

**The differences in care and treatment that may influence suicide risk during the transition of care from child and adolescent to adult mental health services**

**Participant Information Sheet (PIS)**

You are being invited to take part in an online survey that has been designed to help us understand your care and safety before, during and after your move from child and adolescent mental health services (CAMHS) into adult services (referred to as “the transition process”). The study will ask you to think about when you have had suicidal thoughts, feelings or intentions.

Before you decide whether to take part, it is important for you to understand why the study is being conducted and what it will involve. Please take time to read the following information carefully before deciding whether to take part and discuss it with others if you wish. If there is anything that is not clear or if you would like more information, please contact [ana.bojanic-2@manchester.ac.uk](mailto:ana.bojanic-2@manchester.ac.uk).

Thank you for taking the time to read this.

**About the study**

➤ **Who will conduct the study?**

The study will be conducted by Lana Bojanić (Research Associate), Jane Graney (Research Nurse), Dr Cathryn Rodway (Programme Manager and Research Fellow), Dr Pauline Turnbull (Project Director and Academic Lead), Professor Nav Kapur (Director), and Professor Sir Louis Appleby (Director), who are part of the National Confidential Inquiry into Suicide and Safety in Mental Health, based within the Centre for Mental Health and Safety, Division of Psychology and Mental Health, University of Manchester.

➤ **What is the purpose of the study?**

The transition from CAMHS to adult services is a high-risk period for patients. Fewer than a third of young people with an ongoing clinical need transition from CAMHS to adult services, with many discharged to primary care, continuing their treatment with CAMHS, or being left with no formal support. The evidence base on the transition from child to adult mental health services from a suicide prevention perspective remains limited. To improve safety for young people moving from child and adolescent to adult mental health services we have developed online surveys (for patients, carers and clinicians) to explore the differences in care and treatment between these services, and how this may influence suicide risk. The surveys focus on five themes, (1) your mental health and treatment; (2) your experience of care settings; (3) family involvement and decision-making; (4) your safety (including questions on suicidal thoughts, feelings and intentions); and (5) the transition process.

You will be eligible to participate in this study if you:

- (1) Are aged between 16 and 25 years old;
- (2) Have been a patient of secondary mental health services in the UK (both NHS and independent providers) and have experienced the move from CAMHS into adult services in the last 3 years;
- (3) Have experienced suicidal thoughts, feelings or intentions.

Completion of this online survey will increase the currently scant evidence on how the transition from CAMHS to adult services can be improved from a suicide prevention perspective. It will also help develop and improve transition strategies to ensure continuity of care and reduce suicide risk.

➤ **Will the outcomes of the study be published?**

Findings will be reported in a publicly available report. We will inform the Medical Directors of all Trusts/Health Boards providing secondary mental health services of the study findings and ask them to disseminate to clinical colleagues, as appropriate. Additional outputs may include infographics, short, animated videos of the key findings, and presentations at academic and professional conferences and meetings. Key findings will also be disseminated via the NCISH social media accounts (X, BlueSky, LinkedIn). Only aggregate data will be published.

➤ **Who has reviewed the study?**

The study has been reviewed and approved by the University of Manchester Research Ethics Committee (UREC) on 9<sup>th</sup> December (reference: 2025-24337-44000).

➤ **Who is funding the study?**

This study has been commissioned by the Healthcare Quality Improvement Partnership (HQIP) as part of the National Clinical Audit and Patient Outcomes Programme (NCAPOP). The programme is funded by NHS England, the Welsh Government, and other devolved administrations.

**What would my involvement be?**

➤ **What would I be asked to do if I took part?**

If you decide to take part, you will be asked to complete an online survey hosted on a University of Manchester-approved survey hosting platform. In this survey, we will ask you questions about your age, gender, and ethnicity, and your mental health history (such as your contact with secondary mental health services, any treatment or diagnosis you have received etc.). We will ask you about your experience of care settings, family and/or carers' involvement in your care, as well as your experience of the transition from CAMHS to adult services. We will also ask about your experiences with thoughts of suicide and/or self-harm and did this change during the transition. You do not have to answer any questions if you do not feel able to or if they make you feel uncomfortable. You will not be asked for any identifiable information, such as your name or address; therefore, your responses will be completely anonymous. You can opt out of this study at

any point without any consequences. We estimate that completing the survey will take no more than **20 minutes**.

We ask you not to provide any information that might identify you (or someone else) or the service under which you are or were a patient. For example, please do not write your name or the name of any ward or hospital, particularly in the additional information free text response. If any information that might identify you or someone else, or any specific mental health service is disclosed in the survey, we will either anonymise this information or remove it. The survey will not collect your IP address.

➤ **Will I be compensated for taking part?**

Participation in this study is voluntary and will be unpaid. There will be no burden on your time in terms of follow-up or further contact.

➤ **What happens if I do not want to take part or if I change my mind?**

We recognise that thinking about suicidal thoughts, feelings or intentions, or your experience with mental health services may cause distress. It is therefore up to you to decide whether or not to take part. After reading this information sheet you will be asked to consent to continue. If you decide not to proceed, there will be the option to select “no” to continuing and you will be directed to an “end of survey” message. You do not need to do anything further. If you do decide to take part, you will be asked to tick a box to confirm consent. You will then be directed to the survey. You do not have to answer any questions if you do not feel able to or if they make you feel uncomfortable, and you do not have to complete the survey in one sitting; you can return to it at a later time. Once you have started the survey you are still free to withdraw at any time without giving a reason and without detriment to yourself by closing your web browser. However, it will not be possible to remove your data from the study once you have submitted your responses as they are collected anonymously, and we will not be able to identify your specific data. This does not affect your data protection rights.

**Upsetting issues**

We acknowledge that thinking about suicidal thoughts, feelings or intentions or your experiences with mental health services is a sensitive topic and may cause distress. You do not have to complete the survey in one go; you can take your time and stop and restart the survey if you wish to. You will have three days to complete the survey once you consent to participate and start the survey, after which an incomplete response will be recorded. When asking about suicidal behaviours, the survey will not be asking questions about details such as ‘methods’.

We hope that you do not find taking part in this study harmful or distressing. However, should you become upset during or after completion of the survey, we urge you to seek support. You may find the following

support resources and information helpful if answering any of our questions does upset you or cause you distress.

 <b>PAPYRUS</b> <small>PREVENTION OF YOUNG SUICIDE</small>	<p><a href="#">Papyrus</a> Hopeline 24/7 0800 068 4141 Text 88247 A free, confidential space for young people (under 35) to talk with trained advisors via phone, text, email and webchat, every day.</p>
	<p><a href="#">Samaritans</a> Call 116123 Available 24 hours a day, 7 days a week</p>
	<p>Text 85258 A free, confidential text messaging service for anyone who is struggling to cope. Text line available 24 hours a day, 7 days a week</p>
<b>YOUNGMINDS</b>	<p><a href="#">YoungMinds Support</a> Online resource for young people, parents and carers</p>
	<p><a href="#">Childline</a> Call 0800 1111 You can contact Childline about any worry you may have at any time by phone or online. BSL interpreter available. Under 19s.</p>
	<p><a href="#">Campaign Against Living Miserably</a> live webchat Helpline 5pm –midnight 0800 58 58 58</p>
	<p><a href="#">SANEline</a> 4pm to 10pm on 0300 304 7000 A national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers.</p>

Your participation is much appreciated and your time greatly valued. Your contribution will help to inform interventions for other mental health patients experiencing the move from child and adolescent into adult mental health services.

## **Data Protection and Confidentiality**

### ➤ **What information will you collect about me?**

We ask you not to provide any information that might identify you (or someone else) or the service under which you are or were a patient when completing the survey. For example, please do not write your name, or the name of your clinician, or the name of any ward or hospital, particularly in the additional information free text response. If any information that might identify you or someone else, or any specific mental health service is disclosed in the survey, we will either anonymise this information or remove it. The survey will also not collect your IP address. We will be collecting “sensitive information” on you, should you wish to disclose it, including your ethnicity and information about your mental health.

### ➤ **Under what legal basis are you collecting this information?**

We are collecting and storing your information in accordance with UK data protection law which protect your rights. These state that we must have a legal basis (specific reason) for collecting your data. For this study, the specific reason is that it is “a public interest task”. According to GDPR Article 6 (1) (e), processing is necessary for the performance of a task carried out in the public interest or in the exercise of official authority (here, HQIP) vested in the controller. Additionally, GDPR Article 9 (2)(i) (processing is necessary for reasons of public interest in the area of public health, such as protecting against serious cross-border threats to health or ensuring high standards of quality and safety of health care and of medicinal products or medical devices, on the basis of Union or Member State law which provides for suitable and specific measures to safeguard the rights and freedoms of the data subject, in particular professional secrecy), is noted as the legal basis for processing.

### ➤ **What are my rights in relation to the information you will collect about me?**

You have a number of rights under UK data protection law regarding your personal information. For example, you have the right to ask for personal information you believe we may hold about you. However, as your responses to the survey are collected anonymously, it will not be possible to find or remove your data once submitted. If you would like to know more about your different rights or the way we use your personal information to ensure we follow the law, please consult the University of Manchester [Privacy Notice](#).

### ➤ **Will my participation in the study be confidential and my personal identifiable information be protected?**

In accordance with data protection law, the Healthcare Quality Improvement Partnership (HQIP) is the Data Controller for this project. This means that they are responsible for making sure your personal information is kept secure, confidential, and used only in the way you have been told it will be used. All study team members are trained with this in mind, and your data will be looked after in the following way:

- All information gathered in the survey will be fully anonymous (the study team members will not be able to identify you) and individual responses will be treated as confidential;
- The survey will be hosted on a University of Manchester-approved survey hosting platform and responses will be downloaded to a study-specific drive on an isolated server that hosts an isolated network, i.e. the server is not connected to any other network or to the internet;
- Only authorised members of the study team directly involved with this study will have access to the information you provide;
- The standard retention period for anonymous data is 5 years, after which it will be destroyed, according to the University of Manchester regulations;
- No data will be archived.

Please also note that individuals from The University of Manchester or regulatory authorities may need to look at the data collected for this study to make sure the project is being carried out as planned. All individuals involved in auditing and monitoring the study will have a strict duty of confidentiality to you as a study participant.

### **What if I have a complaint?**

#### ➤ **Contact details for complaints**

If you have a concern about any aspect of this survey or a complaint that you wish to direct to a member of the study team, please contact: **Lana Bojanic** (Research Associate) on **0161 275 1639**, or by emailing [lane.bojanic-2@manchester.ac.uk](mailto:lane.bojanic-2@manchester.ac.uk).

**If you wish to make a formal complaint to someone independent of the study team or if you are not satisfied with the response you have gained from the study team members in the first instance, then please contact** The Research Ethics Manager, Research Office, Christie Building, The University of Manchester, Oxford Road, Manchester, M13 9PL, by emailing: [research.complaints@manchester.ac.uk](mailto:research.complaints@manchester.ac.uk) or by telephoning 0161 306 8089.

If you wish to contact us about your data protection rights, please email [dataprotection@manchester.ac.uk](mailto:dataprotection@manchester.ac.uk) or write to The Information Governance Office, Christie Building, The University of Manchester, Oxford Road, M13 9PL at the University and they will guide you through the process of exercising your rights. You also have a right to complain to the [Information Commissioner's Office](#) about complaints relating to your personal identifiable information by telephoning **0303 123 1113**.

### **Contact details**

If you have any queries about the study, please contact **Lana Bojanic** (Research Associate) on **0161 275 1639**, or by emailing [lane.bojanic-2@manchester.ac.uk](mailto:lane.bojanic-2@manchester.ac.uk)