for a place to be safe when we are hearing voices and seeing things and it is not safe for us to be at home	9/14/2017 11:23 AM
60	If there was not a bed available when I was needing it, I fear for what I may have done to myself. Even though I was in control I was doing things to endanger myself. My family would have had a knock on impact and they would have suffered greatly. They were already suffering with the stress of day to say life with me so had I not been able to be admitted and get the required support, my family's own mental health could have suffered as well as my own. I feel a lot of people are in these positions where their families try and help all they can but as they are not used to dealing with such fragile circumstances and they are so close to them that they are unable to refrain from getting upset themselves as it affects them to see someone they love struggling so much	9/14/2017 6:35 AM
61	Several reasons: 1. There are times when a person in crisis needs a place of safety, where they can be listened to, cared for and guided forward. It may only be for a short period, but that time out is critical to the bigger picture. 2. If new meds are being trialled, it's vital that the person is safe as the (unknown) action of the meds might render the person dangerous to themselves. A couple of meds I've been prescribed over the years have caused me to feel very weird, doubting myself, unable to function "normally". 3. Mental illness can be isolating; short term admission can help greatly in re-establishing social interaction, thus building confidence and renewed ability to function. Esp if you live in a remote area, where MH "community" services are thin on the ground. In past admissions, I have entered the ward feeling completely cut off from the outside world, very introverted and uncommunicative; spending time with other people around has gradually brought me out of my shell. I started to speak to the occasional person and eventually got my inner confidence back. I was then quite happy to be discharged and able to function "on the outside". A vital intervention	9/13/2017 9:27 AM
62	Need somewhere safe & impartial to go to when in great difficulty.	9/13/2017 8:07 AM
63	There is not enough community care available for extreme situations especially if patients haven't been taking their medication properly or if they are actively suicide	9/12/2017 7:01 PM
64	They provide a place of safety and help is at hand. It is easier too for the patient's relatives and friends knowing that the patient is getting the correct help	9/11/2017 7:58 PM
65	There are acute stages in a psychiatric illness that may require a stay in hospital	9/11/2017 6:38 PM
66	Extra support during crisis saves people's lives and gives them the right environment for recovery to happen	9/11/2017 6:23 PM
67	When people have lost touch with reality care in the community is not relevant.	9/11/2017 4:40 PM
68	Sometimes I'm so ill that I need to be locked up and treated in a safe environment.	9/11/2017 2:22 PM
69	When people are in crises they need to know when admitted into a mental health ward they are safe and get appropriate care	9/11/2017 2:16 PM
70	I believe that mental health beds are needed as in many cases it is important for the patient to have professional care in a safe environment until they are able to have their condition stabilised and well enough to go home.	9/11/2017 11:22 AM
71	When I have a manic episode I need to be in a safe and secure place to recover. Moredun B is the best facility for this.	9/11/2017 10:54 AM
72	Because we would be out on our ear if we didn't.	9/10/2017 9:25 PM
73	In my own case when I am ill I definitely need hospitalisation.	9/10/2017 9:03 PM
74	Because I need them myself and have used them. I needed inpatient care but there were no beds so I was with crisis team for 7 weeks	9/10/2017 5:05 PM
75	Cannot cope alone in my house.	9/9/2017 7:45 PM
76	Sometimes people need to be looked after if they are in mental distress, they can be diagnosed properly and helped.	9/9/2017 8:50 AM
77	People need safety and security when they are unwell also staff that are there to listen and talk to them with empathy also they need meaningful therapy or occupational therapy that used to exist also decent nutrition as for many people they have not had proper food	9/9/2017 12:50 AM
78	People in distress need support and a safe place. In-patient beds are required but so is therapeutic environments with non-judgemental staff. Patients should not feel a burden or be made to feel guilty for needing care.	9/8/2017 8:21 PM
79	There are times it is not safe to stay at home.	9/8/2017 5:16 PM

### Q17 Overall would you say your stay in hospital benefited you?

Answered: 106 Skipped: 289

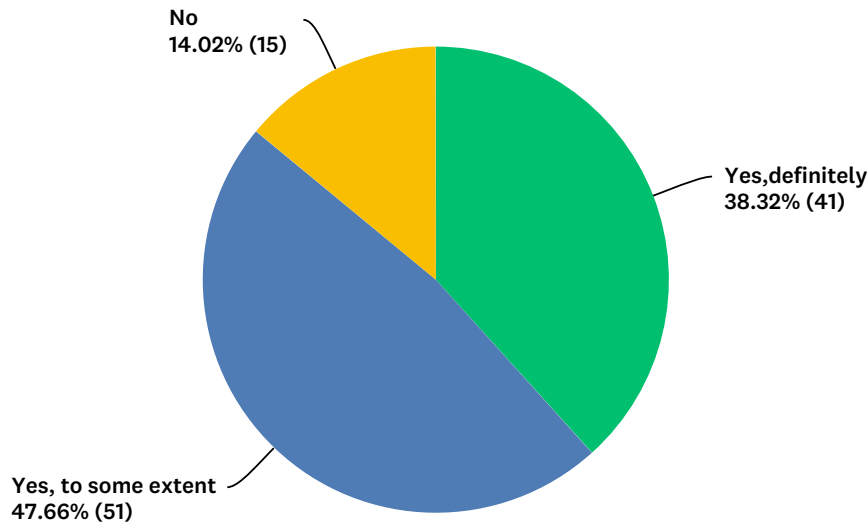


ANSWER CHOICES	RESPONSES	
Yes, definitely	50.00%	53
Yes, to some extent	41.51%	44
No	8.49%	9
<b>TOTAL</b>		<b>106</b>



# Q18 When you were in hospital did you feel safe from harm?

Answered: 107 Skipped: 288



ANSWER CHOICES	RESPONSES	
Yes, definitely	38.32%	41
Yes, to some extent	47.66%	51
No	14.02%	15
<b>TOTAL</b>		<b>107</b>

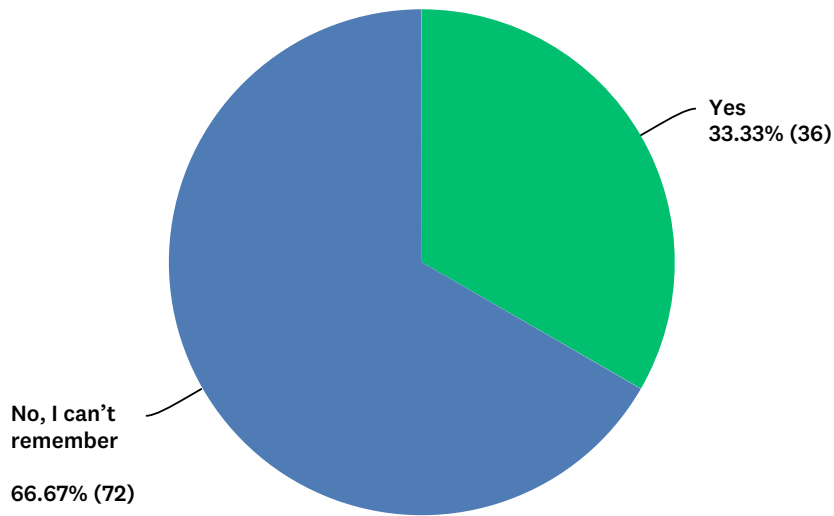
#	PLEASE EXPAND	DATE
1	I was not a risk but I was locked up was not suicidal I had my medication withdrawn and I became unwell	11/27/2017 11:40 AM
2	my danger from myself- being in hospital keeps me safe from myself. But the 'state' of care in the wards can be deeply unsettling	11/27/2017 10:46 AM
3	was threatened under watch of guard, agressive response risks continual confinement, passive responce, risks appearing easy target. psychoticness saves us with sardony as alternative	11/27/2017 10:20 AM
4	Not from myself as I was self harming at the time.	11/26/2017 6:04 PM
5	Yes I definitely felt safe from harm when I was an in-patient in Moredun ward at MRH. I was seen and assessed by a psychiatrist 24 hours prior to being admitted (and this was seven days before Christmas 2007). After my recovery from sedation in the Moredun Ward I was seen by a CPN where we discussed my thoughts and hopes for the future. The professionalism, treatment and care in Moredun Ward was excellent.	11/25/2017 8:25 PM
6	I felt very unsafe at Stratheden and it wasn't until I was transfered to Moredun a month later that I began to feel secure. I was intially placed placed in Stratheden in Dec 2016 as Moredun and Carseview had no beds. I had to stay there a month with hardly any visits due to the distance involved for family and friends. This greatly delayed my recovery.	11/25/2017 6:26 PM
7	I was attacked by a patient and I had physical treatments of ECT and drugs which have adverse effects. Also there was incompetent and insensitive use of power, sometimes outwith the law by doctors and nurses.	11/25/2017 5:41 PM
8	Some of the other patients were very aggressive	11/25/2017 4:26 PM
9	At the time, to access certain areas you had to walk through/past the Mens areas!!	10/31/2017 10:15 PM
10	The ward was warm, clean, supervised at all times and I felt I could rest and depend on the hospital to help me.	10/12/2017 8:51 PM
11	I felt as though I was safe from all the scary stuff in the outside world	10/12/2017 3:04 PM

12	I was in Livingston Mother and Baby Unit and it felt like a safe environment to recovery with my children.	10/12/2017 2:54 PM
13	Even with an Adult Support & Protection Plan - providers of supported living packages fail to keep adults with LD safe from harm	10/9/2017 10:10 AM
14	Due to a lack of resources and staff, and a large number of short term admissions, any therapeutic value was lost. Staff had no time to talk to, or more importantly, listen to patients. Staff did not have time to organise any 'activities' so very unwell people were thrown back on their own resources - which because of illness, were very few. This led, understandably, to all sorts of disruption and disturbing behaviours. Staff were obviously under extreme stress themselves and this impacted on their attitude and ability to care for patients. The ward was a very noisy, disturbed place. There was no peace and no privacy. I felt unsafe and uncared for. This contributed to already existing feelings of worthlessness and made my condition worse.	10/5/2017 3:46 PM
15	Caring staff who listened when I needed to speak about feelings/concerns safe environment-ward/garden/bedroom/sitting rooms Other patients going through similar experience Accompanied to town/house in early days	10/5/2017 11:46 AM
16	Staff were very pleasant and spent time chatting and making you feel at ease but never forced to do anything.	10/5/2017 10:47 AM
17	I couldn't take an overdose or cut my wrists.	10/2/2017 3:13 PM
18	Mostly felt I could go to someone if I felt very unwell. Sometimes felt threatened by other patients who were very unwell	9/30/2017 4:39 PM
19	I was very ill and fighting the constant urge to harm myself. Staff would shout at me to stop. Must say that this was in England	9/30/2017 10:38 AM
20	I can't recall how this line of enquiry has developed. I have received medication, and GP consultation time for depression. I am explaining that my brother needed a truly safe place in which to either get well, or be persuaded that life would be worth living with supportive medication and/or ongoing therapy. He was extremely intelligent, he was not in hospital because he was stupid, despite his employment being unskilled and unvalued, he was simply in crisis. He needed non-stupid, dedicated people of integrity to care for him professionally. Currently I would like to experience a periodic recall from my GP for a review of my treatment plan. When one is struggling mentally, one cannot always judge what the next best step is, or when one is ready for it. Unlike a physical illness or an injury, the very part which normally guides one's bodily welfare is the part which is ailing. I cannot complete this survey personally as it does not apply to me, unless I advocate in memory of my dead brother. Please interpret the answers which follow as applying to him, as far as I can recall events.	9/28/2017 6:13 AM
21	It would have been very easy to fool staff i to thinking i was safe from myself	9/26/2017 5:22 PM
22	I felt that a lot of the staff were laissez-faire with my treatment, like it was just a job for them as opposed to a career.	9/26/2017 8:41 AM
23	I knew I had someone right there in the flesh when I needed them. Some responsibilities were taken from me ilminating the stress they bring. I was strongly encouraged to 'do' self care.. I.e wash, dress, try socialise, practise good sleep hygiene. But at the end of the day there were still ways I could harm without others knowing, if I wanted to. But that was something I hand to learn once in therapy.	9/23/2017 10:47 AM
24	I was monitored at all times.	9/21/2017 10:20 PM
25	Their is the right help and support and when things are hard you have someone to help you see things differently and that their is hope in life	9/21/2017 10:02 PM
26	NHS staff did the best they could, but there will still situations of violence	9/20/2017 10:42 PM
27	There was help on hand rather than a voice at the other end of the phone making vital judgements	9/19/2017 4:45 PM
28	Staff to busy, staff never free, no therapy offered, fear of other patients - bullied, loads of items at hand to self harm.	9/18/2017 5:43 PM
29	My daughter was all over the place before going in to hospital but after leaving she is managing much better because she has a diagnosis for her mental health conditions	9/16/2017 1:43 PM
30	Not in Carseview. Q17 - The part in Moredun. Q21 - In Moredun.	9/15/2017 2:57 PM
31	Felt supported and understood	9/14/2017 9:24 PM
32	There were not many staff and due to my state of mind I did feel vulnerable	9/14/2017 2:47 PM

33	The ward was locked, so the parameters had to be observed. I had urges to run away, to be free, but also urges to hurt myself. Mostly the fact that the ward was secure and had a regime to be followed, made me feel calmer inside. If other patients were a threat, I could stay away from them. If I felt sociable I could interact with them. Staff were supportive, but most of all, were just "there"; unless you went out of your way to hide from them, they observed if anyone was not coping well. The ward was warm; I had my own wee space - I could be me without being in fear of myself or anyone else	9/13/2017 9:27 AM
34	Definitely but other patients could make it less so.	9/13/2017 8:07 AM
35	I believed I was in safe hands. I did not have access to anything to harm myself with e.g. large amount of medication , illegal drugs, weapons or other items that could harm me. I felt that I would now get the care I needed in a supervised manor	9/12/2017 7:01 PM
36	As above	9/11/2017 7:58 PM
37	There was a particularly aggressive patient when I was in hospital. He made me fearful on occasions.	9/11/2017 6:38 PM
38	I didn't always feel safe from myself but that was more to do with my illness	9/11/2017 6:23 PM
39	I wasn't safe on my own	9/11/2017 2:16 PM
40	I had confidence in the nursing staff keeping me safe and also secure in the unit until I was better.	9/11/2017 10:54 AM
41	It was a place of sanctuary from the outside world as I perceived it at the time.	9/9/2017 8:50 AM
42	At times I was scared of other patients who were high risk of suicide I felt more depressed in the hospital and it was so boring at that time most of the day you spent a lot of time smoking staff where cold and clinical	9/9/2017 12:50 AM
43	Lack of staff. You are simply medicated and left. Lack of therapeutic activities. Other distressed patients left without support can make hospital stays frightening and confusing. It can be an isolating experience with an US and THEM mentality between staff and patients.	9/8/2017 8:21 PM

### Q19 When you were in hospital were your rights explained to you such as having a Named Person or an Independent Advocate?

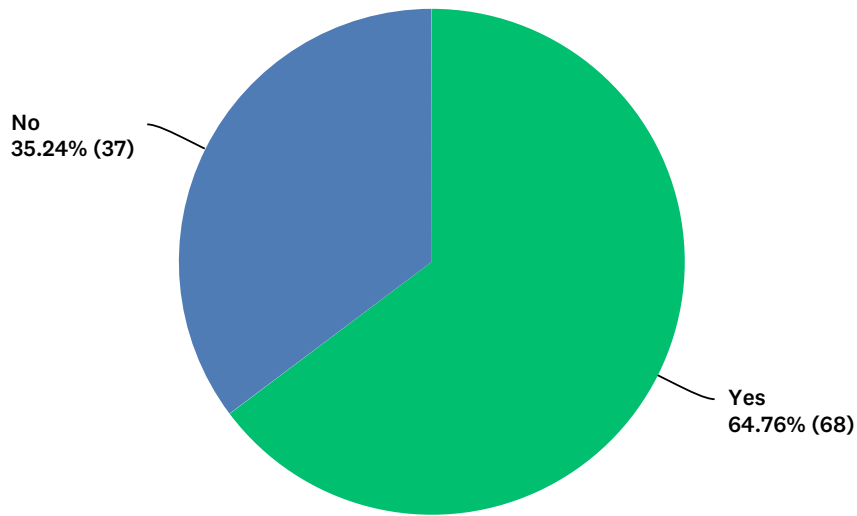
Answered: 108 Skipped: 287



ANSWER CHOICES	RESPONSES	
Yes	33.33%	36
No, I can't remember	66.67%	72
<b>TOTAL</b>		<b>108</b>

## Q20 Would you like to know more about your rights?

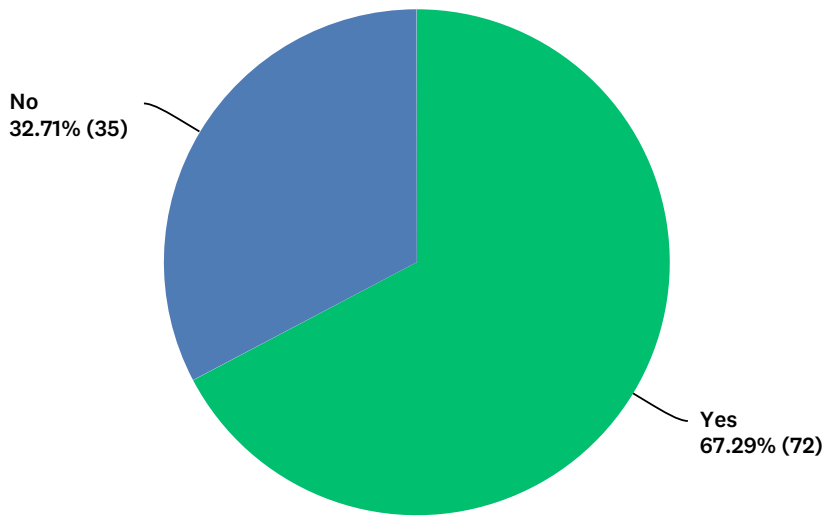
Answered: 105 Skipped: 290



ANSWER CHOICES	RESPONSES	
Yes	64.76%	68
No	35.24%	37
<b>TOTAL</b>		<b>105</b>

### Q21 When you were in hospital, were you given the opportunity to talk about how you were feeling?

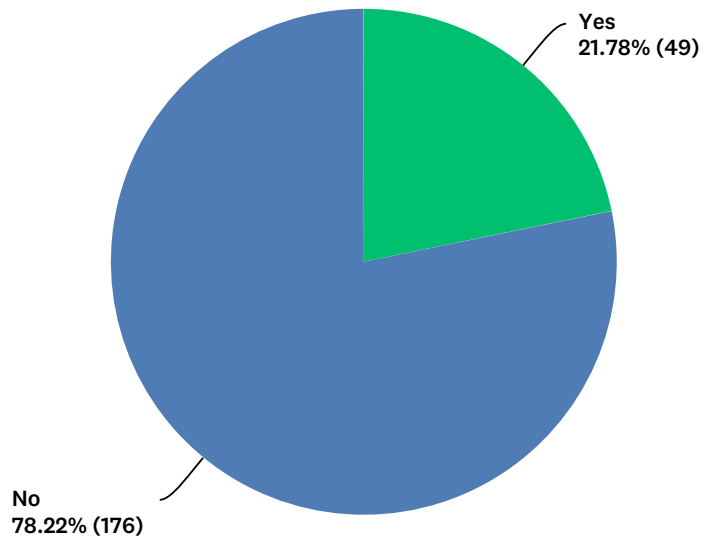
Answered: 107 Skipped: 288



ANSWER CHOICES	RESPONSES	
Yes	67.29%	72
No	32.71%	35
TOTAL		107

## Q22 Do you presently see a CPN?

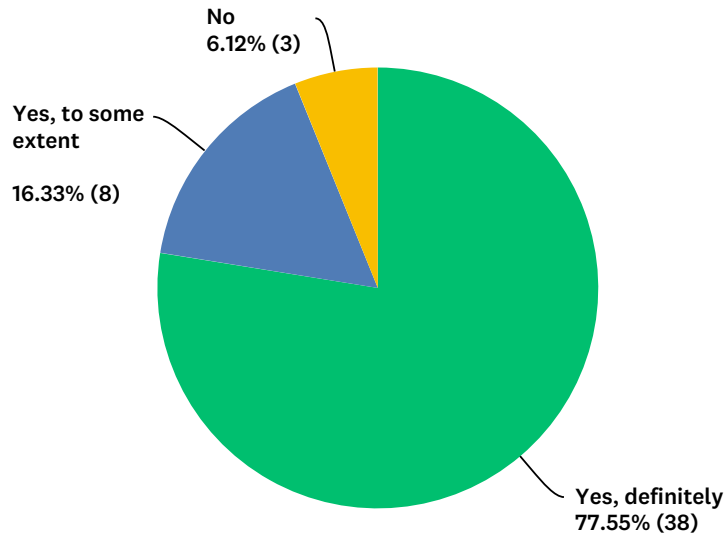
Answered: 225 Skipped: 170



ANSWER CHOICES	RESPONSES	
Yes	21.78%	49
No	78.22%	176
TOTAL		225

### Q23 The LAST time you saw a Community Psychiatric Nurse did they listen in a way which you felt understood?

Answered: 49 Skipped: 346

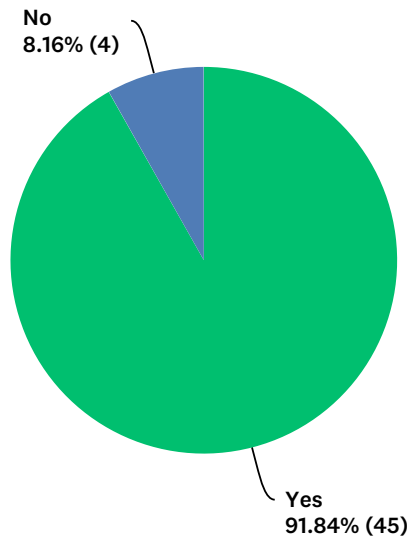


ANSWER CHOICES	RESPONSES	
Yes, definitely	77.55%	38
Yes, to some extent	16.33%	8
No	6.12%	3
<b>TOTAL</b>		<b>49</b>



### Q24 Do you bring up suggestions about what might help in your treatment and recovery when you meet with your CPN?

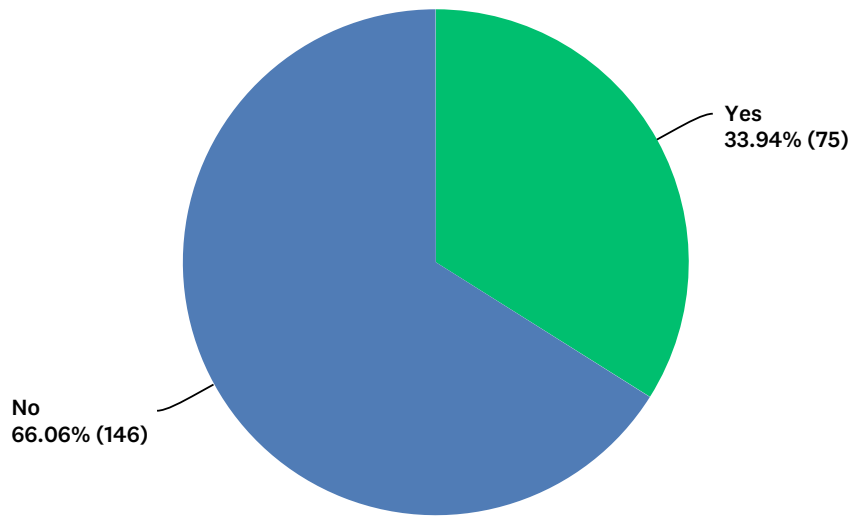
Answered: 49 Skipped: 346



ANSWER CHOICES	RESPONSES	
Yes	91.84%	45
No	8.16%	4
TOTAL		49

## Q25 Have you been discharged by the Community Mental Health Teams in the last 5 years?

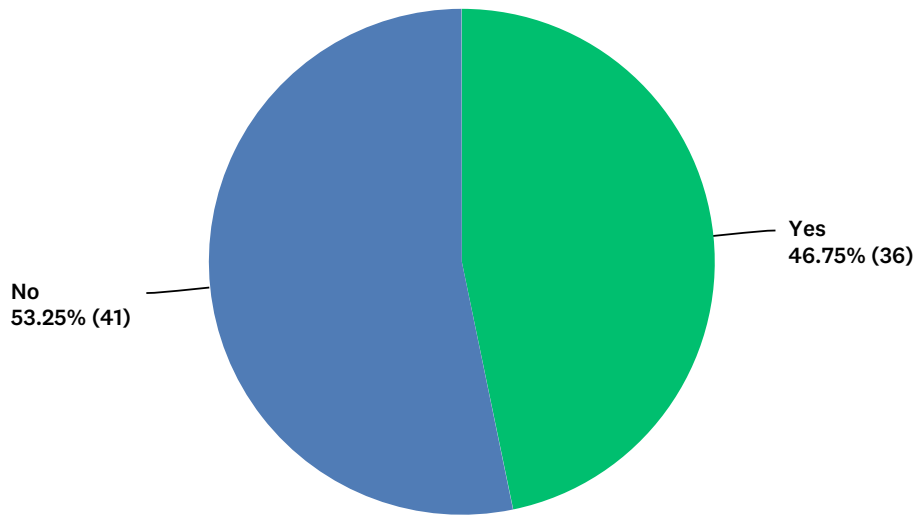
Answered: 221 Skipped: 174



ANSWER CHOICES	RESPONSES	
Yes	33.94%	75
No	66.06%	146
TOTAL		221

## Q26 Did you agree with the decision to stop your support?

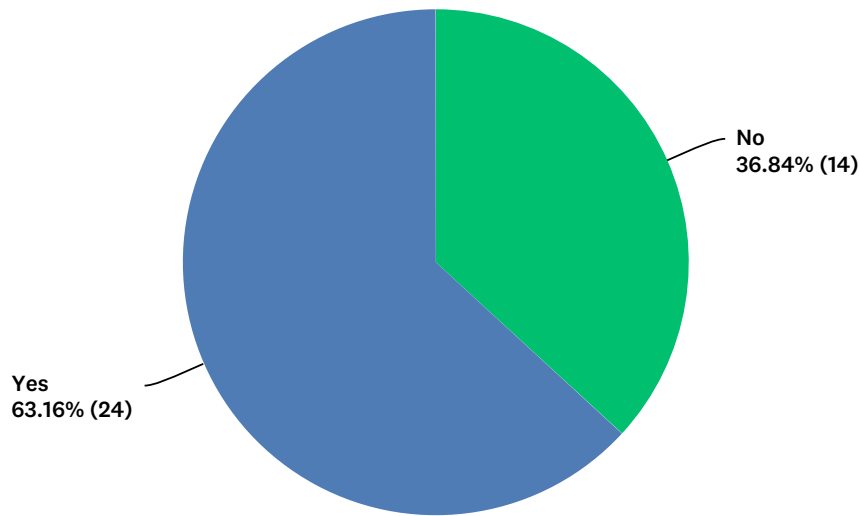
Answered: 77 Skipped: 318



ANSWER CHOICES	RESPONSES	
Yes	46.75%	36
No	53.25%	41
TOTAL		77

## Q27 Were you given a reason as to why your support was being withdrawn?

Answered: 38 Skipped: 357



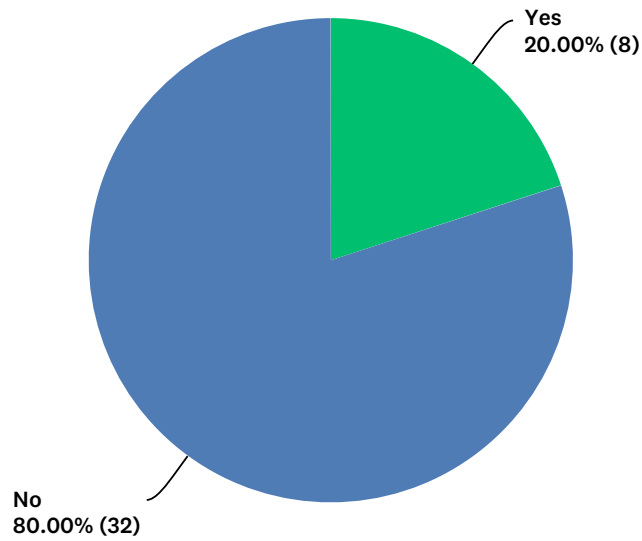
ANSWER CHOICES	RESPONSES	
No	36.84%	14
Yes	63.16%	24
<b>TOTAL</b>		<b>38</b>

#	PLEASE DETAIL REASON	DATE
1	No longer require a CPN as now in recovery	11/27/2017 11:26 AM
2	The team felt I was coping with day to day living and that I was competent to go overseas for a holiday and even find work.	11/25/2017 8:27 PM
3	They were stopping seeing people they had seen for a long time (Money I believe). But also think they got fed up of me.	11/25/2017 7:30 PM
4	No I wasn't, and afterwards I didn't know where to go or turn.	11/25/2017 6:59 PM
5	cant remember	10/14/2017 2:41 PM
6	Cuts to services.	10/5/2017 3:50 PM
7	When I found out that my support had been stopped I had to ask why and I was told that "I seemed to be OK".	10/4/2017 5:04 PM
8	A course was offered even tho I tried to explain the course was unsuitable I was still dismissed was not listened to. I know that there are not enough cpns employed which makes their jobs harder. Especially in the Perth and Kinross areas also highlands and central belts basically scotland as a whole	10/4/2017 12:22 PM
9	I was too well (!!)	10/2/2017 3:14 PM
10	Primary care	9/26/2017 10:56 PM
11	It was felt that their further support would not be of any help. Again I would like to qualify my response by saying that in general I agreed with their view that my experiences of further support on many previous occasions had helped me in any way. My despair continued - and continues.	9/26/2017 10:22 PM
12	they said there wasn't much more they could help me with	9/26/2017 6:11 PM
13	Was told no longer needed support	9/26/2017 5:26 PM

14	It was cause and effect, the effect was the cause. Didnt matter what id said they had made up their mind.x	9/26/2017 4:56 PM
15	Said couldn't help me anymore but I have since been reinstated with one	9/26/2017 9:06 AM
16	They were unable to provide an appointment that coincided with when I could get childcare so never actually managed to see anyone. I appreciate that they see me as being disengaged but there were genuine reasons I couldn't attend at the times they offered me. It was also incredibly difficult to talk to anyone about it - I would leave message on answering service that I couldn't do it then would be sent another appointment in post, there was no scope for discussion about why I couldn't make the appointments they gave I tried attending appointment in past with children in tow but they were very clear that they wouldn't see me	9/23/2017 3:19 AM
17	I was told they could no longer help me, my condition was not considered bad enough. They had to use their resources on folk who were bipolar or schizophrenic- meaning this suicidally depressed woman had to manage without any support	9/22/2017 10:34 PM
18	I was living in Perth at the time I was seeing my CPN who I got on really well with and trusted. I was then given a permanent tenancy and moved over to Blairgowrie and my support from Jackie had to stop. I was transferred to a new CPN who I didn't get on with and then again to another one who I also didn't find approachable or helpful, I was very disappointed that I couldn't seek support from Jackie anymore as she was amazing.	9/21/2017 9:40 PM
19	Phycatrists refered me to have long term CPN after suicide attempts. Was seen for 4 appointments and i was discharged due to "your not like others. You want to get better"	9/18/2017 5:46 PM
20	He was retiring	9/14/2017 2:48 PM
21	CPN was leaving I was on the waiting list for trauma therapist in 7 months which was at least 14 months	9/14/2017 11:25 AM
22	They believed "I was better" and no other support was needed. I would have to go through my doctor or nhs24 in future !	9/12/2017 7:05 PM
23	I was told my condition had improved and I would no longer need the services of a CPN. I was also told that I could contact them again should I feel the need to do so.	9/11/2017 11:26 AM
24	I have still got mine	9/8/2017 10:33 PM
25	I was offered DBT. I was informed after treatment I would be cured. Would no longer have a diagnosis of Borderline Personality Disorder. It was false hope. I dropped out of DBT as I could not cope for many reasons. So because the CMHT had decided that DBT was the best option of treatment because I dropped out I was discharged from the CMHT. This was never fully explained and I argue that DBT is not a one size fits all. I was made to feel guilty of dropping out and made to feel a failure and basically left to fend for myself. My mental health has continued to decline and I was informed to go to GP to ask for a referral back to the CMHT. I did so in December 2016 after my mum died. It is now September and I have not been seen by the CMHT. I was instead referred to the Social Work MHT... and when talking to them I am told I really ought to be discussing my issues with the CMHT. It took me so much courage to ask for help in the first place and feel there is no point asking again as they have made it clear they do not want to or cannot help me. Of course, having BPD I am automatically considered by most professionals as difficult and a waste of time.	9/8/2017 8:32 PM

## Q28 Were you involved in discussions leading to the decision to withdraw your support?

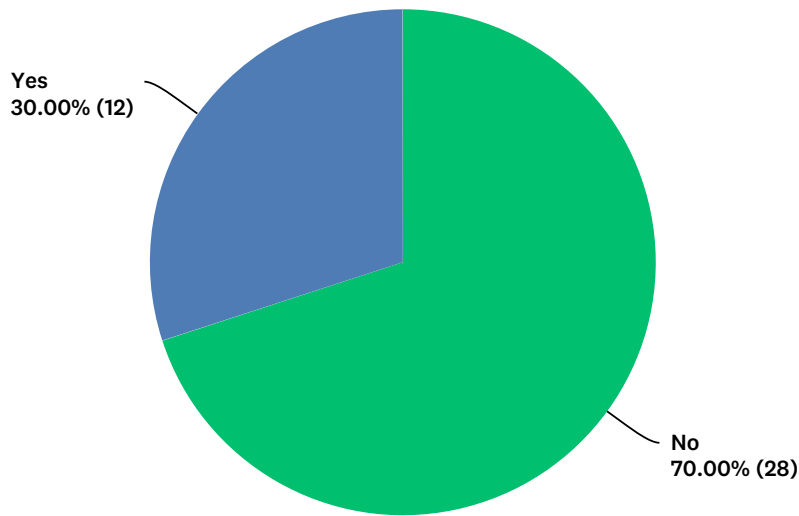
Answered: 40 Skipped: 355



ANSWER CHOICES	RESPONSES	
Yes	20.00%	8
No	80.00%	32
<b>TOTAL</b>		<b>40</b>

## Q29 Did your CPN give you the names of other organisations who may help you?

Answered: 40 Skipped: 355

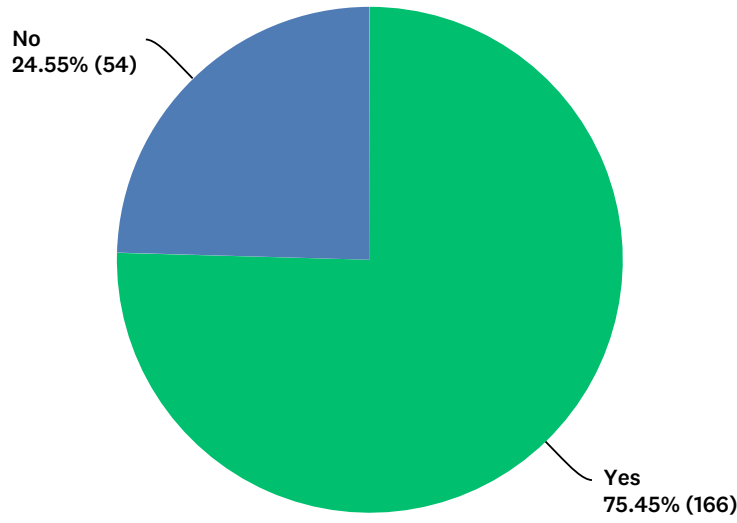


ANSWER CHOICES	RESPONSES	
No	70.00%	28
Yes	30.00%	12
<b>TOTAL</b>		<b>40</b>

#	PLEASE LIST ORGANISATIONS BELOW	DATE
1	CPN wishes to be able to help but is without influence	11/27/2017 10:23 AM
2	At that particular time, because I was attending a 'group' in hospital, I was not seeing a CPN. However, the O.T. who ran the group was my 'contact'. She gave me the name of a local charitable organisation but I subsequently found that what they provided was neither appropriate nor relevant to myself.	10/5/2017 3:50 PM
3	CAMS	10/5/2017 11:22 AM
4	Samara tans breathing space out of hours or GP	10/4/2017 12:22 PM
5	Penumbra	9/30/2017 10:39 AM
6	Wisecraft, walled garden PKAVS	9/26/2017 5:26 PM
7	As previously stated I was transferred to another CPN in the area who I didn't get on with at all	9/21/2017 9:40 PM
8	Gp Nhs 24 Different charities	9/12/2017 7:05 PM
9	Social Work MHT	9/8/2017 8:32 PM

### Q30 Do you take medications for your mental health problems?

Answered: 220 Skipped: 175

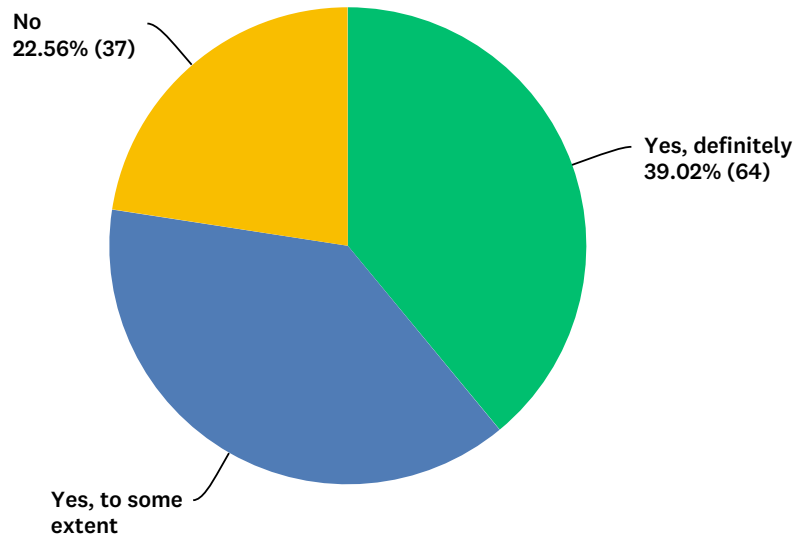


ANSWER CHOICES	RESPONSES	
Yes	75.45%	166
No	24.55%	54
TOTAL		220



### Q31 The last time you had a new medication prescribed for you did you feel you had a choice in this matter?

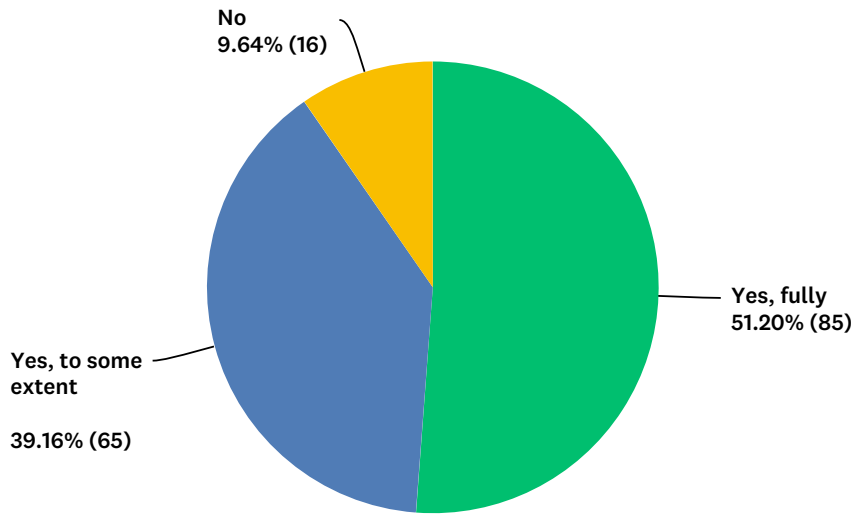
Answered: 164 Skipped: 231



ANSWER CHOICES	RESPONSES	
Yes, definitely	39.02%	64
Yes, to some extent	38.41%	63
No	22.56%	37
TOTAL		164

### Q32 Was the purpose of this medication explained to you before you started taking it?

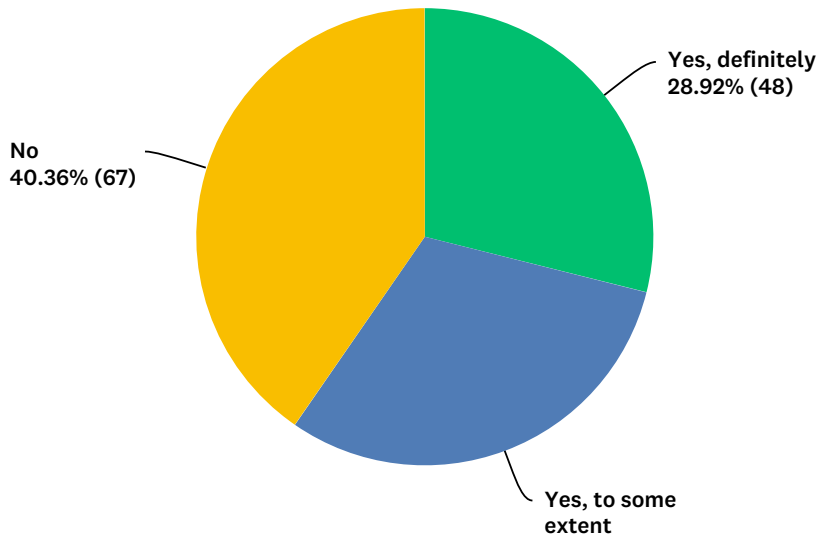
Answered: 166 Skipped: 229



ANSWER CHOICES	RESPONSES	
Yes, fully	51.20%	85
Yes, to some extent	39.16%	65
No	9.64%	16
TOTAL		166

### Q33 Were you told about possible side effects of the medication before you started taking it?

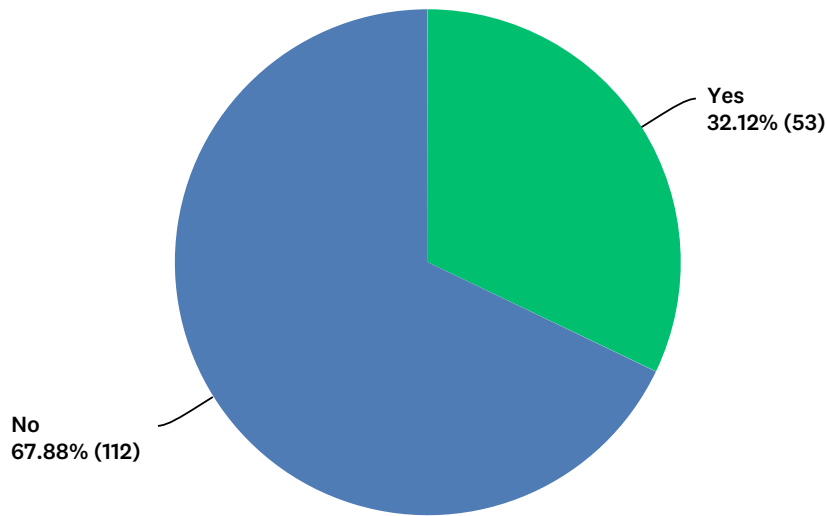
Answered: 166 Skipped: 229



ANSWER CHOICES	RESPONSES	
Yes, definitely	28.92%	48
Yes, to some extent	30.72%	51
No	40.36%	67
<b>TOTAL</b>		<b>166</b>

### Q34 Were you told about the potential weight gain of specific medications before you started taking it?

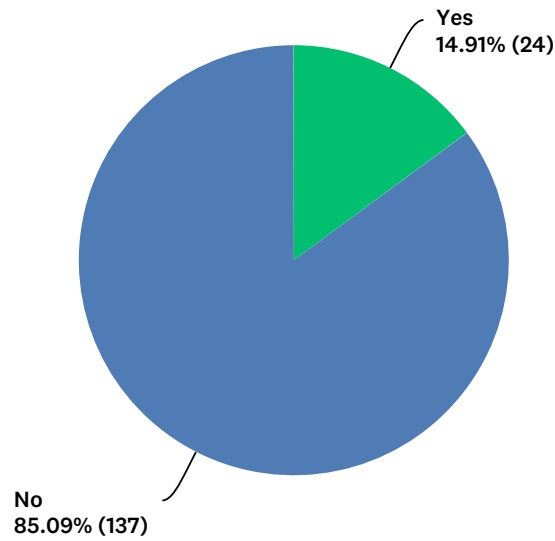
Answered: 165 Skipped: 230



ANSWER CHOICES	RESPONSES	
Yes	32.12%	53
No	67.88%	112
TOTAL		165

### Q35 Were you given a leaflet or informed you could see a dietician to help prevent the weight gain?

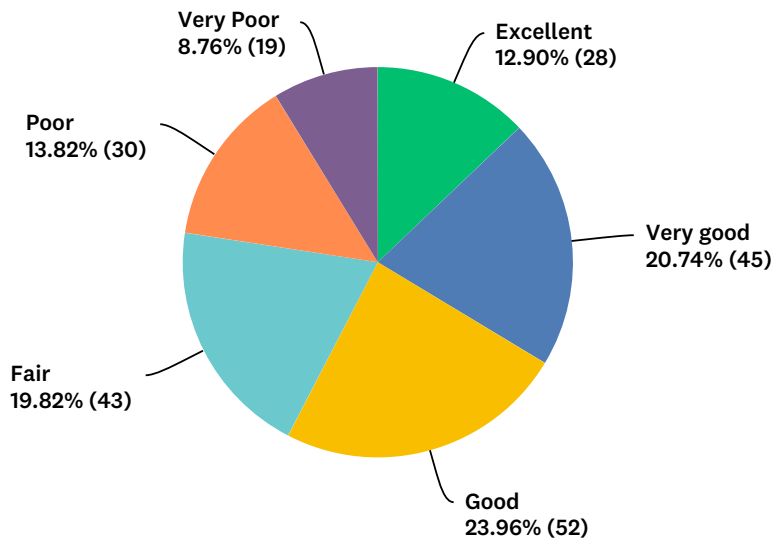
Answered: 161 Skipped: 234



ANSWER CHOICES	RESPONSES	
Yes	14.91%	24
No	85.09%	137
TOTAL		161

### Q36 Overall, how would you rate the care you have received from NHS mental health services?

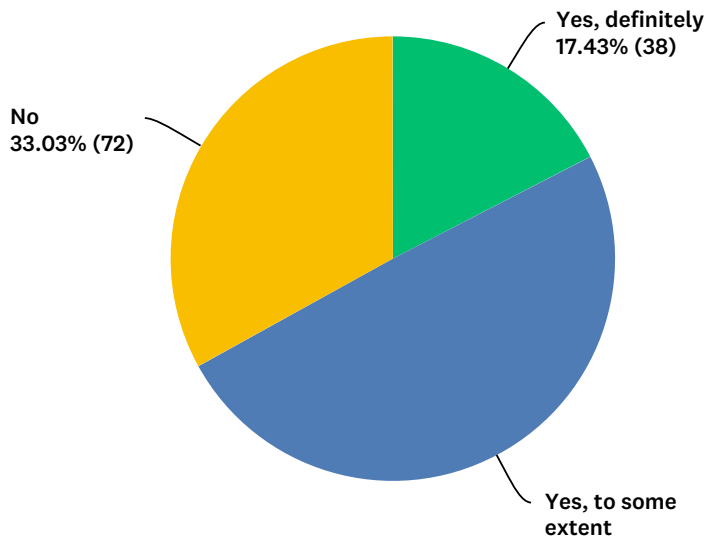
Answered: 217 Skipped: 178



ANSWER CHOICES	RESPONSES	
Excellent	12.90%	28
Very good	20.74%	45
Good	23.96%	52
Fair	19.82%	43
Poor	13.82%	30
Very Poor	8.76%	19
TOTAL		217

### Q37 Would you say you have choice and control in decisions about your NHS mental health care and treatment?

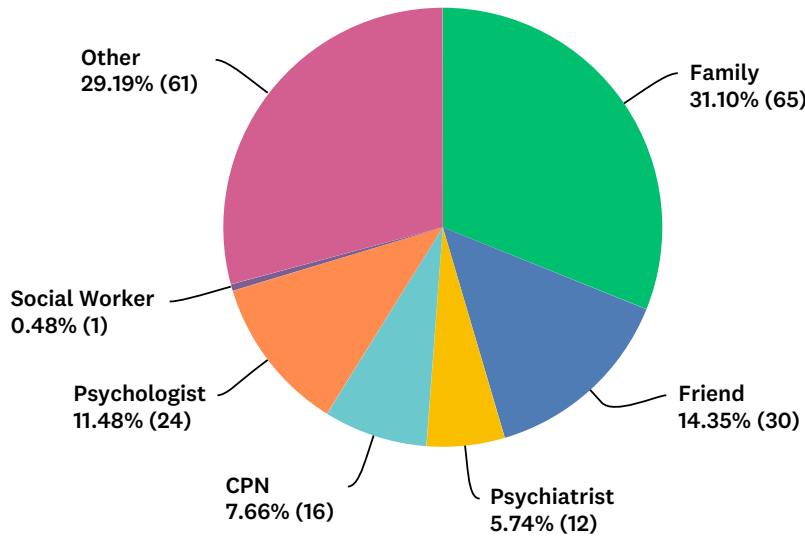
Answered: 218 Skipped: 177



ANSWER CHOICES	RESPONSES	
Yes, definitely	17.43%	38
Yes, to some extent	49.54%	108
No	33.03%	72
TOTAL		218

### Q38 Who has helped you the most with your mental health challenges?

Answered: 209 Skipped: 186



ANSWER CHOICES	RESPONSES	
Family	31.10%	65
Friend	14.35%	30
Psychiatrist	5.74%	12
CPN	7.66%	16
Psychologist	11.48%	24
Social Worker	0.48%	1
Other	29.19%	61
<b>TOTAL</b>		<b>209</b>

#	OTHER (PLEASE SPECIFY)	DATE
1	Friend	11/27/2017 12:36 PM
2	psychiatrist, GP, vol sector Southton/The Bield	11/27/2017 12:16 PM
3	I have had to do it myself and deal on a daily basis with family member with acute anxiety issues - lot of which is down to a lack of decent supported employment which is rotten	11/27/2017 11:42 AM
4	PLUS	11/27/2017 10:27 AM
5	Friend, Son, Psychiatrist CPN	11/26/2017 7:10 PM
6	PLUS Perth.	11/26/2017 6:57 PM
7	Friend, Psychiatrist, CPN, Social Worker.	11/26/2017 6:50 PM
8	Counsellor Minister/pastor	11/26/2017 6:06 PM
9	Friend, CPN, Psychotherapist, EMDR Therapist. Helplines during difficult periods.	11/26/2017 6:04 PM
10	Friend, CPN and Psychiatrist.	11/26/2017 6:00 PM
11	Family, Friend, Psychiatrist, CPN, members from my local church	11/25/2017 8:28 PM
12	SAMG, Harbour Counselling, PLUS Perth, Move Ahead	11/25/2017 7:31 PM
13	Psychiatrist, psychologist, Highland House	11/25/2017 7:00 PM
14	Silent Counselling at Norwell Clinic, Scone helps me to recover my good mental health.	11/25/2017 6:28 PM



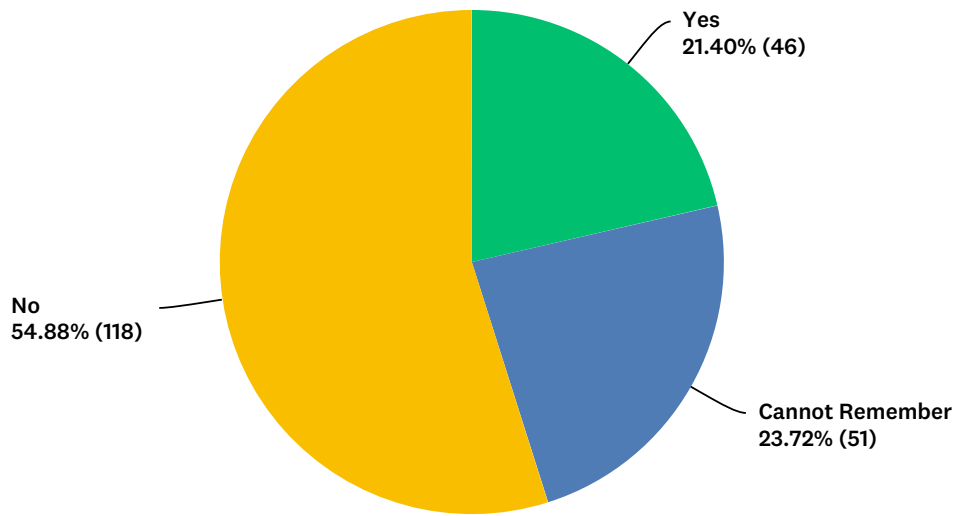
15	OT Nurse	11/25/2017 5:55 PM
16	I am indebted to complementary practitioners - a homeopath and doctors of chiropractors. Also centres of help, those in the community, and those user led.	11/25/2017 5:44 PM
17	In-patient nurses and support workers.	11/25/2017 5:10 PM
18	Peer support	11/25/2017 4:43 PM
19	my daughter and my CPN	11/25/2017 4:27 PM
20	Doctors at own surgery	11/25/2017 4:09 PM
21	Myself, and my faith helps also	11/25/2017 3:58 PM
22	the thing i found most helpful was participating in research with strathclyde uni for anxiety treatment	11/23/2017 12:10 AM
23	Meditation group, reading up on my condition, which was acute anxiety at one time and acute sadness on another. Also physical activity, friend ships, and st John's wort tablets for a period.	11/4/2017 9:32 AM
24	mental health occupational therapist	10/31/2017 10:21 PM
25	privately-seen phychotherapist	10/29/2017 2:47 PM
26	I had a fantastic team around me in my psychiatrist, mental health officer and family.	10/15/2017 9:35 PM
27	Clinical neurologist	10/12/2017 8:54 PM
28	Youth workers in perth	10/10/2017 8:15 PM
29	as well as family and friends	10/9/2017 1:46 PM
30	Independent Advocacy	10/9/2017 10:11 AM
31	Myself and a private counsellor. Waiting list for a psychologist was far too long 18 months plus.	10/5/2017 9:55 PM
32	Myself! And some of the 'care' that has been available in the past - such as long term talking therapies, some appropriate behavioural activations and some individuals - 2 psychologists in particular - wh0 have interacted with me as the intelligent individual I am rather than seeing me solely as an 'illness'. (You tasked earlier if I had had my 'diagnosis' and my 'rights' explained to me - I have often found myself in the position of explaining these to staff - nursing staff in particular!)	10/5/2017 3:58 PM
33	Family, CPN, GP, MINDSPACE	10/5/2017 1:12 PM
34	family, friend and CPN	10/5/2017 12:43 PM
35	Friend and CPN	10/5/2017 12:16 PM
36	Friend, Social Worker, the support of SAMH have helped me. I have been referred by my GP to a psychiatrist.	10/5/2017 12:04 PM
37	Psychiatrist, Psychologist and CPN.	10/5/2017 11:52 AM
38	Family and Psychologist	10/5/2017 11:32 AM
39	Family and Murray Royal Hospital.	10/5/2017 11:11 AM
40	Family, Friend, CPN, Nurses in Murray Royal Hospital.	10/5/2017 10:50 AM
41	My psychiatrist put me with a Peer Support Worker and this was a turning point for me; to meet someone who had been through what I was going through and who came out the other end.	10/4/2017 5:08 PM
42	Counsellor	10/4/2017 4:01 PM
43	My GP	10/4/2017 12:25 PM
44	GP and family	10/2/2017 3:15 PM
45	Plus friends.	10/1/2017 8:43 PM
46	My physiatrist helped me amazingly a lot and helped me with new coping strategies and techniques and also my partner helped me get through the rough days and nights but I had to stop my treatment due to major surgery on my shoulder ( shoulder fusion ) and have recently been referred back to my physiatrist.	9/29/2017 10:44 PM

47	Friends, family and GP in that order, in my case. Offered psychologist's input when mildly suicidal, but medication and family commitment was sufficient, in crisis, for me. For my brother, his suicide was the result of multiple failings by family, friends, his religious 'community' (Jehovah's witness wife and 'Elders'- which is effectively a closed cult), the medical profession - his wife had recently had a lifesaving abortion of a dead foetus. He had overwhelming pressures, his birth family were excluded from information by all of his daily contacts. A team meeting of health professionals at all levels and birth family relatives, life affirming visits from his young sons, protection from ward stimuli he found distasteful even in his 'sane' culture, would have saved his life. 4 quotes from him " One Flew INTO The Cuckoo's Nest"(He had seen the Jack Nicholson movie before his 'conversion'). "You Saved My Life, Rosie"(I assisted to get him sectioned - for his own 'safety') and "I just need a place to be mad for a while", "I don't want to be a shuffler" (A person, with whom he shared the ward, and feared/dreaded to become, who were effectively 'zombies'(living dead) from medication or their closed up condition. Our grandfather was incarcerated for 30 years until he died for having schizophrenia, and our uncle, his son,died from progressive and at that time, untreatable epilepsy in the same hospital. Only the birth family could have contributed that information for his 'back story', in time to help understanding of his plight.(Beimers vs NHS 1993-5)	9/28/2017 6:39 AM
48	Carers	9/27/2017 2:56 PM
49	A very difficult question for me. Apart from a very brief period 3 years ago I have failed to respond positively to treatment over the last 10 years. Family has been my main source of 'courage' in my continuing despairing battle with mental ill health. For a very short period I made a little progress several years ago with the support of a psychologist - who then left her post.	9/26/2017 10:30 PM
50	CBT therapist	9/26/2017 9:07 PM
51	Dbt therapist	9/26/2017 9:04 PM
52	Partner	9/26/2017 7:53 PM
53	mum	9/26/2017 6:13 PM
54	Support workers and speaking to other sufferers	9/26/2017 5:30 PM
55	GP + Insight + Friends + Family + Psycholgist	9/26/2017 12:11 PM
56	Doctor	9/26/2017 11:07 AM
57	family and partner	9/26/2017 10:19 AM
58	Doctor	9/26/2017 7:56 AM
59	Massive support from the under resourced team at Carseview	9/26/2017 7:32 AM
60	The counsellor I was seeing with mind space while waiting on the NHS list. Really I wanted to continue with the counsellor at mind space, but there wasn't enough funding and I'd reached the top of the NHS waiting list. The room I saw her in was warm and comforting. she had different items to help with grounding and used different therapeutic technics that were appropriate to different things that came up during sessions. Where as the NHS psychologists office felt very cold, desolate and clinical.. And I felt the treatment was very ridged.	9/23/2017 11:17 AM
61	Support worker at Mind Space but that was over a year ago	9/22/2017 10:37 PM
62	I have had to contact the mental health team in Angus regarding participants who have accessed the team previously in my job. In regards to getting assistance for that member	9/22/2017 6:55 AM
63	Myself. I did not receive any real help, even at my worst moments. I remember being 14 years old and told that I was not sad enough to receive any help and had one meeting with an NHS councillor and that was it. It completely ruined my outlook on ever getting help for my mental health issues. I have learnt to deal with everything by myself and that should not have been the solution. Everyone deserves help, no one should be left isolated and alone.	9/21/2017 10:41 PM
64	Gp	9/21/2017 10:36 PM
65	gp	9/21/2017 10:12 PM
66	My local gp is very good but has limited time and resources	9/21/2017 10:01 PM
67	My private counsellor, my support worker from RASAC, and my GP has been the most helpful!	9/21/2017 9:43 PM
68	Mind space perth	9/21/2017 9:30 PM
69	My psychiatrist is very good and doesn't rush appointments and takes care with me. I do wonder though if this is because I have action against NHS Tayside and there verging on the side of caution . Would like to think it was genuin	9/21/2017 9:06 PM
70	Yes was a CPN.... But now a CLDN.	9/19/2017 3:54 PM

71	New gp	9/16/2017 11:21 PM
72	My friends and the other patients who were in at the same time I was	9/16/2017 7:49 PM
73	Psychiatrist when in Moredun plus CPN.	9/15/2017 3:00 PM
74	Nursing staff	9/14/2017 9:26 PM
75	Occupational tgerapist	9/14/2017 11:52 AM
76	social care officer from perth and kinross council	9/14/2017 11:26 AM
77	GP and OHSAS	9/13/2017 9:26 PM
78	My CPN, family, psychotherapy and EMDR therapy have all helped greatly.	9/11/2017 6:25 PM
79	Patients that have gone through similar experiences and God.	9/11/2017 2:24 PM
80	Counciling at mindspace	9/11/2017 2:19 PM
81	I received counselling from NHS in England and found this was most helpful with regard to my recovery.	9/11/2017 11:28 AM
82	Patients that were in the ward going through the same thing and could understand fully what it is like to live with a mental health problem.	9/11/2017 10:58 AM
83	ALL the staff at Moredun Murray Royal Hospital, for which I am always grateful.	9/10/2017 9:46 PM
84	Psychiatrist, CPN and Social Worker.	9/10/2017 9:06 PM
85	Crisis team	9/10/2017 5:06 PM
86	CPN & Social Worker.	9/9/2017 7:49 PM
87	Myself you either sink or swim there is not any help now lack of places to go the services don't help your condition negativity no one to turn to lack of talking therapy long waiting times for counselling	9/9/2017 12:55 AM
88	Family psychiatrist and cpn all helped	9/8/2017 8:42 PM
89	Myself through reading and reflective writing.	9/8/2017 8:40 PM
90	My dog has kept me alive.	9/8/2017 8:33 PM
91	It changes throughout the illness. It works as a team. Psychiatrist, psychologist, CPN, family also myself.	9/8/2017 5:22 PM

### Q39 Have you ever been asked to complete a patient satisfaction questionnaire for the NHS?

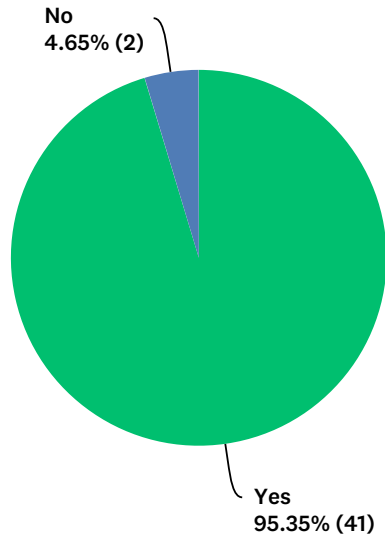
Answered: 215 Skipped: 180



ANSWER CHOICES	RESPONSES	
Yes	21.40%	46
Cannot Remember	23.72%	51
No	54.88%	118
<b>TOTAL</b>		<b>215</b>

### Q40 Was that questionnaire anonymous?

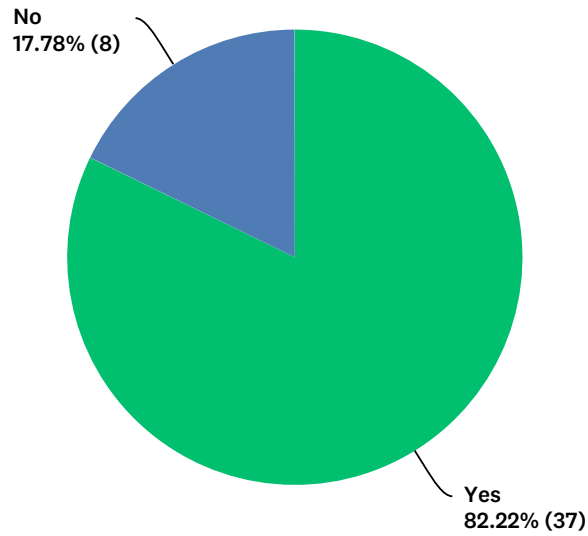
Answered: 43 Skipped: 352



ANSWER CHOICES	RESPONSES	
Yes	95.35%	41
No	4.65%	2
<b>TOTAL</b>		<b>43</b>

### Q41 When you were asked to complete the questionnaire were you still in the care of the NHS?

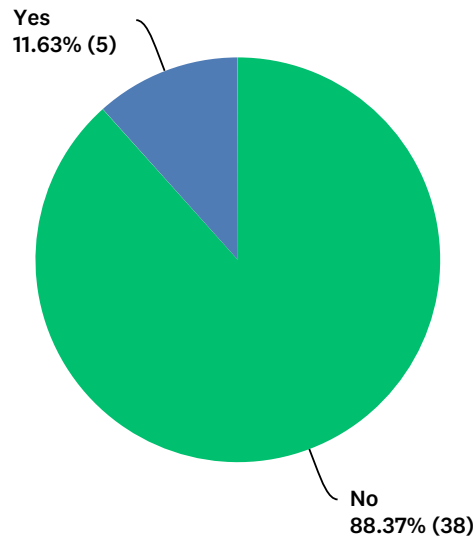
Answered: 45 Skipped: 350



ANSWER CHOICES	RESPONSES	
Yes	82.22%	37
No	17.78%	8
TOTAL		45

### Q42 Did an NHS member of staff help you complete the questionnaire?

Answered: 43 Skipped: 352

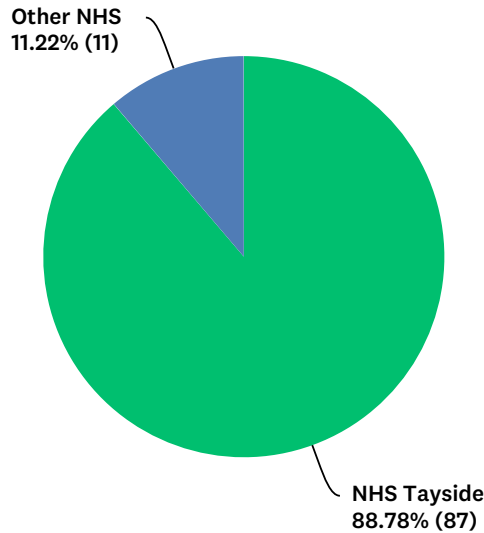


ANSWER CHOICES	RESPONSES	
No	88.37%	38
Yes	11.63%	5
<b>TOTAL</b>		<b>43</b>

#	PLEASE PROVIDE DETAILS	DATE
1	this survey is too long	11/23/2017 12:11 AM
2	I'm not stupid	10/12/2017 3:06 PM
3	Assistance unnecessary.	9/11/2017 4:44 PM

### Q43 Is there anything else you would like to tell us about your experiences of NHS mental health services? (Please tick appropriate one)

Answered: 98 Skipped: 297



ANSWER CHOICES	RESPONSES	
NHS Tayside	88.78%	87
Other NHS	11.22%	11
<b>TOTAL</b>		<b>98</b>

#	PLEASE COMMENT	DATE
1	When I was in hospital I found it very good to go into the hospital chapel. The CPNS are very good and good at giving encouragement. Sadly the doctors don't seem to have the time to talk things over with you, perhaps because they feel medication is the complete answer. Sadly once one is in the system it is hard to get out of it again.	11/27/2017 12:39 PM
2	The mental health services are difficult to access in a crisis you Don't know who to turn to- GPs some of whom fob you off, There should be a point of accessibility , more help for carers. When you are stable and wanting to go back to work, not just dumping people in inappropriate jobs or placements and to provide paid work buddies if required. If bullied to have appropriate helpful contact. To be able to move- on to open employment to normal jobs - stop the blacklisting stigmatisation - treated like a criminal	11/27/2017 11:49 AM
3	There is not enough back up for the patients if things go wrong especially after 6pm and at weekends and if everything is centralised in Dundee it makes things even harder when you live in Perth	11/27/2017 11:29 AM



4	I've been within mental health services for approx 20 PLUS years. During this time I have had such a mixture of care. Some being exceptional( NHS Tayside psychologist) to some being appalling( NHS Hertfordshire. But unfortunately the attitude to metal health care has been the same - its under funded and theres not been a clear process of care and if there has been the beginning of come clarity the NHS decide to reorganise, moved people, departments, give people different titles- which all costs money - yet then cost cutting is always being applied. NHS are continually trying to make care giving too complicated.To many chiefs, too much money spent on bureacracy and reorganising. I believe that happens too often in MH care due to NHS trying to find a 'one size fits all' model - which i believe is an impossible task as mental health conditions are so varied and each individual is different . If the NHS started actually listening to the service users there may be some improvements. Unfortunately I dont think this will happen as the medical model thinking is so institutionalised. Dont get me wrong, I know NHS staff are under tremendous pressure to provide care.Personally this has trickle down due to the terrible state the political system is in this country.Higher-achy(?) of the political system means politicians are not representation of the general population. ( sorry got a bit carieed away!)	11/27/2017 11:03 AM
5	phsychiatrist refuse to hear a report of bullying of placement prescribed antipsychotics instead of pain pills result overdose, psychiatrist blame CPN to avoid us complaiint. we not wish CPN blamed so psychiatrist uses CPN as human shield	11/27/2017 10:31 AM
6	I was aware of certain issues but generally Moredun B was a safe space to heal and recover where my family on travel routes. I had some super support. Remove this - expect more casualties, Police dealing with mental health casualties etc. This cut is not thought out.	11/26/2017 7:13 PM
7	Overall I feel I have been given a very high standard of care, particularly as an out-patient. I felt that social workers, CPN etc all worked alongside each other very efficiently. My only issue is once you are discharged from these services, its extremely difficult to link in with them again.	11/26/2017 6:36 PM
8	Generally my experience and support has been fantastic. Sometimes my appointment is changed to a month later and I am only informed when the letter arrives. This frustrates me. Over the years during my admission to hospital I have had very insensitive comments from members of staff who didn't seem to understand the condition of Severe Depression. Perhaps they've become immune to thinking of how it actually feels for the patient? My experience in DBT was a very negative one. I felt patronised, misunderstood and my "one to one therapist" David McGlashan didn't seem to know what he was trying to teach me. After discussions with my psychiatrist at the time we decided against further DBT as I found it damaging. My psychiatrist of over 6 years Doctor Curran was fantastic. He treated me with respect, discussed options and I felt he really cared about my recovery. He also listened to my suggestions. I felt he really understood that I wanted to recover. There were also really supportive and helpful staff during my admissions. The hospital is important to me as many times it has been the life saver I needed at the time. Having this locally is so important for many people who are trying to manage a life with a severe mental illness. If this is moved over 19 miles away this is going to cause problems and people are going to lose their lives as that immediate sanctuary has been removed.	11/26/2017 6:04 PM
9	I have little confidence in the NHS consultation process. Why? I have attended two IJB meetings both in June and August this year. I observed a definite push by the panel, namely Rob Packham, chief officer of the IJB, to vote option 3a as "the best way forward" for addressing mental health needs in Tayside. My concern is that not even one of the other three options are given an airing so that those who sat in at the meeting and the general public are given any opportunity for comparison. Also, I noticed the seating layout on both occasions above had the IJB Mental Health Stakeholder User sitting almost stranded from not just the panel, but other health professionals and members of the meetings. I found this very disconcerting.	11/25/2017 8:39 PM
10	I have had two CPNs who helped me through some really bad years. But I am still left wanting to be dead (not suicidal) - no help in trying to improve my wellbeing, no help in my not being so lonely. Still dealing with so many issues. A pre-crisis centre, where I can talk to someone when I know I'm getting ill again and before problems are killing me. Appointments for counsellors can be faster than the mental health services but can still take a minimum of 6 months to get help. Stop writing off kids who have mental health or social issues.	11/25/2017 7:40 PM
11	I hope that this doesn't happen as there are lots of people I'm sure couldn't get to Carseview. Meaning getting on a bus, find services to take them to Carseview. And lots of people would find it harder to visit people there.	11/25/2017 7:03 PM

12	When I became acutely unwell in Dec 2016 I required an inpatient stay , NHS Tayside had no beds so I was forced to stay at Stratheden Hospital in Cupar, Fife. This was traumatic as the regime there was foreign to me and I had virtually no visitors as it was too far away. This delayed my recovery. The process pf being assessed to determine whether someone should stay in hospital is seriously flawed and is very traumatic to go through for the client and Family and friends. Not enough importance is given to the person's behaviour by family and friends. There is a need for more complementary therapies in the hospital ward as it relaxes the client and gives them important self help tools. Reflexology, meditation, massage, tai chi etc. are for instance all helpful in de-stressing and relaxing and empowering the client, this can accelerate recovery. A locally based psychiatric hospital with G.A.P. beds available for acute cases is of greatest importance in ensuring the optimum environment for the recovery and wellbeing of patients. It ensures a feeling of safety through familiar surrounding and also that the patient obtains visits and support for families and friends.	11/25/2017 6:38 PM
13	The psychologist at Murray Royal offered CBT which process I found extremely helpful. When he retired due to ill health we had spoken about how his replacement would take over so that I would not "fall through the cracks". Unfortunately this is what happened. I saw no one in regards to my mental health for a number of years. Out of the blue I got an appointment with OT Nurse Pat Menzies.	11/25/2017 5:58 PM
14	I was sectioned to Moredun ward in 2016 until 23rd December 2016. The care from the staff and nurses was invaluable. Finally I feel in control of my mental health problem, I'm very passionate about others receiving the same local quality care I received. Part of being local and when discharged, a psychiatrist and CPN were arranged for me in my local community. Also visits from family and friends was a major part of it.	11/25/2017 5:27 PM
15	I had 2 admissions many years ago to the psychiatric wards in Ninewells - one which was 6 months after a miscarriage - the other 4 days after the birth of my daughter. Both admissions lasted 8 months and I never felt so "imprisoned" although the doors weren't locked. My second admission, neither myself or my daughter smelt fresh air for 8 months. A ward with 6 bedded bays was so inappropriate for nursing / observing people.	11/25/2017 4:31 PM
16	I should not have had to wait so long to be treated as a person patient	11/25/2017 4:10 PM
17	Every single time I have been an in-patient it has been obvious that the priority, right from the day one, was to "get me out as soon as possible" because "you're taking up a bed". This needs to change. For someone like me, with no family or relatives, I was often sent home with absolutely no support. And there needs to be much more counselling provided, both in hospital and in the community - especially in rural areas. Your mindset appears to be "Well everyone can travel long distances and it won't do them any harm" - you are so wrong - it does badly affect people to be shipped all over the country.	11/25/2017 3:58 PM
18	No	11/25/2017 3:33 PM
19	i am about to use nhs tayside's mental health services. next time please consider making this questionnaire shorter.	11/23/2017 12:12 AM
20	GP listened, wished to prescribe antibiotics depressants. I didn't want them and did recover by making some lifestyle changes. I think that drugs are the only thing in their armoury, in practical terms.	11/4/2017 9:37 AM
21	Yes there just isnt the resouces to give people the help they need. Tablets are given and then thats it. People require someone for them to talk to you and therapy.	10/31/2017 9:19 PM
22	The system is rubbish. Takes to long to be scene. If you take a person out of their local area you will be adding to their ill mental health. This country should be ASHAMED OF THEIR MENTAL HEALTH CARE. SHAMBOLIC MESS. I am from Canada originally such a better system. Please please do something.	10/29/2017 7:06 PM
23	My adult son is under the care of Tayside NHS mental health services. Initially we were not made aware of what help was available to carers until things reached the point that he could no longer live with us, then suddenly we were linked to an excellent carers support service led by Sarah Cox and felt we became normal human beings again. The pampering was as much needed and appreciated as the talking sessions with various groups.	10/24/2017 5:42 PM
24	Please do not close the Mulberry unit, I truly believe taken this resource away will increase the vulnerability of those in need and lead to an increase in suicides.	10/15/2017 9:37 PM
25	Now that Mulberry has been temporarily closed, though I believe NHS Tayside is corrupt and immoral and will do their utmost to close it permanently. If I had need for in-bed care I would not go to Carseview. My wife has told me she would rather remortgage our house to get me private care. Even though it is against my principles to accept private care, i would do it at this time rather than go to Carseview.	10/12/2017 8:59 PM

26	I have not used NHS Tayside Mental Health Services but I have family that have. I strongly believe that moving services to a central place, Carseview - is wrong for both Patient well being and staff safety.	10/12/2017 4:47 PM
27	I think it's absolutely outrageous that patients are to be stopped from smoking in the grounds of mental health properties. The last thing someone who is going through a mental health crisis needs is to be stopped from smoking.	10/12/2017 3:09 PM
28	When I was receiving support from the Perth Crisis team, it was extremely difficult having to meet with a different worker every home visit.	10/12/2017 2:58 PM
29	I personally feel that mental health and learning disability mental health beds and services should be provided across all areas of Tayside, with services closer to the people who use them. With their being only 1 option being consulted on (centralising beds at Carseview and LD beds from Murray Royal) it makes me feel that there is only really one option that NHS Tayside feel is viable, so it is already a done deal and it doesn't matter what people say. They are making it look like people are being consulted, but it probably wont matter what the people say	10/9/2017 2:08 PM
30	The distance between Dundee and Perth and the negative impact an inpatient stay might have on a family member/support provider/care giver/friend, which is required for many LD patients to maintain community connections Adults who have had the opportunity to have a say - strongly believe services should not move, never mind to another city. All these individuals continued to receive outreach support packages whilst being an inpatient which helped them to maintain some independence and aid recovery. they feel their experiences of NHS mental health services have been positive but the consultation on redesigning the services has been awful. Perth & Kinross IJB should not make decisions that affect Dundee & Angus citizens. They should carry out a full independent consultation led by people who can communicate effectively with people with complex communication needs and/or LD and/or ASD to ensure the can participate and contribute to this consultation.	10/9/2017 10:18 AM
31	Whilst I have not used inpatient resources my sister and mother have in the past year. Both times they were held by police until a bed became available...30 miles away in Fife because none were available in Perth! There was also talk of having to going to England! Them being 30 miles away had a profound effect on their recovery and our family as a whole	10/6/2017 12:31 AM
32	Waiting lists far too long. Cbt does not deal with why people are depressed. Need a service that is person centred, flexible with other approaches emdr / eft. More investment in treatment not medication.	10/5/2017 9:57 PM
33	I think my answers so far speak for themselves. But I would say this: I have a relative who lives in Perth and has used NHS Tayside Mental Health Services for many years. I use other NHS services and obviously from time to time we have 'compared notes', so to speak. I have always been impressed, and not a little jealous, of the quality of services she has received when she has needed them so badly. Apart from anything else, it is a great pity that NHS Tayside is choosing to tarnish the good reputation it has had up to date for treating people in a humane and dignified manner.	10/5/2017 4:07 PM
34	I have had the use of mental health services primarily through my GP referral. after seeing the psychiatrist for a period I was passed on to a CPN. This was fully discussed with myself. I have also had dealings as one of my sons required and still requires the support of mental services. if this had not been local, the family support would have proved difficult for us both and the expense of travel would not be welcome. I live in Perth so transport (public), to is available. That is not so in places further afield, to Dundee.	10/5/2017 1:26 PM
35	CPN has been excellent. a while since been an inpatient but in the 80's the nurses had more time for you than in the 90's and 2000's. then you had to knock on the office door to try and see someone. - inlthe 80's the nurses were around alot more. I have been lucky with my recent psychiatrist, who is helpful and listens properly.	10/5/2017 12:56 PM
36	Canr think of anything at the moment.	10/5/2017 12:06 PM
37	Perth services are excellent. Staff are always professional, kind and caring and go that extra mile. The ward is safe and provides space for patients with other facilities for rehabilitation and relaxation. The grounds are spacious are allow time to walk and reflect or spend time with family and you can walk into the town with staff or by yourself. The foyer area has a café which is used by all and is welcoming and reduces the stigma and them/us feelings. I would be happy to be admitted if required in future to Perth but I would never allow myself or family to be admitted to carseview and have included this in my advance statement. Previous experiences of Carseview have been negative and I have met numerous people (staff and Patients) who have shared this view.	10/5/2017 11:51 AM

38	Yes, NHS is vital to the community in all departments, mental health is vital for people who need help. I believe if this service is stopped people will not hesitate to self harm or suicide with no mental health wards. Also jobs for NHS will be cut. Also with all services how can you keep cutting services as Perth is growing every day. Both population and commercially with more houses the more you keep cutting services the more we as people suffer. Perth needs surgery, MENTAL HEALTH WARDS and SERVICES Perth and Kinross needs to grow as community not even more apart. Please STOP!!! Thank you	10/5/2017 11:40 AM
39	The Staff at Murray Royal took time to listen and find out how I was and how I was feeling. They did not force anything and it was their friendly way and advice that gave me the encouragement that I should set up my own business. Now 7 years down the line and with all the ups and downs, I have to thank them for their encouragement. Listening to others that have had some time in inpatient beds else where - Murray Royal seems different, friendlier, and more helpful environment than, the attitudes of others of getting medication sorted then punting you back out to the local community teams that are already over stretched.	10/5/2017 10:57 AM
40	I work with the homeless population in Perth and Kinross , most of whom suffer from and endure some form of poor mental health, whether mild, moderate or severe This client group often live chaotic lifestyles and have encountered social exclusion and troubled upbringings. They often require Mental Health services Many of my clients have been in-patients in Murray Royal Hospital and as it is local , it is beneficial to the patients that their friends and relatives can visit without expense and travel, this can promote a quicker recovery. To have patients travel to Dundee for assessment and treatment , whilst their mental health is very poor, is ludicrous and damaging to the individual	10/5/2017 9:42 AM
41	It needs far more funding from government it is being used as a scapegoat to save money. Even the local charity support groups are affected by the cuts and some are no longer in existence, the NHS for mental health services are being squeezed dry by cut backs regardless of what part of the country you live in.	10/4/2017 12:31 PM
42	Carseview ward 1 is shambolic. Very poor care, lack of attention to detail. Ward 2 is far better and the staff are more professional in their approach.	10/2/2017 3:17 PM
43	I have nearly always received good care. I have put in suggestions in hospital about having more groups/exercise programs. And also having healthier food. Think this could still be improved on. The home crisis team have been amazing. In particular jim whyte.	9/30/2017 4:47 PM
44	I think there could maybe get something like a stopping ground for from the moment your gp puts your referral in until your 1st appointment with your psychiatrist. I feel I don't get enough help in between waiting on my 1st appointment like I am right now, I recently told atleast 2 of my local gp's I have suicidal thoughts and have PTSD, also have recently lost a very good friend due to suicide because of mental health problems and not getting the right help, plus I am severely disabled and have elhers danlos syndrome. I have a real lot going on in my life and am at the doctors every week yet I'm still with no help and waiting on an appointment with my psychiatrist. Hopefully use will actually listen to these surveys and hopefully we see some changes to mental health and the NHS within the near future ??.	9/29/2017 10:58 PM
45	The NHS has saved every one of my family from life threatening physical conditions, for which I am immensely grateful and proud. The exception in my life is the failure of Mental Health Provision. I know subsequent patient(s) have died IN THE SAME WAY at Stratheden. I have been too griefstricken to revisit this area of my life personally. Please do everything you can to coordinate holistic healing environments for mentally ill people, matching their cultural needs in a varied CHOICE of settings. Healing, aesthetically designed retreats, with productive and creative therapeutic activities for acute illness are still relevant. Even I find it hellish to try to thrive in an urban, non-communal environment with chronic mental illness, how much worse for people whose perception of 'reality' is even further from happiness. I think regular reviews of anyone on medication could be a formal, required part of General Practice prescribing, especially when medication is given free, and costs a huge amount. There is no provisional plan for how or when I stop taking antidepressants successfully. I have been able to function better, with voluntary and part time employment, and sketch future goals for myself, because I take them. As soon as medically trained staff knew my sister in law AND my brother were mentally unwell, their circle of support should have been alerted, invited to meet and share information - background, contributing circumstances, and possible positive treatment options. Instead it was a shambles of crisis management, lack of leadership, communication and low quality care by staff.	9/28/2017 7:08 AM
46	My responses to a previous questions have outlined my experiences and opinions of current NHS mental health services. I remain absolutely convince a radical overhaul in design and delivery of services is required.	9/26/2017 10:33 PM
47	The clinical psychologist was so patronising and made me feel terrible. Her choice of language was unacceptable	9/26/2017 7:54 PM



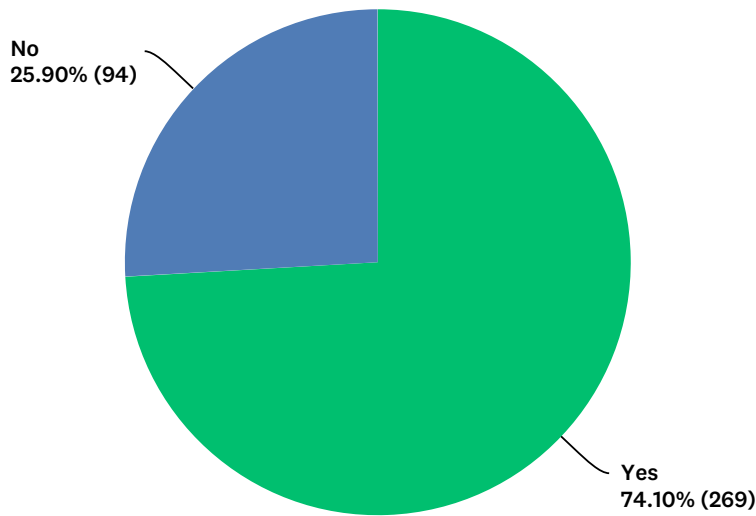
48	I couldn't have went to see anybody if I had to go to Dundee, as I had 2 young children to look after, so it was great that it was in perth	9/26/2017 6:14 PM
49	My mother is in murray royal just now & it would be an upheaval if she had to go to dundee	9/26/2017 6:03 PM
50	At one point a psychiatrist refused to refer me to a psychologist as I had had "my turn". My turn had been described by a psychologist as purely fire-fighting - it was 14 years before I saw a psychologist again. Another psychiatrist told me as a I had a degree in psychology I would have to see to myself! My degree was not in clinical psychology. I find the psychologists the most helpful of all staff, but it has been so difficult to access them in the past, at least.	9/26/2017 5:35 PM
51	More connectivity and cohesion between psychology and psychiatry	9/26/2017 5:34 PM
52	GP at Wesrgate has been brilliant. This is recent. Pschologist using CBT 25 years ago was essential to my development. And I know from others that we really lack the capacity to help many people who need help.	9/26/2017 12:14 PM
53	There should be somewhere where suicidal patients are seen too noatyer what. Doctor's should listen to the parents of the child/adult. They're the ones living with it too. Should be more mental health nurses/doctor's in surgery's to assess patients for carsview doctors are not phyciatrists.	9/26/2017 11:11 AM
54	I feel that I am excluded from the decisions regards my care weather in or out carseview	9/26/2017 11:05 AM
55	I went to my GP in Dundee having had a mental health crisis, and although I was feeling better, they offered me very little support beyond medication. I had already researched medications so I was aware of which ones seemed most likely to help me, but when I asked for a referral into adult mental health services, they said the waiting lists were so long "I'd probably feel better by the time it came through" even though I've had chronic depression and anxiety for over a decade. I was still recovering from my MH crisis so I was not in a state of mind to be able to push for it, even though I have never been seen by anyone other than a GP (I've had a long chain of GPs across various NHS regions tell me that the waiting lists are too long and I should just try to go private, which I can't afford). I would really appreciate a psychiatric assessment and CBT or other helpful treatments, rather than various GPs going through their checklists and offering me medication. The meds help, but I'd rather look at long-term solutions as I've had several times where I've missed updating my prescription and felt really awful for weeks until I got more, which is not ideal. Any time I try to challenge this by asking for a referral, I get brushed off and made to feel like I'm wasting their time.	9/26/2017 9:43 AM
56	No	9/26/2017 9:36 AM
57	NHS Tayside has failed in it's duty of care to it's most vulnerable patients by offering some of the worst mental health care provision in Scotland. Instead of investing to improve it's services it is cutting and centralising services which will DEFINITELY lead to a poorer experience for the patient, and in some cases may even endanger them. The consultation put forward by NHS Tayside is for display purposes only, they will go ahead and do exactly as they plan to do regardless of public opinion, the opinion of staff or the experiences of service users. I would urge the government to step in and work with the health board to ensure that services across Tayside are adequately provisioned and will protect the vulnerable people they are duty bound to serve.	9/26/2017 8:46 AM
58	It would be better to have the support of cpns ect sooner. In my case I had little help, was subject to waiting times and had no offer of counselling until I attempted to take my own life.	9/26/2017 8:18 AM
59	Too disjointed, the local gp and the mebtal health centres are not fully in sync. Practice GP's are failing patients by not understanding problems. People with mental health issues need proper expert advice and support. Not simply a prescription for an anti depressant from a gp	9/26/2017 7:35 AM
60	Rehabilitation very poor - carers should be more involved in discharge plans - thought this was meant to be happening- particularly when someone has spent a lengthy time in the CPU unit - rehabilitation team too quick to cancel services at short notice happens too often - no thought of the impact this can have on individual - patients being discharged with when they are still very ill with the pretext that they will be looked after at home - then left totally isolated when services cancelled - has significant impact on person and family members who are already struggling to cope	9/25/2017 7:32 PM
61	Psychologist has been very helpful, but it took 9 months between being signed off from work to actually getting to see someone. Mental heath ( as opposed to psychology) I have never managed to actually see anyone despite numerous referrals. I can't figure out what I am doing wrong	9/23/2017 3:22 AM
62	The Unit is essential to the Angus area for patients and family members visiting poverty in and around the area is high and transport links to Dundee is very poor and costly Familiarity for patients accessing the unit in a rural area aids to recovery therefore reducing costs in the long term	9/22/2017 7:04 AM
63	Keep services local in Perth	9/22/2017 6:00 AM

64	Please don't move it all to dundee, there are alot of people who need that support closer to home.	9/21/2017 11:52 PM
65	I feel like a lot of young people are at a very high risk. The rate of suicides in Perth is rising and it is being treated as a tragedy for a brief moment and then swept under the carpet. Mental health issues are not discussed openly enough, there needs to be a better understanding of mental health issues, especially to those who are close minded in Perth. No one should be left alone to struggle. Young people are self harming, taking drugs, drinking and doing anything that can numb the pain. Why is this seen as acceptable? Why should I even have to type this. Moving these services to Dundee is ridiculous and unacceptable. There will be blood on your hands.	9/21/2017 10:45 PM
66	I have been through a couple of very distressing situations whilst seeking help. On my very first occasion when I was admitted to MRH in Perth I was taken there by an ambulance from A&E in PRI after a miscarriage. I was left in a tiny waiting room for 3.5 hours before being seen by a CPN and a Psychiatrist by that time it was 02:30am and I was knackered, distressed and have had enough and just wanted to return home. The second time I was sent over for a psychiatrist examination from my GP surgery after suicidal attempt at home two days before that and yet again was left in the tiny room on my own for 3 hours waiting to be seen and by that point yet again I was knackered and have had enough. I've also been referred to a psychiatrist and was advised id be seen every 3 months. I saw him in January 2017 and was due back in April/may time but by the time July came and I haven't heard anything and have yet again attempted suicide I called up, when a new appointment came for me I couldn't make it as I was away visiting family back home in Poland and asked for the appointment to be re scheduled. The appointment was rescheduled for January 2018!! Which would have been a year after my last appointment but after help from my GP she got in touch with them an managed to get me an appointment very quickly which was lucky.	9/21/2017 9:55 PM
67	I dont feel there is enough support for young people in my area.Massive waiting lists etc	9/21/2017 9:54 PM
68	My daughter received a very different package of care from psychiatric hospital. She ain't living now Community mental health team ( social worker) was excellent with her	9/21/2017 9:08 PM
69	There was always a feeling that the staff who actually cared about patients were overruled by the staff who cared about metrics. (specifically Moredun Ward)	9/20/2017 10:47 PM
70	Mental health is not treared fairly, you have very little choice in what happens to you and where you are sent even if it is detrimental to your wellbeing.	9/19/2017 4:50 PM
71	Receptionist was very slow and was rude at one time. I have noticed a change in the receptionist... Which is better.	9/19/2017 3:57 PM
72	I have no faith in NHS Tayside Mental health team. I have to call to chace up apointments when told i will be seen every 2/3 months in reality its more 6/7 months. I write all of what I wish to discuss down and its never really discussed papers taken from me & put in my notes. Phycatrists never seams fully focussed on me as a person & sits looking up medication book most of the 10 min max appointment. No other treatments/therapy is offered. One phycatrists "I am only the medicine man" after being rescued by police trying to end my life on the railway bridge they took me to crisis team seen by a CPN "we both know you dont need to be here give me a couple of lines and I will give you a couple of diazepam to take when you get home" "called a attention seaker" I was never assessed my phycatrist & sent home with police. Who couldnt belive what had just happened and I was sent on my way home. Once I did complain & received a horrible responce saying it was my Illness & I had refused treatment in the past. I still dont think they had read my notes which have been lost/mixed up with another patients with exactly the same name for years.	9/18/2017 6:05 PM
73	We need to retain local services	9/16/2017 11:22 PM
74	I took my family just over one year to get me properly diagnosed and placed in hospital if it wasn't for my family asking for help for me I honestly think I would not be here today far to long to get in hospital for a diagnosis	9/16/2017 1:47 PM
75	Excellent care in Perth. Move would be potentially disastrous for pts and families.	9/14/2017 9:27 PM
76	Just that they are vital for saving lives	9/14/2017 2:49 PM
77	I feel I have been hung out to dry with no one to call on to help me	9/14/2017 11:28 AM
78	Let down ,isolated and alone while on waiting list for Clinical Psychology and upset by lack of appointments able to be offered which hindered my recovery . I personallly would not have felt able to travel to Dundee for treatment which means patients like myself would be disadvantaged.	9/13/2017 9:31 PM

79	Generally the service has been good. In latter years,as budgets have become more stretched, the difference in availability and quality is discernible, particularly in terms of consistency. 20 years ago I had the same psychiatrist for years at a time; a rapport was built up, making the whole recovery process less stressful. Now, I see the same person for maybe 9 months, then they change to someone else; repeating yourself time after time becomes demoralising: i feel like a statistic, not a person. 20 years ago, I saw a psychologist on and off for a few years; he helped me more than anyone or anything else; he knew me and I trusted him because of this. The process of recovery was then set in an environment of stability; I could go away and work on stuff and know he'd be there in 2 months to discuss it all. He gave me loads of tools for self-help (mostly why I don't need such intensive care any more!) so, in the long run, the NHS investment in my allocated time with him has been cost effective. My biggest issues now are due to the fact that I live in a remote area; this helps in many ways as I don't have to engage (unsuccessfully) with the rat race so much, but it means I am unable to access services. The CPN visit is a 30 mile round trip; if I didn't drive, I wouldn't be able to get there as there are no buses. I used to attend OT crafty stuff, but this meant another 30 mile round trip. Fuel is expensive! I don't know the answer, but whatever the context may be, the more local the services the better.	9/13/2017 9:42 AM
80	Peers support very beneficial.	9/13/2017 8:12 AM
81	I believed you are "signed off" too early and as you are "Now well" it is difficult to then access services. There is little community team efforts most is dealt with by charities. While in hospital it is very rare a nurse actually speaks to you unless it's you chasing them regarding medication. It dosent always seem as it's because they are busy sometimes it just seems it might interfere with their sweets and coffee ! Very little information about visiting times or when meal times or what nursing teams or named nurse you have are given. Or it's given to you when you don't understand it.	9/12/2017 7:16 PM
82	Psychiatrists are essential but have too much power.	9/11/2017 4:45 PM
83	If you require a patient to give their views on the proposal I would be happy to do so. I have written a book for people with bi-polar and people who just want to understand more about it. It is called "Footprints in the Sand" and can be purchased on Amazon.	9/11/2017 2:29 PM
84	No	9/11/2017 2:20 PM
85	I think that the NHS mental health services are severely stretched and most people recovering from mental illness depend on outside agencies to help them with their recovery. I know his has been in my case by attending rehabilitation, occupational therapy etc.	9/11/2017 11:34 AM
86	If you close Moredun B it will definitely cost lives in Perth.If this decision is made by a group of politicians or even clinicians who have never experienced a mental health crisis it is a disgrace.	9/11/2017 11:03 AM
87	I am very worried for the wellbeing of friends and family in Tayside NHS. The services are being cut back and there are no services left in rural areas. People cannot access any service because they have all been taken away. It is alright for town people who invent the new rules. They live in cities and keep everything for themselves. In the countryside there's no GPs, no after hours and no local services to speak of anymore. People cannot feel safe in the countryside anymore and that is not right in Scotland.	9/11/2017 7:43 AM
88	Excellent care.	9/10/2017 9:46 PM
89	The mental health in Scotland should aim to be the best in the world.	9/10/2017 9:30 PM
90	The Perth crisis team are amazing and have saved my life. They. Wed to stay in Perth 24/7	9/10/2017 5:08 PM
91	The services are all about care and control you get fobbed off in a crisis lack of where to get support you are left unsure as what to do person centred planning was a good idea at the time but in reality you have no choices if you are under the care of the state	9/9/2017 1:00 AM
92	I feel that the service i was undee was really good but i was limited to 20 sessions woth a psychiatrist. How can anyone say youll be better in a certain amount of sessions? Unrealistic and actually puts people off from asking for help	9/8/2017 9:23 PM
93	I lack any confidence in NHS mental health services. Services require more funding, more staff and staff to be less judgemental. Stigma against people with Personality Disorders is rife. CMHT seem stretched and hospital beds are only if you are on deaths door. Lacking any community therapeutic support locally. If you don't live in the city you are at a disadvantage due to lack of services.	9/8/2017 8:43 PM

### Q44 Have you ever gone to a GP to ask for help with a problem regarding your mental wellbeing?

Answered: 363 Skipped: 32

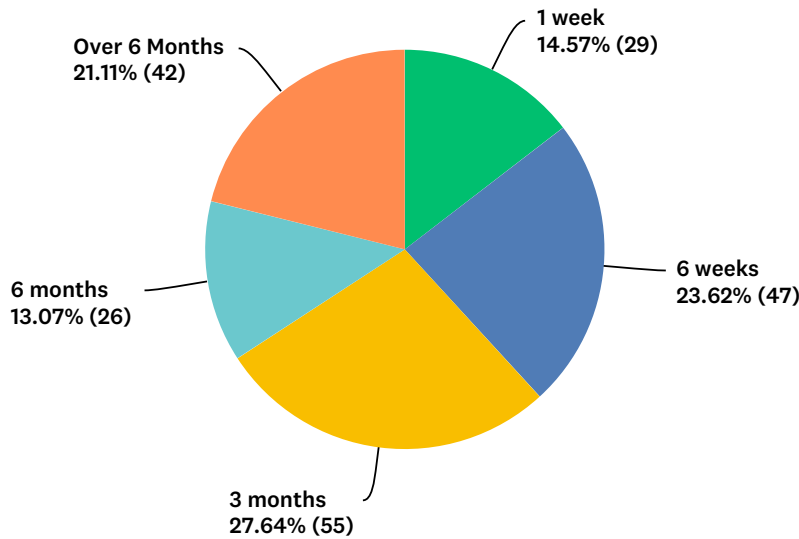


ANSWER CHOICES	RESPONSES	
Yes	74.10%	269
No	25.90%	94
TOTAL		363



## Q45 How long did you have to wait to get an appointment with an NHS mental health specialist?

Answered: 199 Skipped: 196



ANSWER CHOICES	RESPONSES	
1 week	14.57%	29
6 weeks	23.62%	47
3 months	27.64%	55
6 months	13.07%	26
Over 6 Months	21.11%	42
<b>TOTAL</b>		<b>199</b>

#	ANY COMMENT?	DATE
1	about 2 weeks	11/27/2017 12:18 PM
2	Referred on the day.	11/26/2017 7:14 PM
3	I didn't get an appointment.	11/26/2017 6:58 PM
4	It was a long time ago, I don't recall.	11/26/2017 6:37 PM
5	n/a	11/26/2017 6:06 PM
6	Too long to wait when my need was acute.	11/25/2017 8:40 PM
7	Doctor asked but they wouldn't see me.	11/25/2017 7:42 PM
8	I just don't understand why they should be doing this, they know there is a big problem in Perth.	11/25/2017 7:04 PM
9	still waiting	11/25/2017 5:59 PM
10	Within 3 weeks. I usually see my GP every 3 months or so for an MOT	11/25/2017 4:33 PM
11	Recovered eventually prior to any support	11/25/2017 4:15 PM
12	Variable lengths of time	11/25/2017 3:59 PM
13	Immediately	11/25/2017 3:34 PM
14	No referral made	11/6/2017 4:56 PM
15	This was not offered	11/4/2017 9:39 AM
16	Can't remember	11/1/2017 1:36 PM

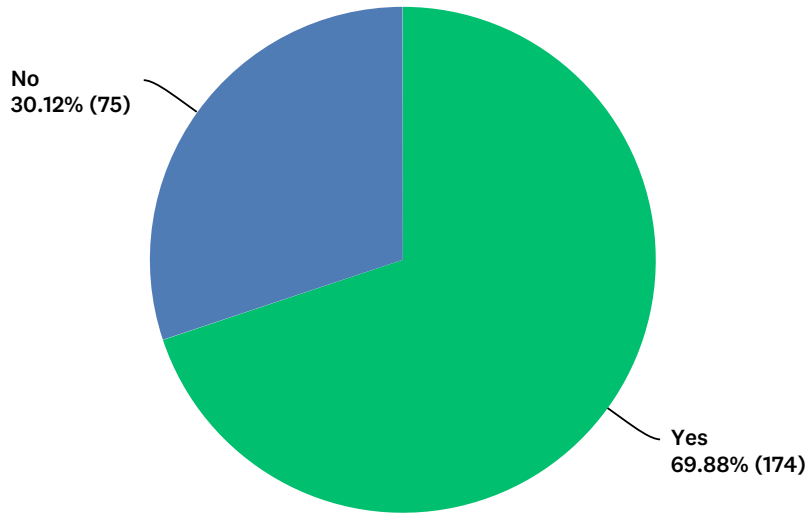
17	Never saw a specialist.	10/24/2017 7:25 PM
18	Far to long to wait.	10/14/2017 2:48 PM
19	N/A. Dealt with by doctor, short course of betablockers and subsequently with holistic therapy.	10/13/2017 5:55 AM
20	Psychologist was so quick. But it was over three months for a psychiatrist.	10/12/2017 9:02 PM
21	I saw my GP once a month and obtained counselling from Dundee University mental well-being services on the same day.	10/12/2017 4:30 PM
22	Not applicable	10/12/2017 4:02 PM
23	The same day	10/12/2017 2:59 PM
24	It took a bit longer than 3 months but my GP appeared to hurry things a long a bit as I had to go back as I had deteriorated	10/9/2017 2:13 PM
25	Has dependent on time of year and how serious the situation was regarded	10/9/2017 10:20 AM
26	Never got an appointment, I looked for help elsewhere	10/5/2017 9:58 PM
27	I am still waiting. My present crisis resulted in a visit to A & E, where I was referred to the local psychiatric hospital, seen independently by 2 people both of whom told me they were asking for 'an urgent referral' to psychiatry. That was over 4 weeks ago and I have had no further communication!	10/5/2017 4:12 PM
28	compared to today rather short	10/5/2017 1:27 PM
29	but now I have his email address and he can see me sooner when i need to.	10/5/2017 12:57 PM
30	admitted immediately	10/5/2017 12:33 PM
31	Over a year to see psychologist no offer of CPN or psychiatrist	10/5/2017 12:25 PM
32	Time needs reduced.	10/5/2017 11:41 AM
33	Saw CPN first in course of my busiiness who instructed me to get refereed back to the team.	10/5/2017 10:59 AM
34	I was given a choice and asked for the Fast Track option. In the three months it took for me to see someone I had gone from having mild depression to having severe depression and anxiety.	10/4/2017 5:10 PM
35	The GPS hands were tied	10/4/2017 12:34 PM
36	Not applicable	10/3/2017 3:36 PM
37	Didn't get referred was just put on antidepressants	10/2/2017 7:17 AM
38	This was for a counselling appointment many years ago.	9/30/2017 8:18 PM
39	This was over ten years ago	9/30/2017 4:48 PM
40	Never had a consultation.	9/30/2017 4:18 PM
41	I didn't need to see a specialist	9/30/2017 10:12 AM
42	I normally have to wait about 5-6 months to be seen.	9/29/2017 11:01 PM
43	Not relevant, but I know about several potential avenues for help, via formal NHS provision, private counselling or charitable, with optional/means tested donation/part funded counselling service.	9/29/2017 3:20 PM
44	Was told I wouldn't be able to get an appointment with an NHS specialist and was referred to a local charity with a 4 to 5 month waiting time.	9/27/2017 1:06 PM
45	I was recommended to g private as it was quicker and I had too	9/27/2017 5:59 AM
46	Can't remember	9/26/2017 10:36 PM
47	Never had an appointment	9/26/2017 8:44 PM
48	Didn't require it	9/26/2017 8:42 PM
49	Right away	9/26/2017 8:04 PM
50	Referred to Mindspace.	9/26/2017 6:48 PM
51	I am 51 years old, was not diagnosed till mid-thirties, GP's need to learn	9/26/2017 5:39 PM
52	I was having a crisis. My gp responded by saying I needed to be referred back to psychological services. I then waited for months to be seen. What is a person in a crisis supposed to do in the meantime. Frankly few gps I have come across know what to say to me in a crisis.	9/26/2017 5:37 PM
53	I have only recently seen the GP so have just been added to waiting list	9/26/2017 5:13 PM

54	Did not get referred by GP	9/26/2017 5:10 PM
55	Im currently on an 18 week waiting list for CBT	9/26/2017 3:31 PM
56	Didn't need a specialist this time, bursts ago I did and it took ages.	9/26/2017 12:16 PM
57	I have asked my GP to speak with someone about my depression because medication was not helping but was not given the opportunity to speak with a specialist or psychiatrist. I was advised to visit some websites (moodjuice etc.) for help instead.	9/26/2017 11:29 AM
58	Dealt with at gp level	9/26/2017 11:02 AM
59	Didn't get referred for an appointment.	9/26/2017 10:11 AM
60	I did not get an appointment with an NHS mental health specialist because my GP (and other GPs I saw) refused to refer me.	9/26/2017 9:44 AM
61	None because I didn't get an offer to access it	9/26/2017 9:24 AM
62	Never got one	9/26/2017 8:47 AM
63	I had no help apart from my GP until I attempted suicide	9/26/2017 8:20 AM
64	Fast tracked because i was failed by local GP	9/26/2017 7:36 AM
65	Didn't need to be seen by any NHS mental health specialist The reason i had to seek GP'S advice was because my daughter committed suicide while in the care of NHS Carseview Centre Need i say more???	9/25/2017 6:15 PM
66	It's a little hazy but I had some crisis support appointments. With a CPN. Not sure if that was before or after hospitalisation though.	9/23/2017 11:21 AM
67	N/A	9/23/2017 8:57 AM
68	didnt get one	9/23/2017 1:01 AM
69	Never received one	9/22/2017 7:07 AM
70	Far too long	9/22/2017 6:01 AM
71	Never got one	9/21/2017 10:38 PM
72	Far too long	9/21/2017 9:58 PM
73	I'd already had lots of help from mind space	9/21/2017 9:32 PM
74	was not referred	9/21/2017 9:27 PM
75	Not Applicable - was forcibly detained	9/20/2017 10:48 PM
76	I also feel that when your visiting your GP you normally have to wait an hour. When you arrive in the room you feel as though that your being rushed.	9/19/2017 4:02 PM
77	See GP every 4 weeks or less if required. Only support I have. Cant fault him at all. Above & beyond his duty as he knows the ongoing issues I have had with Mental health team.	9/18/2017 6:08 PM
78	I understand waiting times are long but this is ridiculous, mental illness can deteriorate quickly I'm sorry but no one should have to wait that long	9/16/2017 7:52 PM
79	At first they did not want to know me because they had diagnosed me with a personality disorder and thought I was the way I was because of it since then I have been properly diagnosed with about four mental health conditions	9/16/2017 1:50 PM
80	Well handled.	9/15/2017 3:02 PM
81	Didn't need to see a mental health specialist. I have however worked within a cmht and I am aware of waiting times to see someone from specialist services.	9/14/2017 8:53 PM
82	Didn't require further	9/14/2017 5:12 PM
83	Was not required.	9/14/2017 12:37 PM
84	GP was unwilling to get involved directly in support. Said it had to be CMHTeam	9/13/2017 9:43 AM
85	Didn't see an NHS mental health specialist.	9/12/2017 10:41 PM
86	Probably as I had been seen before by them	9/12/2017 7:18 PM
87	Didn't need to go that far	9/12/2017 4:14 PM
88	I wasn't even referred to a specialist.	9/11/2017 2:30 PM
89	Wasn't given choice	9/11/2017 2:21 PM

90	I seen a psychologist for a few months.	9/11/2017 11:36 AM
91	Never got one	9/8/2017 9:33 PM
92	I never got an appointment	9/8/2017 9:20 PM
93	I wasn't offered.	9/8/2017 8:59 PM
94	Didn't need one	9/8/2017 8:46 PM
95	I get to see someone quite quickly or have phone consultation	9/8/2017 8:45 PM
96	I had priority as a new mother.	9/8/2017 8:42 PM
97	N/A	9/8/2017 8:32 PM

### Q46 Whilst you were waiting for help did your problem get worse?

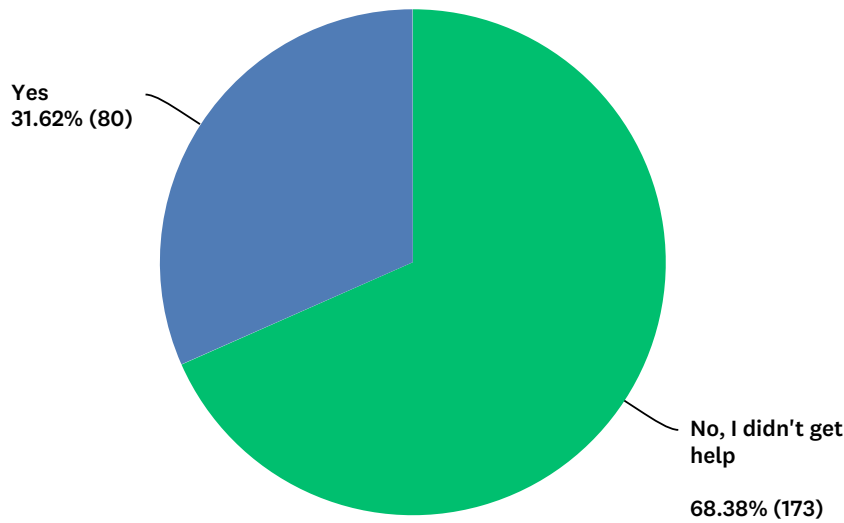
Answered: 249 Skipped: 146



ANSWER CHOICES	RESPONSES	
Yes	69.88%	174
No	30.12%	75
<b>TOTAL</b>		<b>249</b>

### Q47 Did you get help outwith NHS mental health services while you were waiting i.e. from a voluntary organisation or other source?

Answered: 253 Skipped: 142



ANSWER CHOICES	RESPONSES	
No, I didn't get help	68.38%	173
Yes	31.62%	80
<b>TOTAL</b>		<b>253</b>

#	PLEASE STATE WHO	DATE
1	My partner who happens to be a mental health OT and my GP	11/27/2017 12:18 PM
2	walled garden, Mind, PLUS	11/27/2017 11:04 AM
3	Doctor Sinclair	11/26/2017 6:52 PM
4	Friends and Family	11/25/2017 8:40 PM
5	Susan Scott and eventually Harbour Counselling.	11/25/2017 7:42 PM
6	Norwell Clinic, Scone	11/25/2017 6:39 PM
7	PKC wellbeing officer, PLUS Perth, Mindspace	11/25/2017 5:59 PM
8	Private and peer support	11/25/2017 4:45 PM
9	I attend a creative writing class which is run by a volunteer and we all share emotions there.	11/25/2017 4:33 PM
10	Charis Foundation	11/25/2017 4:15 PM
11	Therapist	11/25/2017 4:10 PM
12	A friend, who showed me breathing exercises to help with panic attacks	11/4/2017 9:39 AM
13	Facebook groups	11/1/2017 1:36 PM
14	The well-being team	10/31/2017 9:21 PM
15	Reiki.	10/13/2017 5:55 AM
16	Wrasac	10/12/2017 8:27 PM
17	Dundee University	10/12/2017 4:30 PM
18	Mindspace	10/12/2017 3:10 PM
19	Cair Scotland.	10/10/2017 8:16 PM
20	Independent Advocacy and health & social care providers	10/9/2017 10:20 AM

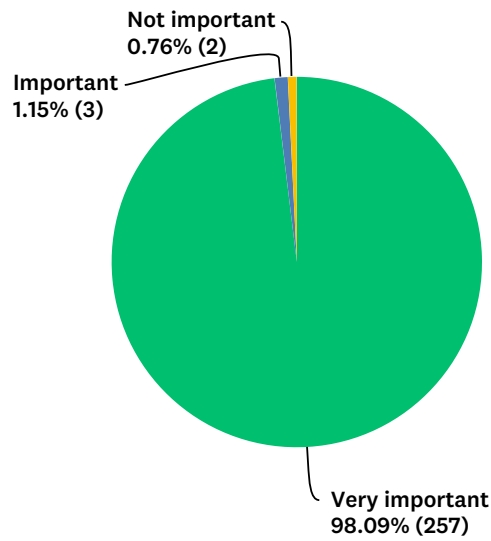
21	Counsellor	10/5/2017 9:58 PM
22	Mindspace	10/5/2017 1:27 PM
23	Police and Family	10/5/2017 12:33 PM
24	Non NHS counselling service	10/5/2017 12:25 PM
25	Staff at Walled Garden and PKAVS	10/5/2017 12:17 PM
26	The Salvation Army	10/5/2017 12:07 PM
27	Family	10/5/2017 11:12 AM
28	Mindspace	10/5/2017 9:43 AM
29	Counsellor	10/4/2017 4:02 PM
30	Out of hours but mainly my GP	10/4/2017 12:34 PM
31	GP	10/2/2017 3:18 PM
32	Private counselling paid for by my employer's benefits package	10/2/2017 12:37 PM
33	Didn't know about any	10/2/2017 7:17 AM
34	Fourways.	10/1/2017 8:45 PM
35	WRASAC, woman's rape and sexual assault centre.	9/29/2017 11:01 PM
36	From close friends, from chance encounter with a co-sufferer on a walk, which led to several partly helpful conversations. From a neighbourly couple offering an open door and company when sought. From inner guidance books, especially the Dalai Lama, the New Testament (The Message modern language version), my Episcopalian church minister.	9/29/2017 3:20 PM
37	Harbour but still waiting on help	9/27/2017 1:06 PM
38	NLP practioner	9/27/2017 5:59 AM
39	MIND	9/27/2017 1:01 AM
40	I sought help and support from a number of sources including alternative and complementary therapies, voluntary bodies and church.	9/26/2017 10:36 PM
41	My work offers support	9/26/2017 5:13 PM
42	I'm paying privately. Luckily I can just afford it.	9/26/2017 3:31 PM
43	Can't remember	9/26/2017 12:23 PM
44	Penumbra	9/26/2017 10:42 AM
45	Private counselling	9/26/2017 10:11 AM
46	University counselling service	9/26/2017 8:46 AM
47	Gp and counsellor didn't need referral this time	9/26/2017 7:57 AM
48	Family	9/26/2017 7:38 AM
49	DVA	9/26/2017 7:36 AM
50	No i didn't want help,	9/25/2017 6:15 PM
51	From GP.	9/24/2017 2:34 PM
52	Mindspace	9/23/2017 11:21 AM
53	went privately	9/23/2017 1:01 AM
54	I was told to use the online self help website Mood Juice	9/22/2017 7:07 AM
55	Mindspace	9/22/2017 5:43 AM
56	Police	9/21/2017 10:05 PM
57	partner looked after me	9/21/2017 10:03 PM
58	My private counsellor who I had to pay for myself as no other help was available and also ongoing support from my GP	9/21/2017 9:58 PM
59	Paidforvmy own treatment at mindspace	9/21/2017 9:32 PM

60	I called cruise and they couldn't help me as my daughter to her life and they said this was a very different kind of bereavement and would get someone to get back to me. Am still waiting I called a second time and am still waiting	9/21/2017 9:11 PM
61	Mindspace, PLUS, Harbour Counselling (all Perth)	9/19/2017 8:16 PM
62	Phycologists & other Staff.	9/19/2017 4:02 PM
63	Samaritans who were useless, judgemental and I continue to go ahead to take my life before the police saved me.	9/18/2017 6:08 PM
64	Private counselling	9/16/2017 1:12 PM
65	Private counsellor	9/14/2017 12:37 PM
66	I did try but local Counselling services had very long waiting lists	9/13/2017 9:33 PM
67	Plus Mindspace	9/12/2017 7:18 PM
68	A private Psychiatrist in Edinburgh.	9/11/2017 2:30 PM
69	Mindspace in perth	9/11/2017 2:21 PM
70	Local peer support group	9/11/2017 7:43 AM
71	PLUS Perth.	9/10/2017 9:09 PM
72	University counselling	9/8/2017 9:33 PM
73	Occupational health counselling service	9/8/2017 9:20 PM
74	Counselling and family and friends	9/8/2017 8:59 PM
75	Phone colsunation	9/8/2017 8:45 PM
76	Social Work mental health team. But was not conducive to really help.	9/8/2017 8:44 PM
77	Mindspace	9/8/2017 8:35 PM
78	Private Counsellor	9/8/2017 8:32 PM



### Q48 How important do you feel it is to have support locally for crisis/emotional distress?

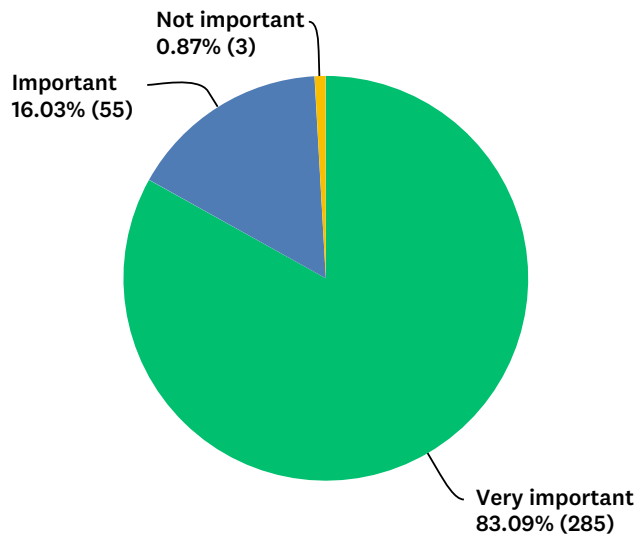
Answered: 262 Skipped: 133



ANSWER CHOICES	RESPONSES	
Very important	98.09%	257
Important	1.15%	3
Not important	0.76%	2
TOTAL		262

### Q49 How important for your general mental health and wellbeing do you rate your house and surroundings?

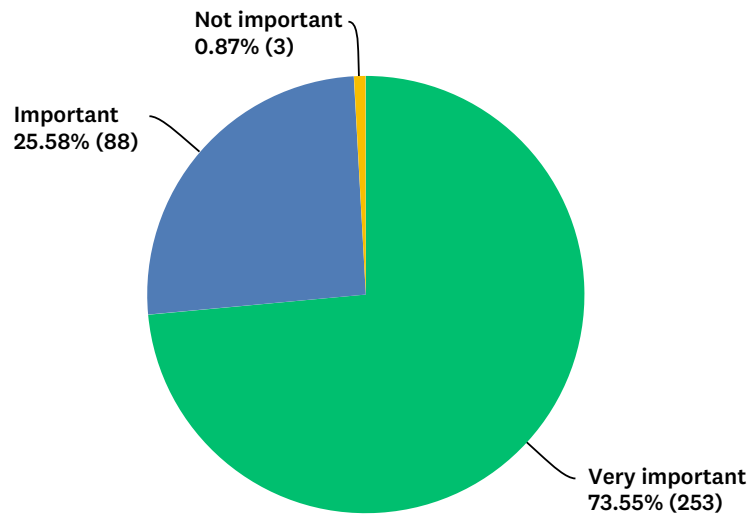
Answered: 343 Skipped: 52



ANSWER CHOICES	RESPONSES	
Very important	83.09%	285
Important	16.03%	55
Not important	0.87%	3
TOTAL		343

### Q50 How important for your general mental health and wellbeing do you rate not having money worries?

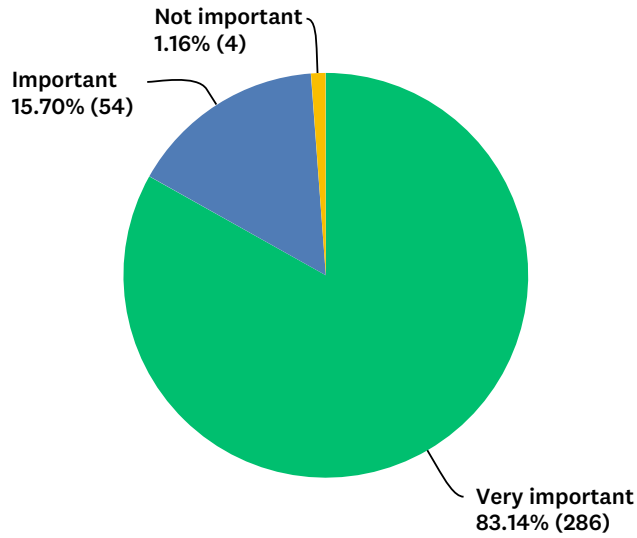
Answered: 344 Skipped: 51



ANSWER CHOICES	RESPONSES	
Very important	73.55%	253
Important	25.58%	88
Not important	0.87%	3
TOTAL		344

### Q51 How important for your general mental health and wellbeing do you rate friends and relationships?

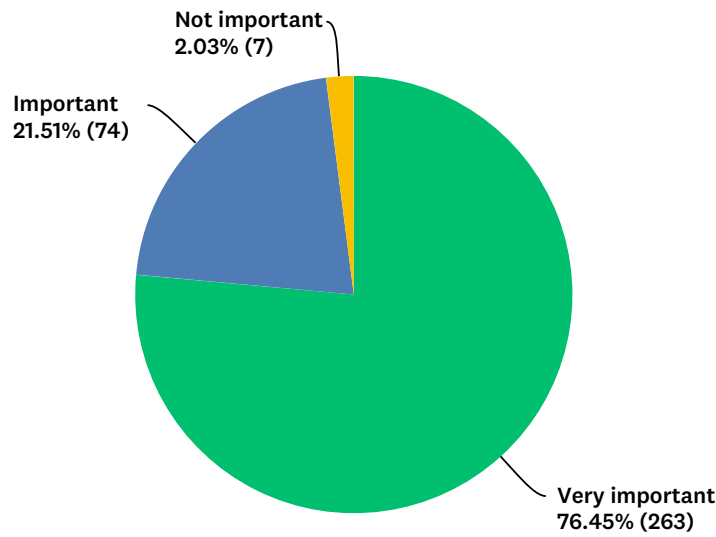
Answered: 344 Skipped: 51



ANSWER CHOICES	RESPONSES	
Very important	83.14%	286
Important	15.70%	54
Not important	1.16%	4
TOTAL		344

### Q52 How important for your general mental health and wellbeing do you rate purpose and meaningful activity?

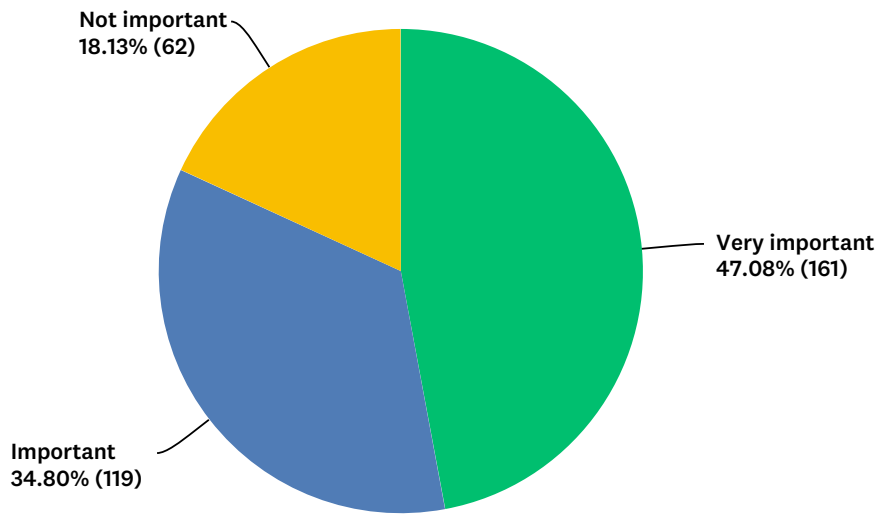
Answered: 344 Skipped: 51



ANSWER CHOICES	RESPONSES	
Very important	76.45%	263
Important	21.51%	74
Not important	2.03%	7
TOTAL		344

### Q53 How important for your general mental health and wellbeing do you rate help to fill in forms?

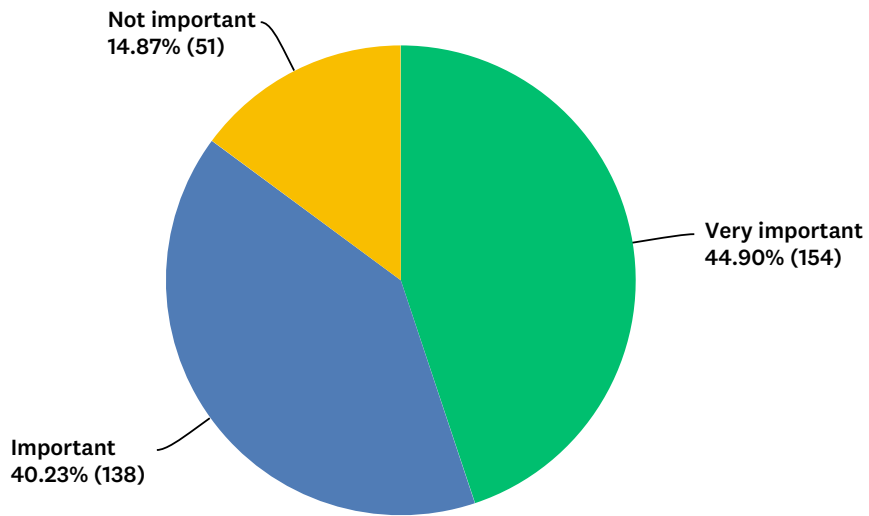
Answered: 342 Skipped: 53



ANSWER CHOICES	RESPONSES	
Very important	47.08%	161
Important	34.80%	119
Not important	18.13%	62
TOTAL		342

### Q54 How important for your general mental health and wellbeing do you rate employment?

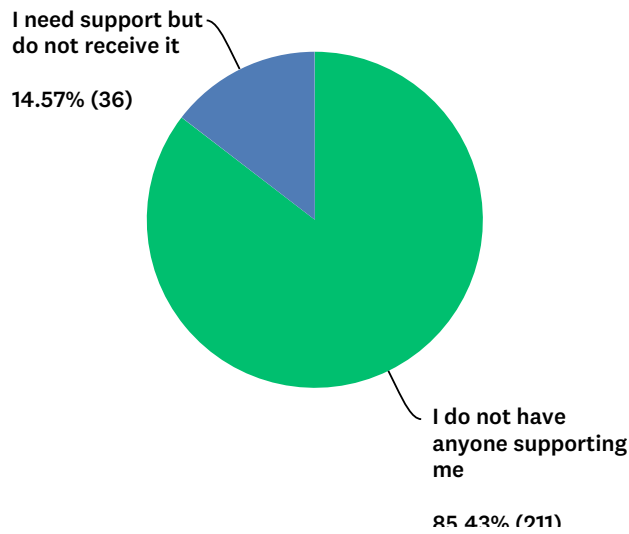
Answered: 343 Skipped: 52



ANSWER CHOICES	RESPONSES	
Very important	44.90%	154
Important	40.23%	138
Not important	14.87%	51
TOTAL		343

### Q55 If anyone supports you with these needs who are they?

Answered: 247 Skipped: 148



ANSWER CHOICES	RESPONSES	
I do not have anyone supporting me	85.43%	211
I need support but do not receive it	14.57%	36
<b>TOTAL</b>		<b>247</b>

#	PLEASE STATE WHO HELPS YOU	DATE
1	partner	11/27/2017 12:25 PM
2	Being able to go to your GP and feel they are sympathetic and believe you. I often feel I am a nuisance. I was lucky in that when I got employment I was under the old employment unit in Dundee. I was referred by Move Ahead and I got a placement with P&K council and I got support and could get in touch over any issues. Plenty of time to learn the job and training until I was confident. They would meet up with you for coffee- visit you regularly. Got a small amount of money for bus and food, it felt good. I an still in a job and helping in the community after 8 years	11/27/2017 11:55 AM
3	Partner	11/27/2017 11:32 AM
4	I'm currently with wellbeing support services who help with a small part of this	11/27/2017 11:13 AM
5	PLUS and advocacy and phsycoticness	11/27/2017 10:36 AM
6	Family/Friends/CPN/Son/All pivotal	11/26/2017 7:16 PM
7	Family, friends.	11/26/2017 6:06 PM
8	Royal Voluntary Service, Family, Friends, members of my local church, PKAVS	11/25/2017 8:41 PM
9	SAMH	11/25/2017 7:46 PM
10	I am afraid no one (Maybe my own fault) for not accessing the services	11/25/2017 7:09 PM
11	Family and friends, CPN, Independent Advocacy, Norwell Clinic	11/25/2017 6:43 PM
12	PKC Wellbeing Officer	11/25/2017 6:00 PM
13	Friends and community support. My family have been generous and supportive.	11/25/2017 5:47 PM
14	MHO, Social Worker, family, advocate, named person.	11/25/2017 5:12 PM
15	CPN / Citizens Advice / Art Class / creative writing class	11/25/2017 4:38 PM
16	My wife	11/25/2017 3:35 PM
17	I don't need this at the moment.	11/4/2017 9:41 AM



18	My mother and my partner	11/1/2017 1:38 PM
19	Housing support workers	10/31/2017 9:23 PM
20	a variety of people.	10/30/2017 10:59 AM
21	As a parent and carer in the looser definition I use my family and friends mainly at the moment and occasional conversations with my son's support team.	10/24/2017 5:49 PM
22	I work for an organisation who provides vital support for those with mental health problems	10/16/2017 12:10 PM
23	CPN & Family	10/13/2017 12:31 PM
24	N/A	10/13/2017 5:57 AM
25	CPN	10/12/2017 9:04 PM
26	My son	10/12/2017 3:11 PM
27	Support Workers of providers, Independent Advocacy - Advocating Together and family	10/9/2017 10:22 AM
28	I live alone, I have no emotional support. This is a known fact. The people who assessed me are aware of this.	10/5/2017 4:16 PM
29	primarily my wife and family. N.B I already attend various clinics (not mental health) which have been moved to Dundee. In the past whilst at PRI the time waiting to be seen less than half an hour. Travel time added perhaps on a bad day a couple of hours. I will be at least that in travel then finding the place, etc. depending on time of appointment i would set aside at least a day. For anyone working either as a patient or visitor this time scale is crucial. It would add to the length of healing time required.	10/5/2017 1:52 PM
30	Sister and Friends (CPN - is this outside help?)	10/5/2017 1:01 PM
31	CPN social worker and friends	10/5/2017 12:34 PM
32	My son also staff at PKAVS	10/5/2017 12:18 PM
33	SAMH support worker. My GP, the walled garden,	10/5/2017 12:09 PM
34	Birnam Day Centre.	10/5/2017 11:55 AM
35	Family	10/5/2017 11:13 AM
36	CPN. Family. Friends	10/5/2017 11:00 AM
37	Do not require assistance as my mental health is now good	10/5/2017 9:45 AM
38	My GP and the CAB and myself	10/4/2017 12:39 PM
39	CPN. Close friend	10/3/2017 5:32 PM
40	Lots of people have nobody due to cuts in services	10/3/2017 3:38 PM
41	Partner, employer	10/2/2017 3:19 PM
42	No-one; there are no local counselling services available.	9/30/2017 8:20 PM
43	Ray my husband	9/30/2017 4:50 PM
44	Wellbeing Support Officer at PKC	9/27/2017 11:26 AM
45	Adhd support group	9/26/2017 9:26 PM
46	Partner	9/26/2017 9:22 PM
47	My friend, my son, my therapist	9/26/2017 9:06 PM
48	My wife	9/26/2017 9:04 PM
49	I don't currently need it	9/26/2017 8:42 PM
50	I don't need support with. This	9/26/2017 7:57 PM
51	PKAVS Salvation Army	9/26/2017 5:42 PM
52	Family	9/26/2017 12:25 PM
53	I'm part of Church, so that definitely helps in giving meaning to the meaningless of life. Basically, it is better to give than to receive. We need to embrace meaningless however.	9/26/2017 12:19 PM
54	My head is too mucked up to make sense of what is happening and prevents me from leaving the house and doing normal things like eating	9/26/2017 11:34 AM
55	My mum does all these things for me	9/26/2017 11:07 AM

56	I do not need support	9/26/2017 11:05 AM
57	Penumbra	9/26/2017 10:44 AM
58	I have friends to talk to as well as my partner. I have also talked to my GP.	9/26/2017 10:14 AM
59	My partner supports me a lot with all of these	9/26/2017 9:46 AM
60	I am a wife mother grandmother and have to fill in forms for everyone	9/26/2017 9:26 AM
61	My family	9/26/2017 7:41 AM
62	I'm one of the lucky ones, great support from Carseview, family and employer	9/26/2017 7:38 AM
63	My friends	9/25/2017 6:51 PM
64	I don't need support for any of these things	9/25/2017 6:17 PM
65	My family support me.	9/24/2017 2:36 PM
66	I attend support groups such as Rasac and a local community group for building self confidence.. They really help keep my wellbeing good and relapses at bay. But this was only after years of being isolated and I found them partially through luck. It would have been great to have been told these and loads of others like them existed before.	9/23/2017 11:35 AM
67	I do not need support but support someone who does. However I found the questionnaire for carers unfair as it stated it would not count if you did not put your name to it which felt unacceptable and stopped you telling the truth	9/22/2017 9:49 PM
68	I am fortunate to be well, to have the ability and power to do these things for myself, but recognise that many people struggle, and need empowerment to meet these needs.	9/22/2017 5:46 AM
69	Social worker	9/22/2017 12:08 AM
70	my family	9/21/2017 10:14 PM
71	Marianne Leahbing-Wilson at Maps PRI	9/21/2017 10:07 PM
72	my partner is the one that does everything for me, if not for her I would be dead	9/21/2017 10:05 PM
73	My partner	9/21/2017 10:04 PM
74	Family gp	9/21/2017 10:01 PM
75	Family	9/21/2017 9:58 PM
76	I am a facilitator for Suicide selfharm support group Perth. This has saved me. Speaking with others who are going through and have gone through what I have. There is no other service like this	9/21/2017 9:14 PM
77	I only receive help and support from family	9/19/2017 10:17 PM
78	My partner, TCA, my local church	9/19/2017 8:18 PM
79	Tenant Support Officer, Victim Support, Safer Community team. Housing officer.	9/18/2017 6:12 PM
80	My friends	9/16/2017 7:53 PM
81	My dad	9/16/2017 1:52 PM
82	I don't need support	9/16/2017 1:14 PM
83	CPN	9/15/2017 3:34 PM
84	My Wife.	9/15/2017 3:03 PM
85	Can access info independently	9/14/2017 9:29 PM
86	Do not require this but I am aware of people that do require extra supports and no longer receive this due to cut backs	9/14/2017 8:55 PM
87	GP, Dr Tika (MRH)	9/14/2017 11:31 AM
88	I don't need help at this moment in time but if I did. I would like it locally.	9/14/2017 9:46 AM
89	CPN is the only support, but her remit is limited	9/13/2017 9:46 AM
90	Voluntary sector, benefits(for income to reduce ill health), welfare rights.	9/13/2017 8:18 AM
91	Family and friends.	9/12/2017 10:45 PM
92	Family Charities Word of mouth about where to get help. Mental health charities	9/12/2017 7:22 PM
93	Friends, family, Clinical Team.	9/10/2017 9:32 PM

94	PLUS Perth.	9/10/2017 9:10 PM
95	I support family member with mental health issues.	9/9/2017 11:40 AM
96	Mental health services	9/8/2017 8:49 PM
97	Family, Counsellor, Friends	9/8/2017 8:34 PM
98	My family help me plus Mindspace Perth	9/8/2017 5:27 PM

## Q56 If there is anything else important to your mental wellbeing, please state here:

Answered: 123 Skipped: 272

#	RESPONSES	DATE
1	Mixing with other people. Going for social events like the church, cinema, theatre. Going out in the countryside for walks with a group. Visiting friends. Visiting other members of ones family. having enough income to get by on. Feeling in tune with the doctor. Being able to trust the doctor and knowing what the medication is doing	11/27/2017 12:43 PM
2	1. Affordable good quality rented accom with protected tenancies. 2. Traffic pollution- both toxic fumes and noise and aircraft noise. I have given up smoking and drinking to help my physical and mental health but now even just a walk in Perth makes me feel ill. It is damaging my physical health and makes me feel very ill. We need a city where pedestrians and cyclists are having priority not car drivers. P&K and the gov. should provide clean air routes into Perth and in and around the city so pedestrians and cyclists can travel away from harmful traffic. Should be a limit on when private planes can fly - low flying private planes are so noisy and cause me alot of stress when i am trying to enjoy a healthy walk around Perth	11/27/2017 12:25 PM
3	Being able to go to your GP and feel they are sympathetic and believe you. I often feel I am a nuisance. I was lucky in that when I got employment I was under the old employment unit in Dundee. I was referred by Move Ahead and I got a placement with P&K council and I got support and could get in touch over any issues. Plenty of time to learn the job and training until I was confident. They would meet up with you for coffee- visit you regularly. Got a small amount of money for bus and food, it felt good. I an still in a job and helping in the community after 8 years	11/27/2017 11:55 AM
4	Mental wellbeing is an area which should be invested and expanded in... for example having someone to help with household/personal/general wellbeing issues could elevate some of the pressureson mental health services and social services. I've explained many times how having a weekly appointment with someone who I can discuss the above with would keep me reasonably stable. Without any help or sporadic help - I flounder and become ill. Unfortunately the NHS care emphasis is based on the medical model and infact if the emphasis was on the holistic approach there may well be a natural reduction in the need for crisis care and beds.	11/27/2017 11:13 AM
5	PLUS and advocacy not enough resources. only one willing to help is unable to lack state support	11/27/2017 10:36 AM
6	I've got a fear of being away too far from my support network. I would be set back like many others if I lost my team who have helped me.	11/26/2017 7:16 PM
7	I don't think so.	11/26/2017 7:04 PM
8	Do get support from Wellbeing.	11/26/2017 6:53 PM
9	I've been fortunate enough not to have needed any input from any form of mental health specialist for quite a long period of time. However, for me personally, I have needed assistance in claiming for PIP which I have found quite stressful. I have now been put in the position of having to find some kind of employment to ensure I can manage financially. I feel there could be more support/services to provide people with adequate assistance in this subject area.	11/26/2017 6:45 PM
10	Exercise. Being close to nature. Eating healthily. Knowing where to go for help. Accepting who I am.	11/26/2017 6:06 PM
11	Being treated respectfully and as an individual when asking for help. Treating sleep problems. Not feeling that your psychiatrist is only there fir his wage. Having a mental Health Support system and hospital locally.	11/26/2017 6:05 PM
12	Having good habits eg 3 meals a day. Someone who could enable me to deal with my communication problems. Stop writing me off when it comes to paid work. Actually recognising how important my volunteering is. Don't pay it lip service, I am an adult of working age and in my case it is life-saving. I am not a retired person or a student, I am a human being. See me, all of me, not just mad and deaf, I am so much more.	11/25/2017 7:46 PM

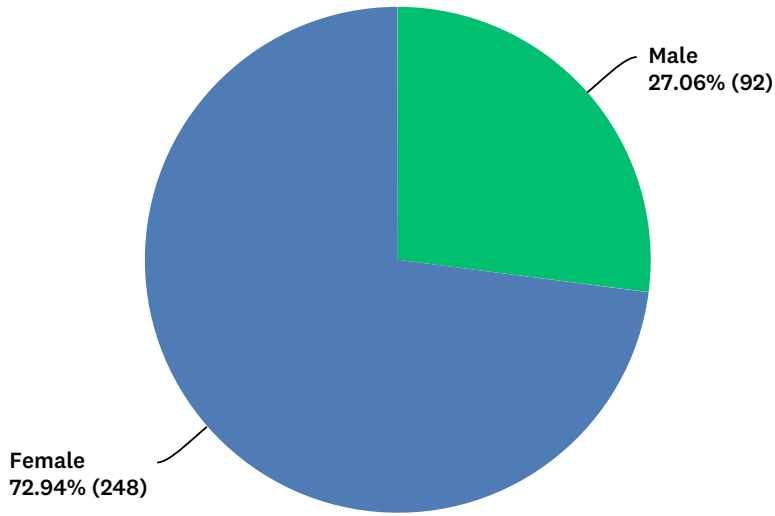
13	I know I need help with my mental health, but apart from PLUS I don't know what to do. When the doctors put people on mental health drugs, they should get someone involved then. I don't know about short term e.g. depression, but when it is longer , say about a month, that's when doctors should refer patients to some kind of mental health help. So I could only see these problems getting worse if it moves to Carseview.	11/25/2017 7:09 PM
14	It is important to me that I have regular meetings with my CPN to discuss any worries or concerns that I may have. This prevents anything becoming too overwhelming for me and enables me to find possible answers to any worries or difficulties I am going through. It is also important that I have regular relaxing therapies to de-stress my mind, body and emotions.	11/25/2017 6:43 PM
15	Being heard and understood in a non-judgemental atmosphere.	11/25/2017 6:00 PM
16	I need to be with like minded people who have similar interests, as I am a creative person this is not likely to be found in the medical profession. I need to have the resources to access creative events , ie art and literary	11/25/2017 5:47 PM
17	Reassurance - knowing there is someone to call on for help	11/25/2017 5:16 PM
18	PLUS is also important and helpful to my wellbeing	11/25/2017 5:12 PM
19	My house is going on the market soon due to health reason. My House is situated up a hill and I can only get up to it easily by driving. Hoping to get a move to a flat area, I will be able to walk from my house and hopefully have more accessibility to shops and public transport. This will have a knock-on effect to my independence, making me feel better.	11/25/2017 4:38 PM
20	Counselling	11/25/2017 4:00 PM
21	More reassurance and contact from workers	10/31/2017 9:23 PM
22	no.	10/30/2017 10:59 AM
23	Early alzymers	10/27/2017 5:08 PM
24	Not receiving ranting phone calls from my son at midnight!	10/24/2017 5:49 PM
25	having local support, being near frien and family (even though they are often few)	10/16/2017 12:10 PM
26	Exercise & Nutrition	10/13/2017 12:31 PM
27	Being a carer of someone with MH problems is horrific. Having to travel to Dundee would make it so much worse.	10/13/2017 5:57 AM
28	To be quietly understood and without stigma.	10/12/2017 9:04 PM
29	LOCAL ACCESS TO LOCAL MENTAL HEALTH FACILITIES. Don't close the mulberry unit, Angus area is being short changed again in favour of Dundee and Perth and it isn't fair.	10/12/2017 4:26 PM
30	Ease of accessing services	10/12/2017 4:03 PM
31	Feeling safe	10/9/2017 10:22 AM
32	GP's more understanding .	10/8/2017 9:48 AM
33	having emergency services available when they are needed	10/6/2017 4:36 PM
34	Help and understanding of the difficulties from local authorities	10/6/2017 12:47 PM
35	To be heard. To be treated as an individual. To be given information and options. To not be judged.	10/5/2017 10:00 PM
36	Access to quick, appropriate and relevant help at times of crisis.	10/5/2017 4:16 PM
37	the ability to be listened too almost on demand by people who know you and your condiition. This cannot show up on a computer. it is local knowledge of regular contact.	10/5/2017 1:52 PM
38	I do volunteering art work for people with long term conditions, run by Tayside Healthcare Arts Trust (THAT) - when I work with these people it makes me feel worthwhile and I realise there are so many other people worse off. Playing sports and doing my art work is beneficial too. Lucky to have an understanding family	10/5/2017 1:01 PM
39	Support from friends and the right medical support locally in familiar surroundings	10/5/2017 12:09 PM
40	comment ;services - 10 out of 10 by the way	10/5/2017 11:55 AM
41	Confidence in services being there when needed	10/5/2017 11:53 AM
42	Answer to Q 23. CPN listened and understood - YES, Definitely.	10/5/2017 11:44 AM
43	to know that help is local should I require it	10/5/2017 9:45 AM
44	Peer support	10/4/2017 4:03 PM

45	PROPER SUPPORT	10/4/2017 12:39 PM
46	Local services in my area	10/3/2017 3:38 PM
47	Having accessible services locally	10/3/2017 3:15 PM
48	Being listened to and not being labelled	10/2/2017 3:19 PM
49	If NHS Tayside do not listen to service user's views over important issues like this, how much confidence can the service users place in the clinical teams involved with their individual care?	10/2/2017 12:41 PM
50	Local, accessible counselling support.	9/30/2017 8:20 PM
51	Weight gain	9/30/2017 4:50 PM
52	The natural world, and access/help to access it.	9/29/2017 3:23 PM
53	Family and friends	9/29/2017 6:20 AM
54	Cuts in health services are impacting on peoples wellbeing	9/28/2017 11:55 AM
55	My wife and family	9/27/2017 6:43 AM
56	Hope	9/26/2017 10:37 PM
57	Being part of a collective	9/26/2017 9:04 PM
58	Education	9/26/2017 7:57 PM
59	The problem is I said that having a job helps I guess that depends on the job and the environment. I work in a very stressful environment right now. Due to various people around me having mental health issues I am aware what not to do so focus my attention elsewhere such as going to the gym	9/26/2017 7:40 PM
60	Help with everyday life such as shopping and housework	9/26/2017 5:42 PM
61	safe environment	9/26/2017 5:42 PM
62	Better understanding from my doctor	9/26/2017 3:54 PM
63	Nothing	9/26/2017 3:44 PM
64	Friends and Professional Help being readily available	9/26/2017 2:58 PM
65	Realising that I am not the centre of my Universe.	9/26/2017 12:19 PM
66	I may have adhd	9/26/2017 11:34 AM
67	Suicidal thoughts weekly	9/26/2017 11:14 AM
68	Support	9/26/2017 11:07 AM
69	I think people should be listened to more instead of just giving you pills	9/26/2017 10:57 AM
70	Not having to worry that the DWP are going to stop my benefits	9/26/2017 10:44 AM
71	Somewhere to go and talk to someone at anytime and not have to keep this to yourself I fee talking really helps people	9/26/2017 10:42 AM
72	Judgement and discrimination. Mental health is not well understood by most people, even those in authority. Each individual, while displaying similar symptoms, may require different methods of help and support. I believe each case should be person centred and adapted to client needs.	9/26/2017 10:41 AM
73	Getting professional help and not relying on friends or family.	9/26/2017 10:14 AM
74	Pets & garden - having nature around (but I can't afford a flat with a garden, and am not allowed pets in my current flat)	9/26/2017 9:46 AM
75	Feeling safer in the community	9/26/2017 9:26 AM
76	Knowing my rights	9/26/2017 8:49 AM
77	Having a GP that can see invites before suicide actually occurs they should see the alarm bells	9/26/2017 7:41 AM
78	More resources available outside normal 'office hours' depression and anxiety do not switch off at 5pm	9/26/2017 7:38 AM
79	Access to support when I need it	9/25/2017 7:34 PM
80	Support for families	9/25/2017 7:29 PM
81	Nothing...Just for NHS to ADMIT they were at fault for my daughter's death	9/25/2017 6:17 PM
82	Knowing that support will be available where and when needed.	9/24/2017 2:36 PM

83	I know that my family and friends could not visit me out of the Perth area, i would refuse to be admitted to Dundee. I have not heard any positive feedback regarding Dundee services.	9/24/2017 11:35 AM
84	During the month I was in hospital my 10 month old was without me and I feel this affected our bonding. I would of been so much worse if I was all the way in Dundee	9/23/2017 11:35 AM
85	professional care	9/23/2017 1:03 AM
86	My cats	9/22/2017 10:39 PM
87	Understanding of the issues of Mental health in general which is still tabo	9/22/2017 7:10 AM
88	Appropriately trained staff within our services.	9/22/2017 5:46 AM
89	Mental health support	9/21/2017 10:07 PM
90	support for my partner and kids, being allowed to do things when capable	9/21/2017 10:05 PM
91	Exercise, routine, medication	9/21/2017 10:04 PM
92	Sticking to appointment times and with the same phsycologist.	9/21/2017 9:58 PM
93	Therapy, sleep, diet	9/21/2017 9:55 PM
94	Routine, medication, diet and relaxing	9/21/2017 9:38 PM
95	For family's to be supported while their supporting the person with mental health issues	9/21/2017 9:14 PM
96	Having support services locally.	9/21/2017 11:02 AM
97	No	9/20/2017 6:34 AM
98	Security & Familiar Environments	9/19/2017 10:17 PM
99	The Walled Garden, massage and gentle exercise	9/19/2017 8:18 PM
100	Learning Disabilities	9/19/2017 4:04 PM
101	Safety at all times	9/18/2017 6:12 PM
102	Crisis time support !!!!	9/16/2017 11:24 PM
103	My faith and church	9/16/2017 7:53 PM
104	Prompt, efficient care,	9/16/2017 2:10 PM
105	cpn who would actually ubdetstnsnd my needs	9/16/2017 1:52 PM
106	Sleep, healthy food, fresh air.	9/16/2017 1:14 PM
107	someone to call on for help, someone to visit me, help with letters and forms, take me out	9/14/2017 11:31 AM
108	Local good N.H.S	9/14/2017 9:46 AM
109	Support from employer	9/13/2017 9:35 PM
110	Knowing that if I were in crisis, support would be there	9/13/2017 9:46 AM
111	Knowing I have the ability to get medical help if I am mentally unwell	9/12/2017 7:22 PM
112	The thought of knowing Moredun B was still where I would go if I was really ill would help my mental wellbeing. If it was Carseview I would be scared of getting ill again!	9/11/2017 2:32 PM
113	Having the support of family and friends and other agencies if need be	9/11/2017 11:38 AM
114	Pets and access to fresh air	9/11/2017 7:44 AM
115	A sense of purpose in my day. I do volunteer driving for Access Cars based at PRI. Keeping active, I cycle, ride a horse 3-4 times a month and garden producing excellent veg and fruit (at least I think so)!!!	9/10/2017 9:50 PM
116	We need and should receive the best possible health care going.	9/10/2017 9:32 PM
117	Friends I feel very alone and isolated	9/9/2017 1:03 AM
118	Support	9/8/2017 8:49 PM
119	My dog.	9/8/2017 8:46 PM
120	Peer support	9/8/2017 8:42 PM
121	Access to exercise and healthy food.	9/8/2017 8:34 PM
122	Talking	9/8/2017 8:04 PM
123	Local support	9/8/2017 8:00 PM

### Q57 Are you male or female?

Answered: 340 Skipped: 55

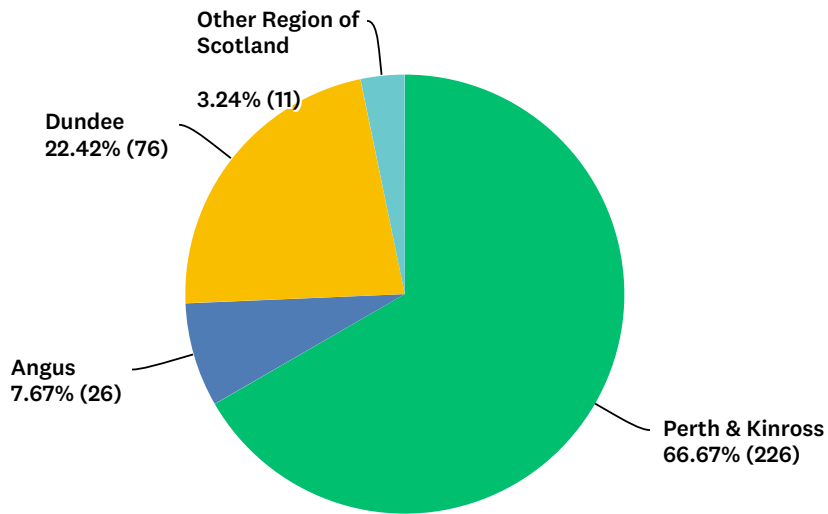


ANSWER CHOICES	RESPONSES	
Male	27.06%	92
Female	72.94%	248
TOTAL		340



### Q58 Which part of Tayside do you live in?

Answered: 339 Skipped: 56



ANSWER CHOICES	RESPONSES	
Perth & Kinross	66.67%	226
Angus	7.67%	26
Dundee	22.42%	76
Other Region of Scotland	3.24%	11
TOTAL		339

## Q59 What was your year of birth?

Answered: 324 Skipped: 71

#	RESPONSES	DATE
1	1952	11/27/2017 12:44 PM
2	1946	11/27/2017 12:31 PM
3	1964	11/27/2017 12:26 PM
4	1953	11/27/2017 11:56 AM
5	1964	11/27/2017 11:32 AM
6	1971	11/27/2017 11:13 AM
7	1976	11/27/2017 10:37 AM
8	1977	11/26/2017 7:17 PM
9	1954	11/26/2017 7:04 PM
10	1953	11/26/2017 6:59 PM
11	1948	11/26/2017 6:53 PM
12	1970	11/26/2017 6:45 PM
13	1955	11/26/2017 6:06 PM
14	1962	11/26/2017 6:02 PM
15	1959	11/25/2017 8:42 PM
16	1965	11/25/2017 7:46 PM
17	1965	11/25/2017 7:09 PM
18	1957	11/25/2017 6:43 PM
19	1961	11/25/2017 6:00 PM
20	1950	11/25/2017 5:48 PM
21	1986	11/25/2017 5:28 PM
22	1958	11/25/2017 5:17 PM
23	1960	11/25/2017 5:12 PM
24	1984	11/25/2017 5:03 PM
25	1957	11/25/2017 4:56 PM
26	1972	11/25/2017 4:46 PM
27	1957	11/25/2017 4:38 PM
28	1967	11/25/2017 4:16 PM
29	prefer not to say	11/25/2017 4:00 PM
30	1938	11/25/2017 3:35 PM
31	1989	11/23/2017 12:14 AM
32	1965	11/6/2017 4:58 PM
33	1960	11/4/2017 9:42 AM
34	1989	11/1/2017 1:38 PM
35	1962	10/31/2017 10:25 PM
36	1969	10/31/2017 9:48 PM
37	1972	10/31/2017 9:24 PM
38	1953	10/30/2017 10:59 AM

39	1963	10/29/2017 7:09 PM
40	1959	10/29/2017 2:49 PM
41	1966	10/29/2017 2:09 PM
42	1976	10/28/2017 8:25 AM
43	1927	10/27/2017 5:09 PM
44	1948	10/24/2017 7:27 PM
45	1947	10/24/2017 5:50 PM
46	1962	10/16/2017 12:10 PM
47	1979	10/15/2017 9:38 PM
48	1960	10/14/2017 2:50 PM
49	1980	10/13/2017 9:14 PM
50	1972	10/13/2017 12:31 PM
51	1956	10/13/2017 9:39 AM
52	N/A	10/13/2017 5:57 AM
53	1948	10/12/2017 9:05 PM
54	1982	10/12/2017 8:28 PM
55	1970	10/12/2017 6:46 PM
56	1949	10/12/2017 5:39 PM
57	1960	10/12/2017 4:49 PM
58	1979	10/12/2017 4:41 PM
59	1991	10/12/2017 4:31 PM
60	1973	10/12/2017 4:27 PM
61	1958	10/12/2017 4:04 PM
62	1963	10/12/2017 3:11 PM
63	1977	10/12/2017 3:01 PM
64	1983	10/9/2017 2:23 PM
65	1988	10/9/2017 10:23 AM
66	1942	10/8/2017 9:48 AM
67	1957	10/6/2017 4:36 PM
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69	1987	10/6/2017 8:05 AM
70	1984	10/6/2017 12:32 AM
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72	1980	10/5/2017 8:05 PM
73	85	10/5/2017 6:03 PM
74	1951	10/5/2017 4:17 PM
75	1949	10/5/2017 1:52 PM
76	1963	10/5/2017 1:01 PM
77	1964	10/5/2017 12:34 PM
78	1966	10/5/2017 12:26 PM
79	1955	10/5/2017 12:19 PM
80	1954	10/5/2017 12:09 PM
81	1971	10/5/2017 11:55 AM
82	1970	10/5/2017 11:53 AM

83	1993	10/5/2017 11:44 AM
84	1978	10/5/2017 11:13 AM
85	1984	10/5/2017 11:01 AM
86	1963	10/5/2017 9:45 AM
87	1960	10/4/2017 5:12 PM
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89	1956	10/4/2017 12:40 PM
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91	1953	10/4/2017 10:05 AM
92	1967	10/4/2017 7:45 AM
93	1944	10/4/2017 7:37 AM
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97	1975	10/3/2017 3:15 PM
98	1967	10/2/2017 12:41 PM
99	1970	10/2/2017 7:19 AM
100	1961	10/1/2017 8:46 PM
101	1963	10/1/2017 8:03 PM
102	1977	9/30/2017 10:20 PM
103	1959	9/30/2017 8:21 PM
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105	1959	9/30/2017 4:20 PM
106	1966	9/30/2017 10:42 AM
107	4/5/1969	9/30/2017 10:13 AM
108	1960	9/30/2017 8:28 AM
109	1990	9/29/2017 11:04 PM
110	1968	9/29/2017 8:19 PM
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134	1977	9/26/2017 9:07 PM
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171	1982	9/26/2017 3:28 PM
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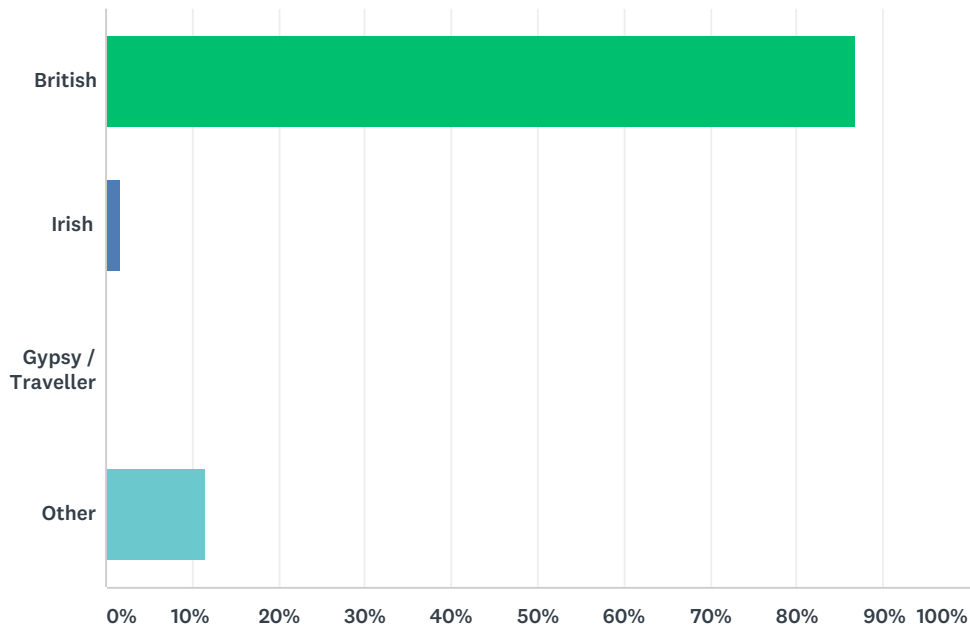
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283	1967	9/13/2017 9:36 PM
284	1971	9/13/2017 8:57 PM
285	1964	9/13/2017 9:47 AM
286	1978	9/12/2017 7:23 PM
287	1958	9/12/2017 4:16 PM
288	1958	9/11/2017 8:05 PM
289	1976	9/11/2017 6:27 PM
290	1957	9/11/2017 4:47 PM
291	1969	9/11/2017 2:33 PM
292	1954	9/11/2017 2:23 PM
293	1955	9/11/2017 11:47 AM
294	1945	9/11/2017 11:38 AM
295	1960	9/11/2017 7:44 AM
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297	1949	9/10/2017 9:51 PM
298	1960	9/10/2017 9:33 PM
299	1960	9/10/2017 9:11 PM
300	1977	9/10/2017 5:09 PM
301	1967	9/9/2017 7:53 PM
302	1969	9/9/2017 6:26 PM



303	1964	9/9/2017 6:14 PM
304	1980	9/9/2017 11:40 AM
305	1981	9/9/2017 11:31 AM
306	1951	9/9/2017 9:40 AM
307	1953	9/9/2017 1:03 AM
308	1960	9/8/2017 10:57 PM
309	1994	9/8/2017 9:34 PM
310	1987	9/8/2017 9:24 PM
311	1980	9/8/2017 9:23 PM
312	1986	9/8/2017 9:21 PM
313	1984	9/8/2017 9:00 PM
314	1986	9/8/2017 8:49 PM
315	1961	9/8/2017 8:49 PM
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318	1977	9/8/2017 8:42 PM
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320	1957	9/8/2017 8:04 PM
321	1961	9/8/2017 8:00 PM
322	1955	9/8/2017 5:27 PM
323	1970	9/8/2017 2:55 PM
324	1963	9/8/2017 11:34 AM

### Q60 WHITE

Answered: 311 Skipped: 84



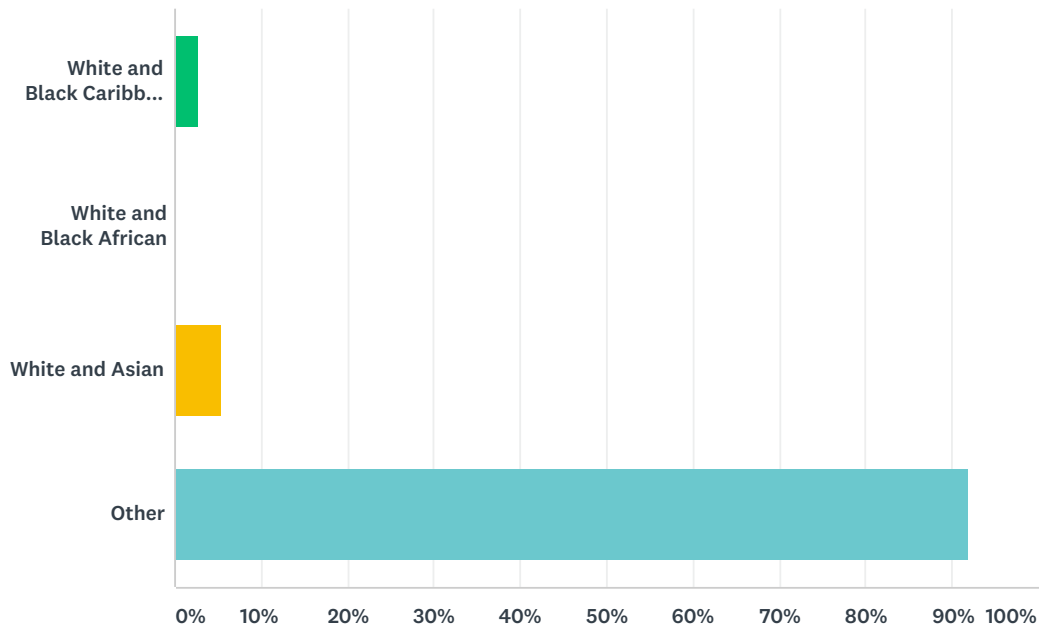
ANSWER CHOICES	RESPONSES	
British	86.82%	270
Irish	1.61%	5
Gypsy / Traveller	0.00%	0
Other	11.58%	36
<b>TOTAL</b>		<b>311</b>

#	ANY OTHER WHITE BACKGROUND(PLEASE SPECIFY)	DATE
1	European	11/27/2017 12:26 PM
2	Scottish	11/26/2017 6:53 PM
3	Australian (lived in Scotland for 23 years)	11/25/2017 8:42 PM
4	scottish	11/23/2017 12:15 AM
5	White Scottish	11/1/2017 1:38 PM
6	Australian	10/31/2017 9:24 PM
7	scottish	10/30/2017 11:00 AM
8	Scottish	10/14/2017 9:32 PM
9	Scottish	10/13/2017 9:40 AM
10	Scottish	10/13/2017 5:58 AM
11	Cannot specify	10/12/2017 8:28 PM
12	Scottish	10/12/2017 5:39 PM
13	Scottish	10/12/2017 4:27 PM
14	Scottish	10/12/2017 3:12 PM
15	White Scottish	10/9/2017 2:23 PM
16	Scottish	10/6/2017 12:48 PM

17	Scottish	10/5/2017 8:05 PM
18	White Scottish/ Celt	10/5/2017 4:18 PM
19	Scottish	10/4/2017 5:12 PM
20	Scottish	9/30/2017 8:21 PM
21	Scottish	9/30/2017 4:51 PM
22	Scottish	9/29/2017 11:05 PM
23	English sounding in Scotland, half Dutch re family history, born and raised in UK.	9/29/2017 3:26 PM
24	Scottish	9/28/2017 11:56 AM
25	Scottish	9/27/2017 11:27 AM
26	Scottish	9/27/2017 8:40 AM
27	Scottish	9/26/2017 8:43 PM
28	Scottish	9/26/2017 6:41 PM
29	Scottish	9/26/2017 6:14 PM
30	Scottish	9/26/2017 5:44 PM
31	Scottish	9/26/2017 5:17 PM
32	White scottish	9/26/2017 5:01 PM
33	Scottish	9/26/2017 12:02 PM
34	Scottish	9/26/2017 11:15 AM
35	Scottish	9/26/2017 10:45 AM
36	White Scottish	9/26/2017 10:42 AM
37	Scottish	9/26/2017 9:27 AM
38	Scottish	9/26/2017 9:10 AM
39	I am scottish	9/25/2017 6:52 PM
40	scottish	9/23/2017 1:04 AM
41	White SCOTTISH!	9/22/2017 10:40 PM
42	Scottish	9/22/2017 7:12 AM
43	Scottish	9/21/2017 10:06 PM
44	Polish	9/21/2017 10:00 PM
45	Scottish	9/21/2017 9:38 PM
46	Mixed race	9/16/2017 1:54 PM
47	Scottish	9/14/2017 9:30 PM
48	Scottish	9/14/2017 9:47 AM
49	Scottish	9/13/2017 8:58 PM
50	Scottish	9/13/2017 7:51 PM
51	Scottish	9/13/2017 9:47 AM
52	White scottish	9/12/2017 7:29 PM
53	Scottish	9/10/2017 5:10 PM
54	Scottish	9/8/2017 10:58 PM
55	Scottish	9/8/2017 9:00 PM

### Q61 MIXED

Answered: 37 Skipped: 358



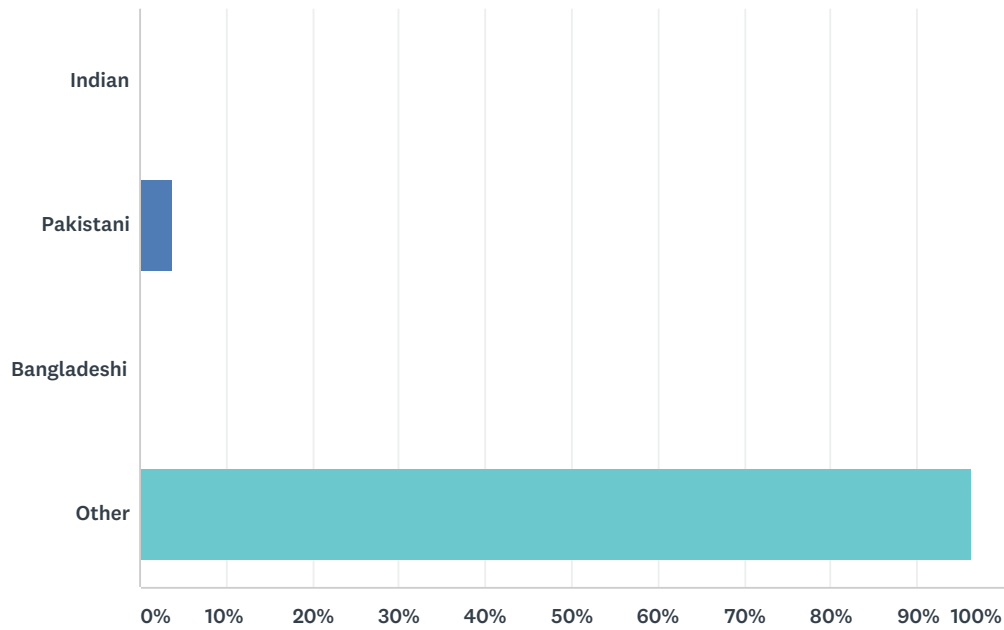
ANSWER CHOICES	RESPONSES
White and Black Caribbean	2.70% 1
White and Black African	0.00% 0
White and Asian	5.41% 2
Other	91.89% 34
<b>TOTAL</b>	<b>37</b>

#	ANY OTHER MIXED BACKGROUND(PLEASE SPECIFY)	DATE
1	n/a	11/23/2017 12:15 AM
2	no	10/30/2017 11:00 AM
3	N/a	10/13/2017 5:58 AM
4	n/a	10/5/2017 8:05 PM
5	Mixed	10/5/2017 12:35 PM
6	no	10/4/2017 4:04 PM
7	Nil	10/2/2017 7:20 AM
8	White	9/29/2017 11:05 PM
9	Father was economic and emotional refugee from postwar, traumatised Netherlands.	9/29/2017 3:26 PM
10	No	9/26/2017 6:05 PM
11	British/Greek	9/26/2017 5:53 PM
12	White	9/26/2017 3:45 PM
13	No	9/26/2017 12:20 PM
14	White	9/26/2017 12:02 PM
15	White scottish	9/26/2017 9:27 AM
16	No	9/26/2017 7:42 AM

17	None	9/20/2017 6:35 AM
18	Just white	9/16/2017 11:25 PM
19	No	9/12/2017 7:29 PM

## Q62 ASIAN OR ASIAN BRITISH

Answered: 27 Skipped: 368

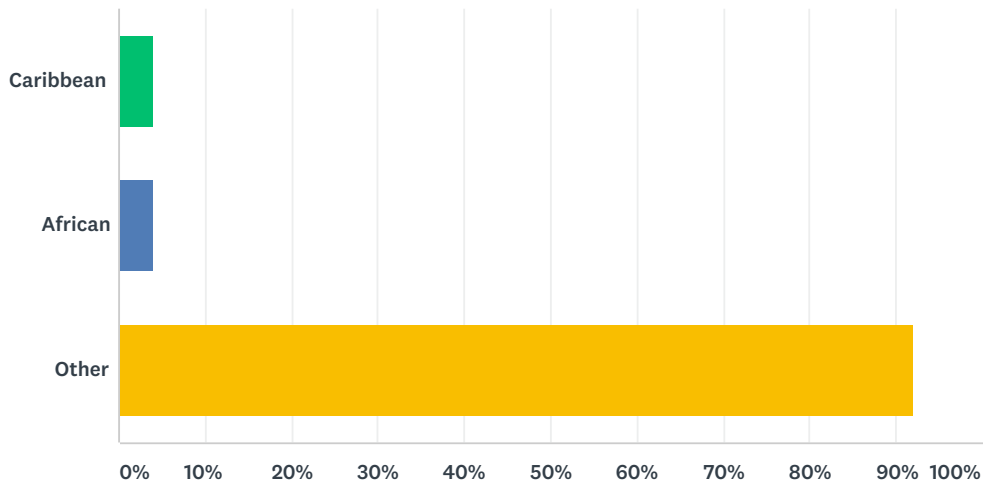


ANSWER CHOICES	RESPONSES	
Indian	0.00%	0
Pakistani	3.70%	1
Bangladeshi	0.00%	0
Other	96.30%	26
<b>TOTAL</b>		<b>27</b>

#	ANY OTHER ASIAN OR ASIAN BRITISH(PLEASE SPECIFY)	DATE
1	na	11/23/2017 12:15 AM
2	no	10/30/2017 11:00 AM
3	N/a	10/13/2017 5:58 AM
4	n/a	10/5/2017 8:05 PM
5	no	10/4/2017 4:04 PM
6	N	10/2/2017 7:20 AM
7	Not relevant	9/29/2017 3:26 PM
8	Scottish	9/27/2017 8:40 AM
9	No	9/26/2017 12:20 PM
10	White scottish	9/26/2017 9:27 AM
11	No	9/26/2017 7:42 AM
12	No	9/12/2017 7:29 PM

### Q63 BLACK OR BLACK BRITISH

Answered: 25 Skipped: 370

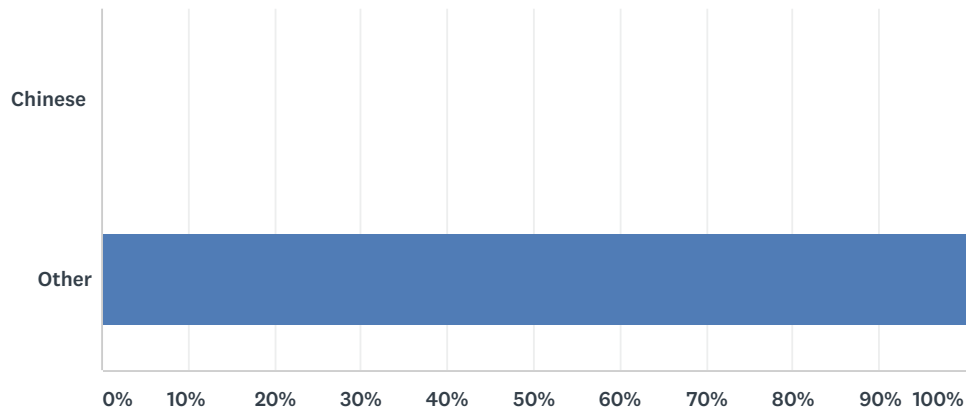


ANSWER CHOICES	RESPONSES
Caribbean	4.00% 1
African	4.00% 1
Other	92.00% 23
<b>TOTAL</b>	<b>25</b>

#	ANY OTHER BLACK OR BLACK BRITISH(PLEASE SPECIFY)	DATE
1	n/a	11/23/2017 12:15 AM
2	no	10/30/2017 11:00 AM
3	N/a	10/13/2017 5:58 AM
4	n/a	10/5/2017 8:05 PM
5	no	10/4/2017 4:04 PM
6	Not relevant	9/29/2017 3:26 PM
7	Scottish	9/27/2017 8:40 AM
8	No	9/26/2017 12:20 PM
9	Scottish	9/26/2017 9:27 AM
10	No	9/26/2017 7:42 AM
11	No	9/12/2017 7:29 PM

## Q64 CHINESE OR OTHER ETHNIC GROUP

Answered: 22 Skipped: 373



ANSWER CHOICES	RESPONSES
Chinese	0.00% 0
Other	100.00% 22
<b>TOTAL</b>	<b>22</b>

#	ANY OTHER ETHNIC GROUP (PLEASE SPECIFY)	DATE
1	n/a	11/23/2017 12:15 AM
2	no	10/30/2017 11:00 AM
3	N/a	10/13/2017 5:58 AM
4	n/a	10/5/2017 8:05 PM
5	no	10/4/2017 4:04 PM
6	Not relevant, explained above.	9/29/2017 3:26 PM
7	Scottish	9/27/2017 8:40 AM
8	No	9/26/2017 12:20 PM
9	Scottish	9/26/2017 9:27 AM
10	No	9/26/2017 7:42 AM
11	No	9/12/2017 7:29 PM