

Why does West Sussex Mind ask for my personal details?

When people come to us for support, we ask for information that helps us to understand who is accessing our support and who we might not be reaching. Everyone is asked the same questions.

All data you provide is handled in line with the Data Protection Act 2018 and you can read more about how we look after the information you share with us at westsussexmind.org/contact/privacy-statement. Do let us know if you would like a copy of this.



Gender

We ask your gender as whilst all genders are affected by mental health difficulties, experiences and presentations can be different. We ask for your pronouns to respect your gender identity and create an inclusive environment.



Age

We ask your age to ensure we can connect you to the most appropriate service. We also compare this with Census data to see whether there are barriers amongst certain age groups to accessing services and identifying trends in need such as young people's mental health.



Ethnicity, faith and religion

We ask your ethnicity, faith and religion so that we can compare this with Census data to see if there are any ethnic or religious groups which we are not reaching. We know that stigma still exists in some communities and we are working towards reducing this. This data helps us see how we are doing.



Disability

We ask whether you consider yourself to have a disability, whether seen or unseen, to help connect you to services most appropriate for you and to ensure that any accessibility needs are considered for helping you access all aspects of our services.



Sexual orientation

We ask your sexual orientation to see if there are any differences between the numbers of people coming forward for support in comparison to Census data. We also ask so that we can connect you to appropriate services, such as our LGBTQ+ groups.



Employment and caring status

We ask your employment and caring status to ensure you are linked into the correct services. For instance, we have support around skills for employment and groups for parents and carers. We also look for areas of need such as those providing unpaid care who may need support with their own mental health.