

Darlington Mind Mental Health Survey 2026

At Darlington Mind, we're committed to providing mental health services that truly meet the needs of our community. But we can't do it without your input. We want to hear from you - whether you've used our services, supported a loved one, or simply care about mental health in your area. Your feedback will help us understand what's working, what's missing, and what new services or support you'd like to see in the future. This short survey should only take a few minutes. You can skip or respond 'prefer not to say' to any question you're not comfortable answering. Thank you for helping shape the future of mental health support in your area.

By participating in this survey, you consent to the collection and processing of any personal data you provide. Once Darlington Mind receives your completed survey, we will keep your personal information confidential and will process all information in accordance with GDPR.

Please make sure you answer all the questions marked *

The closing date for responses is Sunday 19th April 2026

1. Your age: *

- Under 18
- 18-25
- 26-35
- 36-45
- 46-55
- 56-65
- 66+
- Prefer not to say

2. Your gender: *

- Male
- Female
- Non-binary
- Prefer not to say
- Other

3. Do you consider yourself to have a disability or long-term health condition? *

- Yes
- No
- Prefer not to say

4. Do you identify as LGBTQIA+? *

- Yes
- No
- Prefer not to say

5. What is your connection with our services or area? *Tick all that apply*

- I live in Darlington, Hambleton or Richmondshire
- I work in Darlington, Hambleton or Richmondshire
- I use Darlington Mind / Mind in Hambleton & Richmondshire's services
- I live with/care for someone who uses Darlington Mind / Mind in Hambleton & Richmondshire's services

Other, please specify:

6. What are the biggest mental health challenges you or people you know are currently facing?

7. In which town, village or part of Darlington, Hambleton or Richmondshire do you live?

8. What mental health support do you feel is needed in your area that you believe is not there currently?

9. What type of support do you feel is available in your area but is hard to access and why?

10. Have you used any mental health services in the past year? If so, what was helpful - or unhelpful - about them?

11. What kind of support would you like to see offered locally?

12. Would you be interested in services tailored to specific groups of people? If so, which one(s)?

13. What days/times would be most convenient for you to access services?

14. Where would you look for information on mental health services and support to help you, your family or friends? *Tick all that apply*

- Internet search
- Social media
- Local news
- Your GP
- People you know
- Mental health organisations
- Local council

Other, please specify:

15. How would you prefer mental health support to be delivered?

Tick all that apply

- Online by video call
- In person
- By telephone
- By text or email
- Other

16. Is transport or location a barrier to accessing services for you?

- Yes
- No
- Maybe
- Not sure

17. How would you prefer to hear about our new support services and events?
(e.g., social media, email, posters, word of mouth)

18. Would you be interested in helping shape future services by joining a focus group, volunteering, or sharing your experiences with Darlington Mind?

19. Is there anything else you'd like to tell us about what's needed in your community to support mental health and wellbeing?

20. Darlington Mind is a local mental health charity that delivers services in Darlington, Hambleton and Richmondshire. Are you aware that we are a separate charity to the national charity Mind (although we are affiliated with them)?

- Yes
- No

21. Please provide your email address for a chance to win a £50 Amazon voucher (18+ only) for completing the survey.

22. Are you happy for us to use the above email address to contact you about your response?

If you say 'no', we will only use your email address to enter you into the draw

Yes

No

Please return the completed form to:

Darlington Mind, 11 Borough Road, Darlington, DL1 1SQ.

Alternatively, if you consent to do so you may hand the completed paper form in to the organisation from which you received it, who are supporting Darlington Mind's survey, and who will regularly collect forms together to pass to Darlington Mind. Darlington Mind cannot be held responsible for the handling of confidential information until the completed form has been received by us.

You can also complete this survey online through our website: darlingtonmind.com

Or scan this QR code:



Full Terms and Conditions of the Prize Draw can be found on our website here:

www.darlingtonmind.com/survey/

or on request by phone, mail or email to the following:

 01325 283169

 contactus@darlingtonmind.com

 Darlington Mind, 11 Borough Road, Darlington, DL1 1SQ

The above contacts may also be used for any queries about the survey.

www.darlingtonmind.com

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