

Information Sheet for Young People and Young Adults (16-30)

Understanding and Facilitating Social Prescribing for Young People and Young Adults to Improve Mental Health and Wellbeing

What is Social Prescribing?

Social Prescribing is where healthcare workers (often called Link Workers or Social Prescribers) are able to refer patients to local, non-clinical services to meet their mental health and wellbeing needs. This can include different art, sport and other community activities. What you can take part in will depend on what's available locally, and how local services work together.

Who is carrying out this research and what is it about?

This research project is being carried out by researchers at University College London (UCL). We want to know how social prescribing helps young people and young adults and what the barriers and facilitators are to accessing social prescribing. To find out about this, we are asking different young people and young adults to give us their views.

We would like to invite you to consider taking part in this research project

You have expressed an interest in taking part as you have been involved in social prescribing and contact the researchers. Before you decide, read this information sheet and ask us if you have any questions. If you are still interested, we will first ask to have a short 5-minute call with you to make sure you are eligible to take part (e.g. your age and more details about the social prescribing you were involved in). If you pass screening, we will ask you to fill out an optional socio-demographic form so we can understand the types of individuals we are talking to, and a consent form saying you agree to take part.

Unfortunately, if you do not pass screening you will no longer be able to take part in an interview

What does taking part in this research project involve?

After you have signed your consent form, we will then arrange a meeting, either via the phone or Microsoft Teams, to ask you questions on how you think social prescribing helped improve your mental health and wellbeing and what the barriers and facilitators to accessing this type of support were. The interview can last up to a maximum of 1 hour, but typically last for 30-45 minutes. The interview will be audio recorded and typed up afterwards as a transcript. – this will either be done by a researcher or sent to a third-party transcription company in England approved by UCL.

You are free to stop taking part in this research project at any time, without saying why. If you do wish to leave the study, you can ask for your data (i.e. audio recording and transcript) to be deleted up to 2 weeks after the interview has taken place. After this point it will not be possible to remove your data as it will have been used in analysis.

If, during the discussion you suddenly go offline and the researcher is concerned about your welfare and is unable to contact you, they will phone your GP. We will ask for your GP details prior to you taking part. If you do not provide these details, you will be unable to take part.

An Ethics Committee has checked the research project

All research projects are looked at by an independent group of people, called a Research Ethics Committee, to protect your rights. This research has been reviewed and agreed by the UCL Research Ethics Committee (Project ID Number: 6735/015).

What are the advantages of taking part?

- It may help us to understand more about how to improve social prescribing for young people and young adults to improve mental health/wellbeing.
- Some people find taking part in research like this an interesting experience.
- We will provide you with a £10 voucher for your time if you pass screening and participate in an interview

What are the disadvantages of taking part?

Occasionally, someone may feel upset about something that they are talking about. However, you will not be pressured to speak about anything that you don't want to during your interview. If you wish to talk to someone further after your interview, please speak to the researcher or a trusted adult. There are also sources of support available at the end of this information sheet.

Will information about me be kept private?

- Your interview will be kept strictly confidential or private. The only time that we might need to break confidentiality is if you disclose something that makes us think that you, or someone else, is in danger, or if you go offline suddenly and we can't contact you. In that case, we will have to tell someone. This would be a safeguarding officer at UCL, as well as your GP
- When the recordings are typed up as transcripts, any details that can identify you as an individual will be taken out. This means that your name will be changed and names of others or places that you may mention. If we ask a different organisation to transcribe the recordings for us, we will make sure that this organisation has signed an agreement which keeps your interview strictly confidential and has been approved by UCL.
- Audio recordings, the optional socio-demographic information, and the consent form will be kept in a secure platform called the UCL Data Safe Haven. There is more information about this here: <https://www.ucl.ac.uk/isd/services/file-storage-sharing/data-safe-haven-dsh>
- Transcripts (with identifiable information removed) will be kept on a secure UCL Drive which only the research team can access.
- We may use quotes from your interview when we share our results with others (e.g. in reports or published papers) but you will not be identified in any publication.

Data protection

- All data will be collected and stored in accordance with UK General Data Protection Regulation (UK GDPR). Your personal data will be processed for the purposes outlined in this information sheet.
- Information on how UCL will use and store your data: GDPR and Data Protection Notices: <https://www.ucl.ac.uk/legal-services/privacy/ucl-general-privacy-notice-participants-and-researchers-health-and-care-research-studies>

What happens if something goes wrong?

If you wish to complain, or have any concerns about any aspect of the way that you have been approached or treated by members of staff, please contact Dr Daniel Hayes – the Principal Researcher on this project – at D.Hayes@ucl.ac.uk. If you then feel that your complaint has not been handled to your satisfaction, you can also contact the Chair of the UCL Research Ethics Committee at ethics@ucl.ac.uk.

If you are concerned about how your personal data is being processed, please contact UCL in the first instance at data-protection@ucl.ac.uk. If you remain unsatisfied, contact the Information Commissioner's Office (ICO). Contact details, and details of data subject rights, are available on the ICO website at: <https://ico.org.uk/for-organisations/data-protection-reform/overview-of-the-gdpr/individuals-rights/>.

What happens next?

Please discuss the information above with others or ask the researchers if you would like more information. You can keep this information sheet to look at whenever you need to. If you decide to take part, you will need to give consent (on a written form) before you do the interview.

Researcher contact details

If you have any questions about this project, please contact:

Dr Daniel Hayes at D.Hayes@ucl.ac.uk. Dr Hayes is the lead researcher and has overall responsibility for the study

Participant Information Sheet (Privacy notice)

The controller for this project will be University College London (UCL). The UCL Data Protection Officer provides oversight of UCL activities involving the processing of personal data, and can be contacted at data-protection@ucl.ac.uk

This 'local' privacy notice sets out the information that applies to this particular study. Further information on how UCL uses participant information can be found in our 'general' privacy notice:

For participants in health and care research studies, click [here](#)

The information that is required to be provided to participants under data protection legislation (GDPR and DPA 2018) is provided across both the 'local' and 'general' privacy notices.

The lawful basis that will be used to process your personal data is: 'Public task' and 'research purposes' will be the lawful basis for processing special category data.

Your personal data will be processed so long as it is required for the research project. If we are able to anonymise or pseudonymise the personal data you provide we will undertake this and will endeavour to minimise the processing of personal data wherever possible.

If you are concerned about how your personal data is being processed, or if you would like to contact us about your rights, please contact UCL in the first instance at data-protection@ucl.ac.uk

Further support

If you feel distressed after the interview has finished, talk to a trusted adult OR your GP. Further information for further support is also outlined below:

The Mix www.themix.org.uk/get-support provides information and support if you are 25 or under. You can telephone 0808 808 4994 for free from 11am-11pm or text 'THEMIX' to 85258 if you are experiencing a crisis.

Big White Wall <https://www.bigwhitewall.com> is an online community providing support to people who are 16 or older and who have a UK postcode.

Childline www.childline.org.uk provides information and support. You can call them on 0800 1111 or access help from their website

Samaritans www.samaritans.org provide 24-hour telephone support on 116 123, which is free to call. You can also email, write a letter or talk to someone in person.

The Mind Infoline www.mind.org.uk/information-support/helplines/ might help you find support in your local area. You can call 0300 123 3393 (9am-6pm Monday to Friday) or text 86463

Saneline http://www.sane.org.uk/what_we_do/support/helpline is a national helpline providing emotional support and information "out of hours". You can ring 0300 304 7000 for free from 4:30pm-10:30pm.