

Peer Support for Children and Young People's Mental Health

Research Project – Information Sheet

What is the research about?



Your school or college has been chosen to take part in a new programme, to train young people to support each other to achieve good mental health and wellbeing. The programme is funded by the Department for Education, and is taking place across the country.

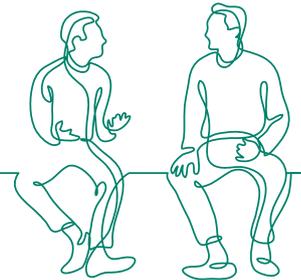
An independent research company called Ecorys UK has been asked to find out what young people think about the programme, and whether the support makes a difference. We will be carrying out research with staff and young people in your school or college.

This type of research is also known as an “**evaluation**”.

What is involved?

Ecorys will be asking for young people's views in two main ways:

- **An online survey** – this is a short online questionnaire, asking young people about their thoughts and feelings, and who they usually turn to for support when they need it. The survey will take place before the start of the programme, and again at the end. You don't have to be a peer supporter to take part in this.
- **Peer support diaries** – these are for young people who go on to become a peer supporter or who are supported through the programme. You will be able to download an App to your phone, which will enable you to record your experiences as you go along, and to give feedback to Ecorys for the research project.



Do I have to take part?

It is your choice whether to take part in the research. You can talk to the member of staff at your school or college who is coordinating the peer support programme, if you're not sure. They will also provide help with the survey, if this is needed.

How will the researchers use my information?

We will use what you write, along with other young people's views, to help understand whether the programme is successful. Your information will help us to write our research report, but we will keep this anonymous and you will not be named.

The research will help the Department for Education to decide what types of support to fund for young people in future, so your views can help to make a real difference.

Do my parents need to know?

Yes, your parent or carer will be sent a letter about the research before you speak to us. If you are under 16 years of age then they will need to give their permission first.

Is it private?

Yes, the research is confidential. The researchers won't know your name, and we will only use the information that you provide for research purposes.

The only time we would have to report this is if you wrote something that made us concerned that you or somebody else was at risk of harm.

If you are unsure about anything, please ask the member of staff at your school or college who is overseeing the peer support programme.

