

We, the Campaign for Mental Health Services in North Norfolk, are very aware of the impact of the Covid-19 pandemic on people's mental health. We want to hear from you - your personal stories and experiences of mental health distress in your daily life.

The shortage of appropriate Mental Health Services to turn to when we need help to deal with the Covid-19 situation has been strongly highlighted since March of this year.

We would like to be able to present people's real life stories to the Norfolk & Suffolk Foundation Trust, our local MP, the Health Secretary and the Care Quality Commission, to assist in our campaign for an improvement in services in this area. We'd like to know your individual experiences. Would you help us to help you by answering the following questions:-

- Have you sought help for mental health issues in the last few months? If so, have you felt isolated, abandoned or let down by local mental health services?
- Have you had to wait too long for help? If you have received help, was it useful or appropriate to your particular circumstances?
- Have you suffered loss of employment or sickness and been left without money, or driven to despair by the complications of the benefits system?
- Are you supporting a loved one with mental health needs?
- Have you or a loved one been impacted by dementia and felt isolated, unheard or "shut away" during the last 6 months?

If you'd be happy for us to share your story (anonymously if you wish), we would like to hear from you. Please complete the questionnaire and send it to us as soon as you can, by email: nnmentalhealthcrisis@gmail.com."