

**Clear Thoughts  
Images Questionnaire  
Summer 2008**



**Thank you for looking at this questionnaire.**

We hope to add the words people use to the visual images we have developed as part of the project.

We need as many people as possible to say what the images and/or the terms they are describing mean to them.

We have some words already but we can always add more.

Do not feel you need to add something for each image just the ones that you want to. If you think that there are images that are missing from the website then let me know.

We will then bring all this together and share them with everyone.

Once this is done the images and the words will be sent to every partnership board to help with the development to local information about learning disability and mental health.

You can reply in the best format that suits you. By email, post or any other style. If you would like the project worker to discuss the project and the questionnaire at a meeting or group then please get in touch. This is also true if you have any other questions.

It might also be a good idea to read the project newsletter that is with this questionnaire or on the website at [www.clearthoughts.info](http://www.clearthoughts.info)

David  
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(The electronic version of the questionnaire is available in both PDF and Word. Although I am aware of problems with Word files in the past this will be the easier style for inputting as response on)

**Please return hard copy versions to**

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Derbyshire  
S40 1JY**



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**Autism**

Add your thoughts here –



**Bi-Polar Disorder**

Add your thoughts here –

This is when a person is sometimes manic (see mania). At other times the person becomes depressed. Happy and strong then unhappy, tired, sick. Is it the same person? Mania is an illness where a person feels high. They will do things that they normally wouldn't do. Doing these things would normally embarrass them. People who have mania have trouble with getting to sleep. People who have mania have too much energy. People with mania find it hard keeping still. People with mania find it hard concentrating.

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**Dementia**

Add your thoughts here –

Dementia is a serious illness that affects a person's brain.  
The person forgets things and gets confused.  
The person will have problems doing things like getting dressing or feeding themselves.  
Dementia normally happens to older people  
Old, confused, thinking, lost  
Forgotten something  
Cannot remember something



**Depression**

Type your thoughts here –

When a person feels sad most of the time.  
The person has difficulty feeling happy again.  
Depressed people can have difficulty in making them selves do things, like looking after themselves or going out

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**Epilepsy**

Add your thoughts here –

Seizure  
Fits  
Illness



**Ethnicity**

Add your thoughts here –

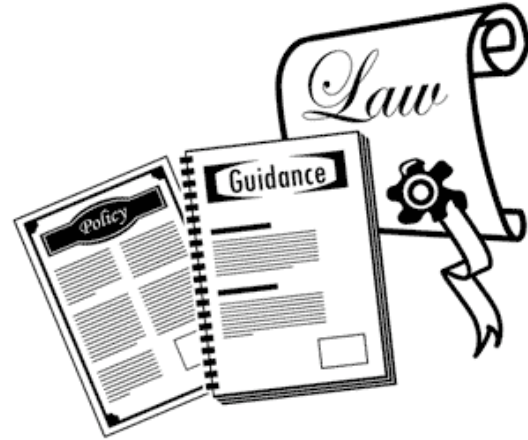
Culture  
Faith  
Dress

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**Information for Individuals**

Add your thoughts here –



**Laws and guidance**

Add your thoughts here –

The Mental Health Act is to help people with serious mental health problems.

It means that psychiatrists and social workers can make people stay in hospital to get better.

This is sometimes called being 'sectioned'

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**Medication**

Add your thoughts here –

The GP or psychiatrist can give a person medication to help them feel better.

Medication can be:

- Tablets
- Capsules
- Injection
- Liquid.



**Mental Illness**

Add your thoughts here –

Difficulty in coping with everyday life.

Person will be different from what they are normally like

Confused, lonely, sad, unhappy, worried, depressed

Depressed

Lonely

Sad

Looks like a homeless person

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**Overshadowing**

Add your thoughts here –

Missing things  
Not thinking about things



**Personality Disorder**

Add your thoughts here

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**Physical Health**

Add your thoughts here –

Being fit  
Eating well  
Exercise



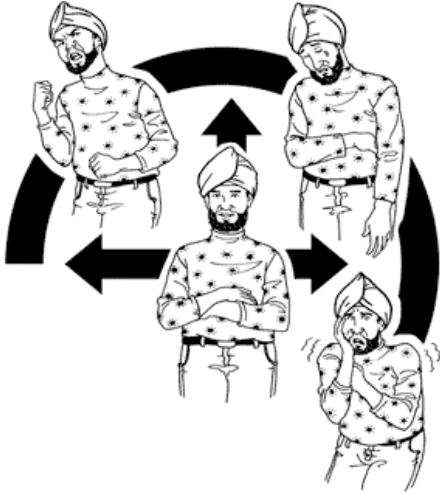
**Positive Mental Health**

Add your thoughts here –

Mental health is feeling good  
about yourself.  
It's about being able to cope with  
everyday life  
People to talk to



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**Potential Changes**

Add your thoughts here –

Things going wrong  
New things happening to me



**Psychosis**

Add your thoughts here –

People who are psychotic have  
hallucinations and delusions

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**Recovery**

Add your thoughts here –

Getting better  
Feeling well again



**Schizophrenia**

Add your thoughts here –

Schizophrenia is a serious mental health problem.  
The person with schizophrenia becomes psychotic.  
They behave very differently.  
People with schizophrenia can behave in very strange ways.  
They might become paranoid

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**Self Harm**

Add your thoughts here –

Hurting yourself



**Sensory Impairment**

Add your thoughts here –

Deaf  
Blind  
Not hearing  
Not seeing

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**Talking Therapies**

Add your thoughts here –

These are therapies that can help people with mental health problems.

The person meets with a therapist to discuss their problems.

The therapist helps the person understand and solve their problems.

There are lots of different talking therapies

Which other images would you like to see on the Clear Thoughts website?

Add your thoughts here –

**Many thanks for all your efforts**