



## **My Health, Our Future – My Family: A survey for parents, carers and guardians about family health and wellbeing**

If you are a parent, carer, or guardian, please take a few minutes to tell Healthwatch Suffolk about the wellbeing of your family and the support you get from the NHS or social care services.

Take the survey at [www.smartsurvey.co.uk/s/MyFamily2025](http://www.smartsurvey.co.uk/s/MyFamily2025).

The anonymous survey is for all parents, carers and guardians. Your feedback can help local leaders to know more about what is needed to support the wellbeing of young people and local families. It's a chance to reflect on the challenges you face, the support you need, and things that may work well to support your family locally.

It will explore things like:

- managing parental stress;
- how families are being affected by the cost of living;
- the communication people have with schools or other parents;
- the support people get from the NHS for them, or their child (e.g., for mental health support, or support to manage long-term conditions).

All questions are optional. The survey will not ask for your name or any contact information.

If you need support to participate, or if you have a question about this survey, please call Healthwatch for free on [0800 448 8234](tel:08004488234). You can also use its online contact form to ask for support at [www.healthwatchsuffolk.co.uk/contact](http://www.healthwatchsuffolk.co.uk/contact).

The survey will close Friday 9th May 2025. Please don't miss the opportunity to have your say. More information about the survey and Healthwatch Suffolk can be found at <https://healthwatchsuffolk.co.uk/news/mhof-myfamily/>.