What do I do now?

If you have any questions after reading this information sheet please let me know:

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If you would like to take part in the study, please ask your parent or carer to complete the form enclosed or contact me using the details above.

Thank you for reading this information sheet.

C!A: V2_Blueprint IV Info sheet (8-12years) (22.6.20)
IRAS ID: 272762

Blueprint
Service design for children and young people's mental health

Interview Information Sheet for Children aged 8—12 years



School of Healthcare Sciences
Cardiff University

Hello,

My name is Rhiannon & I work at Cardiff University. My job is to find out what children like you think about different things.

In this study we're interested in places that help children & their families with their mental health.

Would you like to help us with this study? You don't have to if you don't want to.

What are we doing?

The study is called the Blueprint study. We want to find out more about places in England & Wales which help children with their mental health.

Mental health is a term used to describe our feelings & moods. Sometimes some children (& adults) can find that their feelings & emotions are too big to cope with on their own & it helps to get support from others.

We want to find out what children think about these places that help and support people like you. We want to know if they were easy to find, what they actually do & whether they are any good.

Sometimes it can be hard to find the right support so we also really want to talk to children who have not been able to find the right support as well.

What do you have to do?

If you want to help I will ask you to chat to me for about an hour. The questions I'll ask are not a test & there are no right & wrong answers; I'm just really interested to hear what you think. We can arrange to chat by video or telephone call or, when social distancing rules allow us, at your mental health support service or at your home if you prefer.

An example of the kind of question I will ask during the chat is: 'what did you think of the support service when you first went there?'

Many children & young people enjoy taking part in these chats but sometimes talking about things can make us feel upset. If this happened to you we would ask you if you would like to take a break or stop the chat completely. You don't have to talk about anything you don't want to and the chat can be stopped at any time.

Because it can be hard to really listen & write things down at the same time I will ask you if it is ok for me to record the interview. You can still take part even if you do not want the chat to be recorded.

We are being helped in this study by young adults who have experience of mental health issues. We will ask you if you are happy for one of them to help me with the interview.

Afterwards, to say "thank you" we will send you a £10 voucher which can be spent in lots of different shops.

Who gets to see your answers?

I will keep all the information you give me safe. I will not show it to anyone else outside of the research team. I will keep this information locked away at the University for 10 years.
I will remove your name from your answers so that what you tell me about your experiences of getting support for your mental health stays private.

Sometimes we can't keep things private if it means that somebody would not be safe. So if during our chat something is said which suggests that someone might be hurt or in danger then I would have to speak to other people.

Do I have to take part?

No it is up to you to decide if you want to take part. You don't have to give a reason if you don't want to take part.

Make sure you think carefully about taking part & chat to your parent or carer or anyone else about it. Because you are under 16 years of age your parent or carer will need say it is ok for you to take part. We have given them information about the study too.

What do I do now?

If you have any questions please ask me or your parent or carer. My contact details are on the next page.

If you would like to take part, the next page will explain how to let me know.