

INFORMATION FOR YOUNG PEOPLE

Thanks so much for all your help with REACH so far.

WE ARE VERY GRATEFUL!

We're inviting you to take part in the 2024/2025 phase of REACH, which is starting this week and will be done online! Please read the following information carefully. It will tell you why the research is being done and what you will be asked to do if you choose to take part.

O U R A I M

The aim of REACH is to understand what things lead to better mental health and what things lead to worse mental health in young people. The next phase of REACH will focus on understanding the impacts of current challenges - including housing instability and the cost-of-living crisis - on young people's mental health and wellbeing. We're particularly interested in the impact of these challenges on young people's mental health during the transition to adulthood.

WHO ARE WE?

We're a group of researchers from a university called King's College London. We do research to try to improve young people's mental health. You may remember us from a few years ago when you took part in REACH at school.

WHAT IS MENTAL HEALTH?

Mental health includes the thoughts and feelings that we have, for example how we feel about ourselves and our lives, and our thoughts about other people. It also affects our behaviour, such as the ways we cope with stress, make choices, and deal with others.

WHAT ARE WE DOING?

For the last 8 years, we've been doing a study with young people in south London to see what things affect your mental health. The study focuses on what leads to better mental health and over 4,000 young people have taken part. The study is called REACH, which stands for **R**esilience, **E**thnicity, and **A**doles**C**ent Mental **H**ealth. Resilience is about the ability to deal with life's ups and downs. You first took part in REACH when you were at school and we're now following you and your peers to see how you're getting on later in life.

For this next phase of REACH, we'll be inviting young people who have previously taken part to provide information about their mental health, wellbeing, and experiences during the transition to adulthood.

WHY ARE WE DOING THIS?

The transition to adulthood is an important period for young people's mental health and it often presents new challenges. We know that things like housing instability, the cost-of-living crisis, and academic or work pressures are impacting the lives of young people in many ways.

The next phase of REACH will focus on understanding the impact of these challenges on young people's mental health and wellbeing. This will help us learn how we can better support young people and improve their mental health in the future.

HOW CAN YOU HELP US?

We need your help so that we can understand how these challenges are affecting young people's mental health. We also want to know how best to help young people now and in the future.

If you decide to take part, we will ask you to complete a short 15 minute online questionnaire. This questionnaire will ask about your mood, feelings, and recent experiences (including experiences of housing instability, money problems, and relationships).

The questionnaire will also include some questions on difficult experiences such as self-harm, suicidal ideation, and sexual harassment. You don't have to answer these questions if you don't want to.

We will also ask if you are interested in completing additional REACH questionnaires in the future. This is so we can understand the impacts of these challenges on young people over time. If you say yes, we will ask for a way to contact you so we can get in touch. Taking part is entirely voluntary and you can change your mind and stop at any time.

Your answers to the questionnaire will be **completely confidential (private)**. This means that your friends, parents, and teachers (if you're still at college or sixth form) will not be able to see your answers. There is one exception to this. If you're under 18 and you tell us something that makes us concerned for your welfare, one of our trained researchers may call you to discuss options for getting you the help that you need. If you're still at college or sixth form, we may contact the safeguarding lead or the relevant child protection service.

If you complete the questionnaire, you will receive a
£25 Love2Shop e-voucher

This voucher can be spent at a range of places including ASOS, Spotify and Uber Eats. We may also contact you in the future about other REACH activities that you might like to take part in. We may share anonymised research data with other researchers, for research purposes only.

WHAT WILL HAPPEN TO MY DATA?

All research findings will be reported in group form and no one will be identified in research outputs. Your personal data will be stored on secure KCL servers until the 31st March 2029. With your permission, we will keep your contact details so that we can invite you to get involved in future REACH projects. Your data will be processed under the terms of UK data protection law (including the UK General Data Protection Regulations (UK GDPR) and the Data Protection Act 2018).

WHAT DO I NEED TO DO NOW?

If you've understood what we are asking and you don't have any more questions, please have a think about whether you want to take part in our study. This is entirely up to you. It's ok if you don't want to take part and you will not have to explain your reasons. You are also able to change your mind and stop taking part at any time and pull out of the study if you would like to. If you change your mind before 31st March 2025, which is the end of the study, we will destroy all information we have from you.

If you would like to take part, you can access the questionnaire via the personal link we sent to you!

ANY QUESTIONS?

If there is anything you don't understand or if you have any questions you would like to ask, then please get in touch! You can contact us at:



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REACHKCL

This research study has been approved by an independent group of people called the Health Faculties Research Ethics Subcommittee (RESC) (reference: HR/DP-23/24-41286). If this study harms you in any way, please contact the Chair of the Health Faculties RESC at rec@kcl.ac.uk.