**Public Mental Health Team**

**NHS Health Scotland**

**Review of ‘Cool Heads’ Publications**

**Questionnaire**

Dear Colleague,

Last year NHS Health Scotland delivered over 10,000 copies of the Cool Heads booklets to partners across Scotland. ‘Cool Heads’ is a publication aimed at young people aged 12 - 16 years old. The publication identifies areas that may be stressful to young people and tips on how they may manage these stressors. The resource can be viewed here:

<http://www.healthscotland.com/uploads/documents/1485-CoolHeads_1.pdf>

Acknowledging the demand for these booklets, we would like to review which of our partners are requesting these resources, how they are being used, their reach, suitability, usefulness and effectiveness.

This information will be invaluable in helping us to manage future investment and ensure value of money amid the current financial climate.

We would therefore appreciate 20 mins of your time to complete and return the questions below.

For more information contact Ruairi O’Brien on: 0141 414 2772 or email: [ruairi.obrien@nhs.net](mailto:ruairi.obrien@nhs.net)

1. **Please could you provide your job title and which sector you work, e.g. Teacher, Youth Worker, 3rd sector.**
2. **Do you use the ‘Cool Heads’ publications?**
3. **Can you tell us how you are using them, i.e. the setting and what is the main purpose?**
4. **The main target group is 12 - 16 year olds. Are you utilising the resource with them?**

(please comment)

1. **Do you find the Cool Heads publication useful?**
2. **Would you recommend use of these publications to a colleague or friend? Please use a scale of 1 to 10, where 1 is you would not recommend use and 10 you would highly recommend use.**
3. **What impact do you feel the publications are having on young people**
4. **Are these publications used with children experiencing deprivation or living within remote areas?**

If so, can you provide examples…?

1. **Could these publications be provided in alternative formats, such digital / on-line?**
2. **Do you access similar information from other sources?**
   1. If so, where?
3. **Feel free to include additional/general comments around the use of these resources?**

Thank you for taking the time to answer these questions. The information will be invaluable as we review the Cool Heads publications and gauge their effectiveness and value for money.

Please return all comment to the following email address [nhs.healthscotland-MHI@nhs.net](mailto:nhs.healthscotland-MHI@nhs.net). If you could return all comments by: Friday 24th February 2017.

Thanks again,

**Public Mental Health Team, NHS Health Scotland,**