



Healthwatch Hertfordshire is working with Hertfordshire Partnership University NHS Foundation Trust (HPFT), Carers in Herts, Viewpoint, and other voluntary organisations to look into how carers are involved and supported by adult mental health inpatient services. We want to hear from young carers about what you think works well and what could be better.

We are looking for young carers who have supported a loved one who has had contact with HPFT's Adult Mental Health Inpatient Services within the last two years. If this is you, we would like to discuss with you:

- What being a carer means to you
- Whether you felt included, listened to and involved as a carer
- What support you were offered, if any

It would be great to hear from you so that we can work to improve services and experiences for everyone.

If you would like to get involved or to find out more, please contact **Chloe** on: **01707 275 978** or email info@healthwatchhertfordshire.co.uk by the **24th of January**.