TEMPLATE/SAMPLE

**PARTICIPANT DEBRIEFING INFORMATION**

**Version:** English Version xxx

**Ethics Approval Application #:**

**Title of Project:**

**Project Team:**

*Very many thanks for your participation in the workshop. We hope that you found it an interesting and valuable experience, and that you felt supported and able to offer your ideas about what the future might hold for Wales. We have prepared this sheet in case any of the topics that were raised were uncomfortable for you, or you wish for advice on particular matters that might have arisen during the workshops. This sheet can be provided in a larger font, if requested.*

1. **Taking part in the research has made me more anxious, distressed, or depressed.**

A number of mental health charities can help advise you on this matter. If you don’t have a mental health professional to contact, who should be you first port of call, please contact one of the following organisations.

* **If it is serious or urgent please call the Samaritans for free on 116 123**, or via the information in their contact page: [Contact Us | Samaritans](https://www.samaritans.org/wales/how-we-can-help/contact-samaritan/). This includes an email address (NOTE: 24 hr response time), jo@samaritans.org and an app that you can download to help you cope.
* Mind Cymru can offer advice with non-urgent information on mental health support, via their Infoline (0300 123 3393) or email (info@mind.org.uk) and you can also find more information on their [helplines](https://www.mind.org.uk/information-support/helplines/) page.
* The [Community Advice and Listening Line](https://callhelpline.org.uk/Default.asp) offers a confidential listening and support service. Call on freephone 0800 132 737 or text HELP to 81066.
* [Hafal](https://www.hafal.org/) can offer advice and contacts about mental health services and caring responsibilities around Wales. To see more information about their activities, and how they can help, visit [Help From Hafal - Hafal](https://www.hafal.org/help-from-hafal/).
1. **I was made uncomfortable or have become distressed thinking about the problems with the environment that might occur in the future.**

We appreciate that many people are concerned about the future, particularly about the environment, and that this is a major concern given all the news reports and headlines we read or see daily.

Friends of the Earth offer guidance on how to deal with the phenomenon that has become known as ‘eco-anxiety’. For information, see [How to cope with eco anxiety | Friends of the Earth](https://friendsoftheearth.uk/climate/how-cope-eco-anxiety). One of the most important things they recommend is to try to use the negative emotions to help bring about meaningful positive change, so take some time to consider what you might do, for example, engaging with your local community or working with environmental charities.

Remember that you cannot solve big problems on your own, but talking about them and sharing your thoughts with like-minded people can really help you to see smaller problems that you can address. As the British Association for Counselling and Psychotherapy states: ‘It’s really important to acknowledge and validate feelings because otherwise they can just eat you up’. It goes on to suggest that, ‘writing a blog, setting up your own climate conversations group, reading about how to cope with climate anxiety, meditation, mindfulness, keeping a gratitude diary to remind you of what is good in your life’ ([Eco and climate anxiety | How counselling can help (bacp.co.uk)](https://www.bacp.co.uk/about-therapy/what-therapy-can-help-with/eco-and-climate-anxiety/).

It’s also important to remember that the future is not solely negative, and that is partly what this project is about: we can work together to provide solutions and new ways of thinking to make a more positive future for us all. Taking some time to think about the good things that might happen and what you would like to happen is important.

1. **I am an older person who is worried about the issues the workshop raised, or I am worried about an older relative, or I worry about social inequalities concerning age.**

## Age Cymru Advice are open Monday to Friday 9am to 4pm, to provide information and advice queries including benefits, health, money, housing or care. If you require personal advice they will be able to assist with non-urgent enquiries, and welcome volunteers to help them, if you want to volunteer.

* Call: **0300 303 44 98** (charged at local rate)
* Email:  advice@agecymru.org.uk

**They request that you include your location in your email as this will help them to deal with your enquiry more efficiently.**

1. **Thinking about the future made me worry about issues of debt, problems with housing, and social inequalities.**

If you are concerned about your level of debt, or that of a friend or relative, the first port of call is to contact Citizens Advice (<https://www.citizensadvice.org.uk/wales/>). Contact options are available online, and via telephone, as listed below, and on their [Contact us - Home (citizensadvice.org.uk)](https://www.citizensadvice.org.uk/wales/about-us/contact-us/contact-us/contact-us/) webpage:

## Talk to us online

Chat lets you talk to a trained adviser online. You can:

[talk to us about a debt problem](https://www.citizensadvice.org.uk/wales/about-us/contact-us/contact-us/chat-service-money-and-debt/) - we can usually help between 8am and 7pm, Monday to Friday

[talk to us about any other kind of problem](https://www.citizensadvice.org.uk/wales/about-us/contact-us/contact-us/web-chat-service/) - we can usually help between 9am and 5pm, Monday to Friday

## Call our national phone line

You can contact an adviser through our national phone service, Advicelink:

Advicelink: 0800 702 2020

Relay UK - if you can't hear or speak on the phone, you can type what you want to say: 18001 then 0800 144 8884

You can use Relay UK with an app or a textphone. There’s no extra charge to use it. [Find out how to use Relay UK](https://www.relayuk.bt.com/how-to-use-relay-uk.html) on the Relay UK website.

Advicelink’s available 9am to 5pm, Monday to Friday. It’s usually busiest at the beginning and end of the day. It's not available on public holidays.

We’ll answer as soon as we can - at busy times you might need to wait up to an hour. If the wait is long, we’ll tell you about other ways to get advice. You can also try calling again later.

Calls to Advicelink are free from mobiles and landlines. You can [see more about our call charges](https://www.citizensadvice.org.uk/wales/about-us/contact-us/contact-us/how-much-it-costs-to-phone-citizens-advice/).

Other organisations can also help advise you:

* [National Debtline](https://www.nationaldebtline.org/) provides advice over the telephone, online and by email. They can send you a free self-help information pack.
* [Shelter Cymru](https://sheltercymru.org.uk/) provide advice about housing and homelessness, including managing debt, paying rent or mortgage arrears, and dealing with possible eviction or repossession.
1. **Who can I contact if I have further concerns?**

If you have any further questions or concerns not addressed in this information, please contact the Principal Investigator, xxx, who will do his/her/their best to help direct you to an appropriate source of assistance.