



A UK study about mental health support for LGBTQ+ young people aged 12 – 25 years

Participant Information Sheet– LGBTQ+ Young Person Interview

We are asking if you would like to take part in a research project that is exploring mental health support for LGBTQ+ young people when they first start experiencing mental health problems. This sheet will provide you with information so you can see if you would like to take part.

Why is the research being done?

We know from other research that LGBTQ+ young people tend not to use mental health support services when they need them, often because they are worried about telling people they are LGBTQ+ and being judged. We want to find out from LGBTQ+ young people themselves how we can improve services and support them when they first start experiencing mental health problems.

We want to try and understand what it is like for LGBTQ+ young people when they seek help for their mental health, so we can produce guidelines to improve future mental health services and support.

What do I have to do?

We are asking individual LGBTQ+ young people to talk with a researcher using WhatsApp text chat for about 45-60 minutes about what you think about mental health support and your own experiences of seeking help for your mental health.

Young people who decide they want to take part can say 'yes' but are then free to drop out at any time. Participation is voluntary which means it is entirely up to you whether you join in or not. If you start to take part and then withdraw from the study at any point this will not affect the support you receive from your normal service/youth group.

Some young people find talking about their views and experiences helpful. However, you don't have to tell us anything you don't want to or answer all the questions if you don't want to. If you experience any distress during or after the interview it is best to inform the researcher so they can arrange for you to talk to a support worker or give you information for other support services like those at the end of this sheet.

We will pay your phone data costs to participate in the study.

What questions will I be asked?

If you are an LGBTQ+ young person and choose to participate in an interview as part of this project, you will take part in a one-to-one meeting with a researcher using WhatsApp chat. The researcher will ask about things like:

- Where have you looked for mental health support?
- Why you think LGBTQ+ young people do not seek support when they first start having mental health problems?
- What makes it easier for LGBTQ+ young people to get mental health support?
- What works best for supporting the mental health of LGBTQ+ young people?
- What is the support like at the service you currently attend?

What will you do with my information?

The interviews will be exported from WhatsApp and the original chat deleted. We will use your words to provide evidence of young people's views and to create guidelines to improve mental health support for LGBTQ+ young people. We will also write reports and give presentations to people who are interested in helping LGBTQ+ young people.

If you decide to pull out part way through the interview, we will delete the WhatsApp chat if you want us to. After the interview, you have two weeks to tell us if you would like us to withdraw the information you have given us before we include it in our research.

Is what I say kept private?

We will do everything we can to make sure that the things which are said in the interview are kept private. However, if during the interview, you tell us anything that suggests you may be at risk of harm to yourself or someone else then we will ask you if it is ok to talk to a suitable support service. It may be necessary to share information about you with a worker from this service if we are concerned that there is a high risk of harm to yourself or someone else and we believe that we need to take action to keep you safe.

After the WhatsApp interview, a worker from your youth service will contact you to check that you are safe. They will not know what you have said in the interview, that is kept private between you and the researcher.

Where is the information kept?

We will be storing all the WhatsApp interviews in a password protected safe place (at Lancaster University) where no-one can access them except the researchers.

We will not keep any personal details about young people who take part in the project. Names will not appear anywhere on the WhatsApp interview chat – it will all be anonymous. When we write our reports we may use some of the things that people have said, but we will not quote any information that could identify that person like names or places.

For further information about how Lancaster University processes personal data for research purposes and your data rights please visit our webpage: www.lancaster.ac.uk/research/data-protection

Who is running the project?







The project is being led by Professor Elizabeth McDermott from Lancaster University. Three researchers will be running the interviews in three different places. The researchers are Dr Emily Pattinson (University of Leeds), Dr Rachael Eastham (Lancaster University) and Dr Stephanie Davis (University of Brighton). For further information about the research team check out our team profiles on the study website: <https://queerfutures2.co.uk/who/>

If you want to take part in the project or want more information about the project you can contact the research team, email: queerfutures2@lancaster.ac.uk

The project is funded by a grant from the National Institute of Health Research (NIHR) and has been approved by an NHS ethics panel which means it is safe for people to take part in.

Support contacts

Places that you can contact if you feel distressed:

-  YOUR GP can help you. Ring the surgery for an out of hours telephone number
-  NHS 111 – Call 111
 - Call free **24 hours a day** – non-emergency line
 - Call 999 in the event of an emergency
-  SAMARITANS – Call 116 123
 - Call free from any phone **24 hours a day**. Support for those experiencing distress, despair and/or suicidal feelings.
 - Email: jo@samaritans.org
-  SHOUT – Text 85258 from anywhere in the UK
 - Crisis support via text message
 - Available **24 hours a day**
-  CHILDLINE – Call 0800 1111
 - Free, **24-hour** helpline for children and young people aged up to 19 years old in trouble or danger. If the lines are busy, please keep trying.
 - 1-2-1 counsellor chat available at: <https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>
-  LGBT FOUNDATION – Call 0345 330 3030 or 0161 235 8035
 - Helpline run by an experienced LGBT charity.

- Available 10am until 6pm Monday to Friday.
 - Email support available at helpline@lgf.org.uk
- 🌐 ALLSORTS – Call 01273 72 12 11
 - Allsorts is charity that supports young people under 26 who are lesbian, gay, bisexual, trans or unsure (LGBTQU) of their sexual orientation and/or gender identity.
 - For crisis support directory see: <https://www.allsortsyouth.org.uk/crisis-support>
- 🌐 SWITCHBOARD LGBT+ HELPLINE – 0300 330 0630
 - LGBT+ helpline available 10am to 10pm everyday
 - Email: chris@switchboard.lgbt
- 🌐 MIND INFOLINE – Call 0300 123 3393
 - Available 9am until 6pm Monday to Friday (Except bank holidays)
- 🌐 KOOTH - <https://www.kooth.com/>
 - Free, safe and anonymous online support for young people
 - Available Monday to Friday 12pm – 10pm
 - Available Saturday to Sunday 6pm – 10pm

Complaints: *If you wish to make a complaint or raise concerns about any aspect of this study and do not want to speak to the researcher, you can contact: Prof Roger Pickup, Associate Dean for Research, Faculty of Health and Medicine (Division of Biomedical and Life Sciences), Lancaster University, Lancaster LA1 4YD (email r.pickup@lancaster.ac.uk, Tel: (01524) 593746)*

You can find out more about how your information is used here <https://www.hra.nhs.uk/planning-and-improving-research/policies-standards-legislation/data-protection-and-information-governance/qdpr-guidance/templates/template-wording-for-generic-information-document/>