

What is it?

My Voice Matters is a national consultation that will gather feedback through two surveys, one for people who use mental health services and one for their family members, friends and carers. The surveys will look at three main issues:

- What services are available
- Experience of services provided
- How services could be improved

This information will help Mental Health Reform identify gaps in mental health services and, in turn, campaign for improvements.

The surveys are open between 3rd November and 28th February 2018, and can be filled in online, on paper, or over the phone with Mental Health Reform.

My Voice Matters

National Survey
on Mental Health
Services



For further information about the **My Voice Matters** National Survey please see our website at the following link:

mentalhealthreform.ie/national-consultation-2017

You can also contact Oscar James for more details:

Email: ojames@mentalhealthreform.ie

Phone: 01 874 9468 or 083 0520 491

Mental Health Reform

Coleraine House
Coleraine Street
Dublin 7

mentalhealthreform.ie

 [mentalhealthreform](https://www.facebook.com/mentalhealthreform)

 [@MHReform](https://twitter.com/MHReform)

For information on how to access services see:
yourmentalhealth.ie

My Voice Matters

National Survey on Mental Health Services



Have your voice heard in Mental Health Reform's national survey on mental health services



Mental Health Reform
Promoting Improved Mental Health Services

What is the survey about?

Service users

People with self-experience of mental health services will be asked:

- What mental health services they accessed in the past two years.
- What kind of supports they received.
- How they felt about the service they received.

What is the survey about?

Family members, carers and friends

People supporting someone with a mental health difficulty will be asked:

- What services were accessed by themselves and the person they support.
- What supports were received for their support role.
- Their inclusion in service provision to the person they support.

Who we are

Mental Health Reform (MHR) is the national coalition driving reform of Ireland's mental health services and the social inclusion of people with mental health difficulties.

Our vision is of an Ireland where people with mental health difficulties can recover their wellbeing and live a full life in the community.

With 62 member organisations and 15,000 individual supporters, MHR provides a coordinated voice to Government, its agencies, the Oireachtas and the general public on mental health issues.

Our promise - Confidentiality

There will be no names or contact information collected in the survey, and it will not be possible to identify you in the research.

“Mental Health Reform provides an invaluable platform for a co-ordinated and effective lobby to ensure mental health services in Ireland are improved.”

– Amnesty International Ireland

My Voice Matters

National Survey on Mental Health Services

