

Step title _____

Journey Steps

We'd like to know what your first step was into getting yourself help for mental health from any services.
- Can you remember what you did first and who you went to see?

Timeline

Roughly when did it happen?

Service

Which service(s) were involved?

Experience

How did it make you feel? Think about if you felt listened to, if it was stressful and why.

Challenges

What was most challenging? Think about waiting times, accessibility, referrals, drop outs, etc.

Participant code: _____



Step title _____

Journey Steps

Did you try to get any help from the GP, pharmacy, community support, mental health services, alcohol and drug services, crisis services, A&E etc.?
or
Anything happened in your life that had an impact in your mental and/ or physical health?

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Journey Steps

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