*Rainbow Youth Experiences of Mental Health Support in the Nelson/Tasman Region*

INFORMATION SHEET FOR YOUTH PARTICIPANTS

I appreciate your interest in this project. Please read through this information before deciding whether you would like to participate or not. If you choose to be a part of this project, thank you. If you decide not to take part, thank you for considering my request.

**Who am I?**

My name is Meagan Goodman.  I am a Master of Arts Psychology student at Massey University (via distance learning), and I currently work in mental health services with young people. I live in Whakatu, Nelson, and I identify as queer, gender diverse, and consensually non-monogamous. My supervisor at Massey University is Dr. Ilana Seager van Dyk, who specialises in LGBTQIA+ youth mental health.

**Why I am doing this research**

This research is for my Master of Arts in Psychology thesis, which is part of my journey to becoming a registered psychologist. I am conducting this project because all young people deserve to have access to high quality, affirming mental health care. Unfortunately, we don’t know much about Rainbow/LGBTQIA+ youth’s experiences with these services in the Nelson/Tasman region, so we don’t know what needs to be done to make access to these essential services better.

**What is the aim of the project?**

I want to understand the barriers LGBTQIA+ young people living in smaller towns face when trying to access mental health support. I also want to hear about what LGBTQIA+ young people want to see improved when it comes to supporting their mental health care needs. When the study is finished, I plan to share the results with health providers in the Nelson/Tasman region, so that they can learn how to better support Rainbow youth.

**How can you help?**

If you are aged between 16 and 24, live in the Nelson/Tasman region, AND identify as LGBTQIA+, queer, trans, nonbinary, questioning, takatāpui, or MVPFAFF, you may be eligible for this study. It has two parts:

1. ***Brief online survey:***It will take approx. 10-15 minutes to complete a brief online survey about your experiences accessing mental health support in the Nelson/Tasman region. This could include working with a school counsellor, counsellor, psychologist, social worker, youth worker, mentor, psychiatrist, health coach, therapist, etc., or things that have made it difficult for you to access this support.
2. ***Optional interview:*** If, after you have completed the brief survey, you want to discuss your experiences accessing (or difficulty accessing) mental health support in the Nelson/Tasman region in more depth, you can request to take part in a semi-structured interview (details below).

**What would you need to do?**

Here’s what you need to know about the ***brief online survey***:

* It will take you approximately 10-15 minutes to complete.
* We will ask you some questions about yourself, including your age, gender, sexuality, and ethnicity.
* Then we will ask about anything that has made it difficult or prevented you from receiving mental health support. We will also ask about any ideas you may have about how access to support services can be improved for LGBTQIA+ youth.
* As a thank you for taking part in the survey, you will have the option to enter a prize draw to win one of four $30 vouchers towards food, petrol, or The Alphabet Book Club (a queer Kiwi-owned bookstore).

Here’s what you need to know about the ***optional interview***:

* If you would like to volunteer to be interviewed, you can indicate this during the brief online survey.
* Volunteers will participate in a private one-on-one interview either by Zoom or at the Whanake Youth office in Stoke, Nelson.
* The discussion will take roughly an hour.
* I will record the interview and write it out later.
* I will ask questions about your experiences with mental health support using the attached *Interview Guide.*  I will ask more specific questions in response to what you share with me, but the interview guide outlines the main topics. There are no right or wrong answers, and the interview is an opportunity for you to share your own experiences without any judgment.
* Participants are welcome to bring a support person, or whānau, along to the discussion, however, this is entirely up to you!
* Kai will be offered, and as a thank you for participating, you will receive a $20 voucher towards food, petrol, or The Alphabet Book Club (a queer Kiwi-owned bookstore).

**What will your responses be used for?**

The experiences you share will help us make recommendations to healthcare professionals in the Nelson/Tasman region about how to reduce barriers to accessing mental health care for LGBTQIA+ youth. This research will also be used in Meagan’s thesis and may be shared with Rainbow community organisations, mental health professionals, and the academic community (e.g., in journal articles).

**What will happen with the information you share with me?**

This research is confidential, meaning I will not share your identity with anyone else. Any information that I collect that could identify you (such as the recordings of the interview and consent forms) will be kept securely on a Massey University Cloud server which is only accessible by myself and my research supervisor. If you share your contact details with us (e.g., for the prize draw or for the interview), these details will be kept entirely separate from your survey responses, and your identity will not be revealed in any reports, presentations, or other documentation. Any identifiable information will be destroyed after five years once the research finishes. De-identified data will be kept indefinitely and may be shared with other researchers on request.

**What are your rights as a research participant if you participate in the survey?**

* If you change your mind about participating, please do not submit the survey. Once the survey is completed and submitted, it will not be possible to withdraw your survey responses from the project because the survey is anonymous and we won’t be able to identify which survey response is yours.
* Ask any questions about the study at any time .
* Be able to read any finished reports of this research by emailing me to request a copy. I also will provide a short summary of the findings for anyone that requests it.

**What are your rights as a research participant if you participate in an interview?**

* Stop participating at any time, and you do not have to give a reason for this
* Choose not to answer any question
* Withdraw from the study after participating by contacting me up to one month after your interview with me
* Ask any questions about the study at any time
* Read over, comment on, and edit the written transcript of your interview for one month after the interview is completed. This is to ensure you are happy with the content and have the opportunity to make edits within a time frame that still enables me to complete the research project.
* Be able to read any finished reports of this research by emailing me to request a copy. I also will provide a short summary of the findings for anyone that requests it.

**What else do you need to know?**

While I hope that participating in this project will be a positive experience, I realise that reflecting on past experiences or difficulties in accessing mental health services might be distressing. If these topics tend to be upsetting for you, while completing the survey, please consider having a support person in easy reach if you need them. This could be a friend, whānau member, or you could call OUTLine on 0800 688 5463 or another helpline. During the interview, I will check in with you from time to time to see if you need a break or want to stop. I will provide you with some details for places you can contact if, at a later point, you feel you need some support. In the unlikely event that a serious threat to life or health to yourself or someone else came up in our interview, then I would take steps to protect the person’s safety (i.e. contacting police or a crisis mental health team). After the study is finished, I will be offering a presentation of my findings via Zoom (approximately January 2023).

**If you have any questions or problems, who can you contact?**

If you have any questions now or in the future, you can contact Meagan at pride@massey.ac.nz, meg@whanake on Instagram, or you can contact Dr. Ilana Seager van Dyk (Research Supervisor and Senior Lecturer at Massey University) at i.seagervandyk@massey.ac.nz.

*This project has been reviewed and approved by the Massey University Human Ethics Committee: Northern, Application NOR 22/36. If you have any concerns about the conduct of this research, please contact A/Prof Fiona Te Momo, Chair, Massey University Human Ethics Committee: Northern, telephone 09 414 0800, x 43347, email* humanethicsnorth@massey.ac.nz.