

# CONSENT FORM

## TITLE OF PROJECT: MENTAL HEALTH SUPPORT TEAM SERVICE EVALUATION

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Thank you for agreeing for your child/young person to take part in this research. Participants have the following rights and protections as laid down in the British Psychological Society's ethical guidelines.

- Participation is entirely voluntary
- Under no circumstances will real names or identifying information be included in the reporting of this research.
- You may withdraw from this research at any point until the audio recording of the focus group has been completed
- Nobody, except the research team described above will have access to this anonymised material in its entirety.

Please initial

I confirm that I have read and understood the participant information sheet dated ..... for the above study. I have had the opportunity to consider the information, ask questions and have had these answered satisfactorily.

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I understand that my child's participation is voluntary and that they are free to withdraw at any time up until completion of the audio- recording of the focus group without giving any reason.

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I give permission digital audio recordings to be made of all focus groups that my child participates in

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I agree for my child to take part in the above study.

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Name of Participant

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Date

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Signature

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Name of Researcher

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Date

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Signature

1 for Participant; 1 for Researcher

## Information for Parents/Carers

### Children and Young People's Participation Focus Group

#### Project Title: Mental Health Support Team – Service Evaluation

Alliance Mental Health Support Team are involved in a research study to evaluate the project which has been running in Hartlepool and Billingham over the last 2 years. The aim of the MHST has been to support schools and colleges in having a positive approach to mental health and wellbeing, delivering evidence-based interventions and developing pathways between schools and external services for children and young people. We want to find out if it has been effective, which bits of it worked best, and any areas which may need to be improved on. A research study is a way to learn more about people.

As part of this evaluation, the voice of children and young people is crucial to us. We have asked your child/young person's school to identify some pupils who might be able to take part in this study. If you and your child/young person decide they want to be part of this study, they will be asked to attend a focus group for 30 mins – 1hr which will be held at their school. A focus group is where we ask a small group of people to sit together and talk about a particular topic. In this research we would like to talk to your child/young person about their knowledge and experiences of the Mental Health Support Team project.

There are some things about this study you should know. These are that the focus group will be audio recorded as part of the study. But anything your child/young person says will be anonymised, which means no-one will know what they said specifically. The things that the groups says will go into a report about the project, and shared with other professionals to help us understand how to best support young people with their mental health. We do know that talking about mental health might be difficult and could bring up difficult memories or emotions. Because of this we will ensure that your child/young person are supported throughout the group and afterwards. We will speak to the school about making sure they have pastoral care to hand afterwards.

Not everyone who takes part in this study will benefit. We think these benefits might be that your child/young person will be helping to shape what services are available for children and young people's mental health. This is because the report will help people decide which services are most effective, and also what may prevent children or young people getting support. When we are finished with this study we will write a report about what was learned. This report will not include names or that your child/young person were involved in the study.

Your child/young person do not have to be in this study if you or they do not wish to take part. Both you and your child/young person have the right to withdraw consent at any time.

## Children's ASSENT FORM

### Project Title: Mental Health Support Team – Service Evaluation

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There are some things about this study you should know. These are that you will be audio recorded as part of the study. But anything you say will be anonymised, which means no-one will know what you said specifically. The things that the groups says will go into a report about the project, and shared with other professionals to help us understand how to best support young people with their mental health. We do know that talking about mental health might be difficult and could bring up difficult memories or emotions. Because of this we will ensure that you are supported throughout the group and afterwards. We will speak to the school about making sure you have pastoral care to hand afterwards.

Not everyone who takes part in this study will benefit. A benefit means that something good happens to you. We think these benefits might be that you will be helping to shape what services are available for young people's mental health. This is because the report will help people decide which services are most effective, and also what stops young people getting support.

When we are finished with this study we will write a report about what was learned. This report will not include your name or that you were in the study.

You do not have to be in this study if you do not want to be. If you decide to stop after we begin, that's okay too. Your parents know about the study too.

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If you decide you want to be in this study, please sign your name.

I, \_\_\_\_\_ , want to be in this research study.

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SIGN YOUR NAME HERE

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DATE