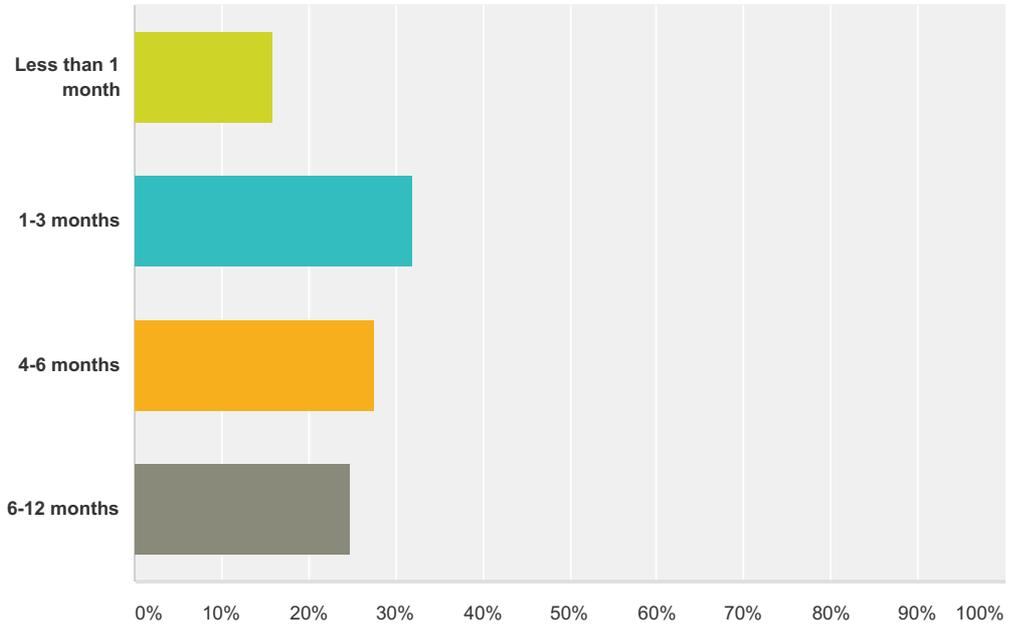


Q1 How long have you been a member of the Blurt Peer Support Group?

Answered: 222 Skipped: 0



Answer Choices	Responses
Less than 1 month	15.77% 35
1-3 months	31.98% 71
4-6 months	27.48% 61
6-12 months	24.77% 55
Total	222

Q2 What do you like and find helpful about the Peer Support Group?

Answered: 221 Skipped: 1

#	Responses	Date
1	Listening to the advice of others. Stories of experiences.	1/19/2016 10:02 AM
2	Feeling I'm never alone	1/19/2016 5:17 AM
3	Everyone is friendly, not judging and genuinely there to help.	1/19/2016 12:20 AM
4	Hearing how others feel and knowing I'm not alone in how I feel, hearing how others have improved, inspires me to think I can too, just having company	1/18/2016 11:49 PM
5	I like being able to express my worries to people out with my immediate family. I also like seeing people's positive posts about nice things that have happened to them that day. It reminds me to look for good amongst the bad.	1/18/2016 11:41 PM
6	Positive posts and support for each other when needed	1/18/2016 11:26 PM
7	I like the sense of community.	1/18/2016 9:47 PM
8	The support provided.	1/18/2016 9:26 PM
9	The chance to be honest without the feeling of being judged.	1/18/2016 8:54 PM
10	I like that you can get help quite quickly from others.	1/16/2016 4:18 PM
11	Peer support and not feeling alone.	1/16/2016 1:56 PM
12	Everyone is at different stages of their depression. It feels good to support those who are really struggling with something you may have experienced yourself. But it's also good to see people recovering and getting better which gives you hope for your own future.	1/16/2016 1:23 PM
13	I feel less alone and supported, sometimes reading others posts gives me inspiration that the world isn't the horrid place it sometimes seems.	1/16/2016 11:22 AM
14	People in similar situations to me.	1/16/2016 7:50 AM
15	Seeing other people in my situation and advice from genuine people.	1/16/2016 7:30 AM
16	Helping others	1/16/2016 2:02 AM
17	I found it a safe haven of supportive people who because they'd been through something similar, I could be quite frank with. I've liked that my experiences or ideas have helped others.	1/15/2016 10:31 PM
18	I like that it is accessible help and support when I need it.	1/15/2016 8:55 PM
19	The fact that others who are going through a similar situation to me can offer support and insight into any issues that I may be facing. This support also almost 'normalizes' my experiences making me feel less alone and isolated.	1/15/2016 6:19 PM
20	Hearing people with the same problems as me makes me feel normal.	1/15/2016 6:13 PM
21	The care and support we give to each other. Celebrating the good days and getting each other through the bad.	1/15/2016 2:44 PM
22	A space to see what advice I'd give others, and see what's in me, and to cut myself some slack / take my own advice xxx thank you	1/15/2016 2:29 PM
23	non judgemental. keeping each other positive.	1/15/2016 1:38 PM
24	great ideas for self care, and friendly, supportive members	1/15/2016 1:18 PM
25	Being able to put the mess in my head down in words in a space that is non judgemental, talking to others with similar experiences. Realising i'm not alone.	1/15/2016 1:09 PM
26	Being able to support others when I feel it appropriate.	1/15/2016 10:02 AM
27	I like that there are people who are going through similar struggles to me. I also like being able to celebrate my successes and the successes of others	1/15/2016 9:45 AM
28	It's a private forum where I am able to speak honestly with people who will understand or have their own frames of reference.	1/15/2016 9:27 AM
29	Talking to others who know how I'm feeling and getting advice and encouragement when I can't find it within my family or friends. Lovely people, I know I can count on you all if I need it!	1/15/2016 9:08 AM
30	Its helpful to blurt! When I'm feeling a little overwhelmed or just need a little bit of focus on an issue.	1/15/2016 8:50 AM

31	Lots of positive support, kindness, encouragement, understanding	1/15/2016 8:40 AM
32	I can be honest about how I'm really feeling. I can encourage and be encouraged	1/15/2016 8:26 AM
33	The very fact i connect with peers: the empathy. The support I get through comments and likes. The opportunity to shout for help 24/7. Helping others	1/15/2016 1:33 AM
34	The stark reality of the posts	1/15/2016 1:32 AM
35	.	1/15/2016 12:15 AM
36	Realisation that I'm not alone	1/15/2016 12:10 AM
37	Knowing I'm not alone	1/15/2016 12:06 AM
38	Lots of things. The main thing being able to offload/blurt on fb without people I know in real life seeing. But, what's kept me is everyone's helpfulness... the posts about creativity... the posts about everyday things... Also, helping others makes me realise that I'm not as bad as I think I am.	1/14/2016 11:46 PM
39	All of the members are supportive and kind, and it helps to have people who understand and can relate to me and not judge me. It also feels safe.	1/14/2016 11:31 PM
40	Literally just got here. But a space to be honest about depression is what I am hoping.	1/14/2016 11:28 PM
41	Lovely, supportive people Always someone there Knowledge and empathy Community Posts like the garden and showing off hobbies and art, self care, positives.	1/14/2016 11:11 PM
42	Having someone to talk to who understands. Feeling like I'm part of a community. Making friends.	1/14/2016 10:53 PM
43	i can write if im having a good day. i can write if im having a crap day. i can write just about anything (within reason)	1/14/2016 10:32 PM
44	Sharing photos and posts within the group,it's a massive support when times are difficult and everyone is lovely in the group x	1/14/2016 10:26 PM
45	Helpful, heart warming advice and phrases appearing on my timeline.	1/14/2016 10:18 PM
46	Seeing I'm not alone.	1/14/2016 10:17 PM
47	that there is a space to blurt but its a closed group. I have been able to support others and make them feel less alone and in turn that has made me feel less alone in my issues	1/14/2016 10:01 PM
48	Reading how other people cope day to day	1/14/2016 9:57 PM
49	The safe place environment, understanding, empathy & the ability to respond to others in a likeminded & mindful manner.	1/14/2016 9:52 PM
50	Genuine support, lots of empathy and understanding. Belonging to a group where it's safe to vent/share your feelings.	1/14/2016 9:47 PM
51	Helpful advice and comments	1/14/2016 9:42 PM
52	Like minded people who are all so supportive and non judgmental and I feel confident that I can dip in or out	1/14/2016 9:41 PM
53	Not feeling alone A safe place to be. Being able to support others using my own experiences	1/14/2016 9:39 PM
54	Having somewhere I can say what I need to say when I'm having a wobble, I never expect that anyone else will be able to solve my blurt and I wouldn't use it to ask for "help" it's just about the blurt for me.	1/14/2016 9:26 PM
55	Seeing other peoples posts, being able to support other people and being able to ask for help without feeling silly	1/14/2016 9:24 PM
56	The encouraging posts. I would also suggest that as well as the book group; it would be nice to have a knit group (having read Knitting for Health & Wellbeing) & possibly an Art / Colouring group- where members know there should be more positivity.	1/14/2016 9:22 PM
57	I dont feel so alone and its evidence im not an odd ball	1/14/2016 9:20 PM
58	Being surrounded (electronically) by people who understand what I going through	1/14/2016 9:06 PM
59	That everyone is so helpful and supportive	1/14/2016 9:00 PM
60	That I'm not alone, that others are suffering too.	1/14/2016 8:44 PM
61	Having a safe space to ask for advice, vent, share a giggle.	1/14/2016 8:39 PM
62	The positive posts.	1/14/2016 8:03 PM
63	It is a place which I know I can unload any of my fears and worries. Its also where I can share the happier side of my life. I know that its there whether at 12am when its dark and lonely to 15:00 when I have something to share.	1/14/2016 7:50 PM
64	Exchanging views and experiences of MH issues with like-minded people, plus discussions about other things	1/14/2016 7:48 PM
65	Nice people, always there to support each other and I know there will always be someone there to offer me advice and a virtual cuddle	1/14/2016 7:42 PM

66	There are a lot of people to give you advice so it can vary and you're able to find a solution to your problems through trial and error	1/14/2016 7:33 PM
67	The friendly support and sensible advice given.	1/14/2016 7:24 PM
68	Having others to talk to that understand and can relate to what I am going through. Also as a resource place to share helpful articles etc..	1/14/2016 7:24 PM
69	Helping people and feeling safe to just rant about stuff I don't talk to others about I am a very shy person and feel very judged so it's nice to have a safe haven I can let stuff out to	1/14/2016 7:18 PM
70	I like reading other peoples posts, unfortunately im not that brave to post, maybe someday though. Any posts i read always has good advice and tips. Trigger warning posts say they are trigger warnings so its up to each individual to decide if they want to read them	1/14/2016 7:18 PM
71	Being able to see how people help others	1/14/2016 7:00 PM
72	Being reassured that you are not alone also being able to help others	1/14/2016 6:30 PM
73	That others have similar problems to mine and that information is shared that helps them and may help me. Also if someone has a question or feels a certain way and I have had similar problems I can hopefully help them by responding to their post and make them feel less isolated.	1/14/2016 6:24 PM
74	Seeing that I'm not alone and that if I do post, sometimes people do care.	1/14/2016 6:23 PM
75	People understand and get me	1/14/2016 6:20 PM
76	Knowing I'm not alone and that other people understand.	1/14/2016 6:18 PM
77	Seeing both the issues and advice from members - which is often similar to my own experience yet I haven't posted.	1/14/2016 6:17 PM
78	Reading people's experience and sometimes answering	1/14/2016 6:10 PM
79	It's just nice to know that I am not alone and that people know what you are going through.	1/14/2016 6:04 PM
80	Everyone is really friendly and supportive and the vast majority of people take their time and make meaningful comments to your posts which are really helpful.	1/14/2016 5:58 PM
81	Can ask for advice from people who understand	1/14/2016 5:56 PM
82	It's a place to share when I feel I have no one else to talk to. Having the support of others when they reply to your posts. Chatting to different people who understand what you're going through. Managing to support others.	1/14/2016 5:54 PM
83	Being able to blurt.. knowing that people out there can relate	1/14/2016 5:53 PM
84	I enjoy reading posts of others and sometimes comment of them	1/14/2016 5:52 PM
85	Supportive nature of the inhabitants	1/14/2016 5:50 PM
86	The fact that everyone understands. I don't always need advice, sometimes it's just nice to know that people know how I feel, and they care enough to read about it.	1/14/2016 5:47 PM
87	I like that everyone is always so helpful and encouraging. I can post to the group things I can't speak about to my family and friends safe in the knowledge that everyone understands and I always get a positive response.	1/14/2016 5:47 PM
88	to be there for eachother in hour of need.	1/14/2016 5:39 PM
89	I joined this group after a link was in an article about why self care is important. I hoped to join this group for information and updates about self care. I like being able to suggest things like colouring books etc to share things that have helped me. I was not expecting suicidal and desperate posts.	1/14/2016 5:37 PM
90	If I'm feeling bad about something and I post, there's normally someone to give me little boost and a push in the right direction.	1/14/2016 5:35 PM
91	Knowing that I can share my feelings to people that will understand and not judge me.	1/14/2016 5:28 PM
92	That I'm not alone and others know and feel the same as I do sometimes	1/14/2016 5:23 PM
93	The fact that I feel like i belong somewhere in a group with people who have had similar experiences as me.	1/14/2016 5:22 PM
94	Almost everything	1/14/2016 5:20 PM
95	The support I'm given when in a dark place and also being able to help others when they're in a bad place and I'm well. Reading other posts that are similar to my own feelings also help me feel im not alone and its good to talk to people who know what its like to have MH problems	1/14/2016 5:19 PM
96	I like that there is no real censorship. Hard to say how you feel if you have to filter...	1/14/2016 5:19 PM
97	I love the group. I like how I can post at anytime and someone will always be there for me. I like reading through other people's posts and seeing everyone helping each other and taking advice from each other. The group has helped me on numerous occasions.	1/14/2016 5:17 PM

98	Being able to talk with like minded people about things which I wouldn't share elsewhere.	1/14/2016 5:09 PM
99	That it's a safe place to share & to offer support	1/14/2016 4:59 PM
100	I like that people are supportive, and you're able to say what you're feeling and not be judged for it.	1/14/2016 4:57 PM
101	It's a great way to receive advise from people quickly. I feel comfortable to talk openly on the group, as I know people won't judge me.	1/14/2016 4:53 PM
102	Being able to say anything	1/14/2016 4:42 PM
103	Support from others who understand and care. Also allows an opportunity to help others.	1/14/2016 4:33 PM
104	Member support, others posts to realise you're not alone, support resources shared	1/14/2016 4:33 PM
105	The friendly support we offer each other.	1/14/2016 4:27 PM
106	Reading other's experiences and how they cope (or not) with them. Being able to reach out and give support to others. A safe place to express fears, feelings, concerns that I can't voice anywhere else	1/14/2016 4:23 PM
107	The posts where people are brave enough to speak out.	1/14/2016 4:21 PM
108	Reading other people's posts and knowing I'm not alone in the way I feel.	1/14/2016 4:19 PM
109	That you get support when you need it.	1/14/2016 4:15 PM
110	its a place where I can feel less alone. I like how I can be scared to say something then someone else says it and I feel heard. I also like being able to share if I am struggling and also if something has gone well.	1/14/2016 4:05 PM
111	Wreaking others problems and relating to them	1/14/2016 3:57 PM
112	The self care challenges when I can find them !!! The tips and positive support and advice from others in the group.	1/14/2016 3:55 PM
113	Friendly understanding people. It's nice to know that others understand xxx	1/14/2016 3:52 PM
114	It's helped me realise I'm not alone in how I feel with depression and anxiety. I like that I can pass on advice and try and help others if I feel I can.	1/14/2016 3:50 PM
115	Positive attitudes and a place to share worries and feelings	1/14/2016 3:50 PM
116	That everybody is open, nobody judges. It's a place to be honest in a safe, understanding environment.	1/14/2016 3:46 PM
117	That people can post and not feel alone, that people are supportive and lend advice when needed.	1/14/2016 3:45 PM
118	Being able to 'talk' to people who actually understand. I love how supportive everyone is to eachother.	1/14/2016 3:39 PM
119	Seeing how others are doing, seeking and giving advice, discovering like-minded individuals.	1/14/2016 3:35 PM
120	The comments to aid recovery and when others suggest self care idea and encourage.	1/14/2016 3:25 PM
121	Reading the stories of others	1/14/2016 3:10 PM
122	Seeing positive posts from people who have been struggling, being able to give/receive advice. Although quite often I don't feel qualified to help with more serious issues as I am quite lucky and only have mild depression compared to some in the group.	1/14/2016 3:09 PM
123	I find it a comfort to know that others are experiencing the same thing I am. I find that others have useful tools & experiences that I can draw from, and I feel I can talk more openly about my experiences in this sort of forum.	1/14/2016 3:03 PM
124	Meeting new people and hearing about other peoples' experiences.	1/14/2016 3:01 PM
125	People asking for advice and just general Nice things people are doing to help themselves	1/14/2016 2:55 PM
126	People understand and can be there for each other	1/14/2016 2:52 PM
127	I love that people are able to be there for each other	1/14/2016 2:49 PM
128	learning a lot about others issues and they mirror mine. making virtual friends. watching people progress - or not:(1/14/2016 2:48 PM
129	There's always someone else who understands what you are going through.	1/14/2016 2:47 PM
130	Being able to write about what's on my mind or depressing me in a place removed from my own facebook page. The fact that we can help each other with our problems or just find reassurance.	1/14/2016 2:41 PM
131	I liked be able to offer my support to others which in turn helps with my own depression issues.	1/14/2016 2:36 PM
132	Connecting with people who actually understand what you're going through and feeling like you can offer them something too.	1/14/2016 2:36 PM
133	The kind, compassionate, non-judgemental members who really understand what it feels like to suffer mental health problems.	1/14/2016 2:35 PM
134	The support the members receive from each other and the moderators. This group is a safe place to be open and honest, without the fear of ridicule or judgement.	1/14/2016 2:34 PM

135	The understanding atmosphere and privacy	1/14/2016 2:33 PM
136	I love seeing the positive post as well as all the advice people give to each other	1/14/2016 2:30 PM
137	Helpful advice on coping mechanisms and postes that sigh poste to other relevant services	1/14/2016 2:29 PM
138	Reading other people's experiences and advice	1/14/2016 2:28 PM
139	Having a place to come for advice if I don't want to trouble my friends and all the encouragement everyone in the group offers.	1/14/2016 2:28 PM
140	The general niceness and support	1/14/2016 2:28 PM
141	Hearing other people's advice	1/14/2016 2:27 PM
142	Knowing other people are going through similar things. I am not alone. Having a chance to support others, even if just a 'hug' and to get support / advice from those who have been where I am. I can post positives and no-one thinks my little victories are silly.	1/14/2016 2:26 PM
143	The wide range of people there	1/14/2016 2:19 PM
144	It helps me know that I'm not suffering alone.	1/14/2016 2:18 PM
145	I like to be able to ask questions & get straight talking answers from people with real experiences.	1/14/2016 2:17 PM
146	Following posts and knowing I'm not alone. Sometimes commenting on posts and ocassionally posting myself.	1/14/2016 2:15 PM
147	The support and feeling of community	1/14/2016 2:11 PM
148	It makes me feel I'm not the only one even though I haven't been brave enough to post on my own account . Also that maybe I can offer some help by commenting on posts.	1/14/2016 2:09 PM
149	Having somewhere to blurt where I don't have to worry about the responses I get. Sharing experiences with people from all over who are lots of diferent ages - I've been through some stuff that many my age haven't so that's quite helpful. Also having a branch out into the world. I live quite an isolated life since my mental health deteriorated so it's lovely for that.	1/14/2016 2:08 PM
150	Self help, encouragement, challenges	1/14/2016 2:07 PM
151	Sharing feelings and thoughts with people who understand	1/14/2016 2:05 PM
152	The group support, being able to talk to like minded people	1/14/2016 2:04 PM
153	Like minded people who have been there and just know how it is to be mentally ill. Asking others opinions about drug side effects. Finding out more about BPD I think the group is amazing and very well moderated	1/14/2016 2:02 PM
154	It feels like a safe space to share thoughts I can't share anywhere else, where I can benefit from other people's experience and even offer support myself.	1/14/2016 2:01 PM
155	Reading posts and finding helpful advice	1/14/2016 1:59 PM
156	People are friendly and usually reply. I particularly like the posts from admin asking for favourite apps or what people do to unwind and the january challenge.	1/14/2016 1:58 PM
157	Hearing about how others cope with mental health problems and sharing ideas A sense of community and feeling less isolated Able to speak openly without fearing judgement	1/14/2016 1:56 PM
158	Being able to discuss my situation with people who understand and empathise, but don't judge.	1/14/2016 1:56 PM
159	I love being able to speak to people who understand and who have been there. I love seeing some of the same posters crop up every now and then and seeing how they're doing.	1/14/2016 1:55 PM
160	There's always someone on at any time of day for support	1/14/2016 1:55 PM
161	I liked the friendly nature and the support received from other members of the group	1/14/2016 1:53 PM
162	Acceptance, and the real care and support members have for each other. The ability to say here what I couldn't say anywhere else, Inc loved ones.	1/14/2016 1:53 PM
163	Help and advice that people offer each other.	1/14/2016 1:50 PM
164	I like that there are trigger warnings and that every post tries to get answered. The group has saved my life.	1/14/2016 1:49 PM
165	The actual peer support that occurs, the discussion.	1/14/2016 1:48 PM
166	The support from others and the opportunity for someone else's story to provide clarity to your own.	1/14/2016 1:47 PM
167	You feel less alone and people can support you.	1/14/2016 1:47 PM
168	There are a range of different types of posts, I find the pictures and inspirational ones the best. You also know that people are in the same boat as you and that you can be there for each other	1/14/2016 1:46 PM

169	It's rare that you're part of a group where the level of understanding of my issues is this high. I've found the non-medical help invaluable.	1/14/2016 1:46 PM
170	Seeing that the feelings I am having are not unusual and you want to post you can.	1/14/2016 1:45 PM
171	Somewhere safe to say how I feel, good or bad.	1/14/2016 1:45 PM
172	I like that people respect one another and don't judge.	1/14/2016 1:44 PM
173	The fact that I can post my problems and know I won't get judged	1/14/2016 1:44 PM
174	The support and good advice	1/14/2016 1:44 PM
175	Seeing my experience isn't unusual. Occasionally adding my comments	1/14/2016 1:43 PM
176	Advice and a understanding ear when you need it	1/14/2016 1:42 PM
177	Advice from others in same situations	1/14/2016 1:40 PM
178	self care inspirations, positive stories, shared problems	1/14/2016 1:40 PM
179	Sharing problems and finding empathy and advice.	1/14/2016 1:39 PM
180	The support & understanding.	1/14/2016 1:38 PM
181	That there are alot of people who know what you're going through. That you can comment freely on other's posts and that it is a safe place for people on need to let their thoughts out.	1/14/2016 1:34 PM
182	Realising that I'm not the only one with problems. Feeling part of a community, using tips other people give to self help. Helping others.	1/14/2016 1:34 PM
183	It is a safe place to share my achievements and my sad times.	1/14/2016 1:33 PM
184	A problem shared is a problem halved. Also some members may know what I don't, and their advice can be crucial.	1/14/2016 1:30 PM
185	Unwavering support to and from other members.	1/14/2016 1:30 PM
186	How reading about others depression helps me realize I am not in fact going mad	1/14/2016 1:24 PM
187	Knowing other people understand. Loving seeing other peoples achievements and being there for people when they need support.	1/14/2016 1:24 PM
188	Reading about like minded people and not feeling quite so lonely.	1/14/2016 1:23 PM
189	So supportive and helpful.	1/14/2016 1:23 PM
190	Acceptance . Reading how others are coping. By responding to others it reminds me to be kin to myself as well.	1/14/2016 1:22 PM
191	Feeling less alone. Advice at hand.	1/14/2016 1:22 PM
192	Being able to be in a community of people where you don't feel so alone all the time and can share helpful tips and advice to busy the mind.	1/14/2016 1:22 PM
193	Knowing I'm not alone	1/14/2016 1:22 PM
194	Support from other users and knowing I'm not alone	1/14/2016 1:21 PM
195	To hear others stories and to see how others find successful ways of coping	1/14/2016 1:18 PM
196	Open discussion	1/14/2016 1:16 PM
197	The advice and guidance others can give.	1/14/2016 1:16 PM
198	Being able to talk to people who know and understand what I am feeling.	1/14/2016 1:16 PM
199	General advice on what seems to work for people.	1/14/2016 1:16 PM
200	The mutual support.	1/14/2016 1:10 PM
201	to know im not alone	1/14/2016 1:10 PM
202	It makes me feel less alone in my feelings.	1/14/2016 1:10 PM
203	It gives me the platform to share my feelings, as well as helping other people.	1/14/2016 1:09 PM
204	Being able to share experiences and see that other people are struggling with similar issues which in itself helps me feel better knowing I'm not alone in my struggle.	1/14/2016 1:09 PM
205	Knowing that there are others who have had similar experiences.	1/14/2016 1:09 PM
206	The supportive and friendly members	1/14/2016 1:09 PM
207	everyone understands me, im not alone	1/14/2016 1:08 PM
208	Other people's coping strategies and giving some of my own	1/14/2016 1:08 PM

209	Being able to connect with people in a similar situation as yourself. Being able to speak openly without fear of judgement or criticism.	1/14/2016 1:06 PM
210	It has a feeling of belonging and there is a guarantee someone knows exactly how you feel.	1/14/2016 1:06 PM
211	Somewhere to talk about what's happening and not feel judged	1/14/2016 1:05 PM
212	The community spirit	1/14/2016 1:05 PM
213	Feeling like I can speak about what is worrying me	1/14/2016 1:05 PM
214	The support everyone gives	1/14/2016 1:04 PM
215	The helpful responses of people going through the same	1/14/2016 1:04 PM
216	Gaining motivation, inspiration, support, insight. Not feeling so alone. Always having things to read when I need to. Feeling like I might be able to help someone a little.	1/14/2016 1:01 PM
217	Lack of judgement, good advice, lovely people	1/14/2016 12:57 PM
218	That everyone understands what you're going through	1/14/2016 12:57 PM
219	Everyone is supportive and non judgemental.	1/14/2016 12:56 PM
220	Being able to post how I'm feeling in a safe and supportive environment	1/14/2016 12:55 PM
221	That there is no judgement when you just need to have an outburst. Everyone's been there - paranoid, lost, upset, lonely, irrational - it helps you get it off your chest then (hopefully) get on with life.	1/14/2016 12:55 PM

Q3 What's been the best thing about being in the Peer Support Group?

Answered: 220 Skipped: 2

#	Responses	Date
1	Having somewhere to go and talk about my depression truefully.	1/19/2016 10:02 AM
2	Daily posts	1/19/2016 5:17 AM
3	I can speak about anything and feel safe. It makes me feel better by giving others advice and kind words, if I'm feeling bad then I know others will do the same for me.	1/19/2016 12:20 AM
4	The accepting nature of the group	1/18/2016 11:49 PM
5	Knowing that I'm not alone	1/18/2016 11:41 PM
6	It's real life not fiction	1/18/2016 11:26 PM
7	The people, and the attitude of the people (everyone is really lovely).	1/18/2016 9:47 PM
8	Having someone to talk to.	1/18/2016 9:26 PM
9	Knowing I'm not alone in struggling with depression.	1/18/2016 8:54 PM
10	Being able to have someone to talk to at any time of the day.	1/16/2016 4:18 PM
11	Reading positive comments from people who are helping others or managing their own depression. Understanding of other members.	1/16/2016 1:56 PM
12	I haven't actually posted anything myself but I like reading words of support from other people.	1/16/2016 1:23 PM
13	The support shown is amazing, and heart warming. I agree with the reasons for making changes, but on the other hand it's amazing the support recieved and the difference it can make.	1/16/2016 11:22 AM
14	Same as above. People who understand.	1/16/2016 7:50 AM
15	Peer support. Not feeling I'm the only one.	1/16/2016 7:30 AM
16	Interaction with others who are the same as me	1/16/2016 2:02 AM
17	Knowing there were like minded people thre when i was really strugglibg.	1/15/2016 10:31 PM
18	That I have somewhere to dip in to if I have a day where I am really struggling. That it highlights that I am not alone.	1/15/2016 8:55 PM
19	The peer support offered from other users who post about their life experiences both positive and negative. The fact that if I am struggling I can post about this and be supported by these peers. Also peoples photos of what they are doing and their pets and the self-care challenges which remind me that taking care of myself is important too!!	1/15/2016 6:19 PM
20	Knowing I'm not alone.p	1/15/2016 6:13 PM
21	Being amongst people who just 'get it'	1/15/2016 2:44 PM
22	The support and advice from others. Making online friends. Daily contact with a few supportive members.	1/15/2016 2:29 PM
23	complete strangers caring about your day. or your night if you don't sleep.	1/15/2016 1:38 PM
24	contact with people struggling with similar problems as I recently had to leave a real life support group I have felt isolated	1/15/2016 1:18 PM
25	Being able to recognise and gain tips on what to do to help my mental health	1/15/2016 1:09 PM
26	Being able to dip in and out as I want to	1/15/2016 10:02 AM
27	Knowing that when I was at my absolute lowest, it was a safe place to go. The only place.	1/15/2016 9:45 AM
28	When in a positive frame of mind, and I've time available to do so, I give back to the community and help others because I'm a big believer of helping others wherever I can.	1/15/2016 9:27 AM
29	The amount of support. It's hard to keep friends sometimes when you're struggling with mental illness and they say support from family or friends will get you through it. Not many people have that like me. It's nice to find a way around it here!	1/15/2016 9:08 AM
30	people who I don't know being supportive of me just because they know how it feels to be in a similar spot.	1/15/2016 8:50 AM
31	Being able to post when having a bad day and feel less alone.	1/15/2016 8:40 AM

32	support from others who understand	1/15/2016 8:26 AM
33	Connecting with peers has contributed to the start of my recovery.	1/15/2016 1:33 AM
34	Kindness offered	1/15/2016 1:32 AM
35	.	1/15/2016 12:15 AM
36	Other people acknowledging that my problems are not unique	1/15/2016 12:10 AM
37	The support I get when I posted	1/15/2016 12:06 AM
38	Knowing that I'm not alone. No matter what weird problem I've posted, someone has some sort of experience to support me.	1/14/2016 11:46 PM
39	The understanding nature of the members and the support even just through a like.	1/14/2016 11:31 PM
40	Other people's ideas for being better	1/14/2016 11:28 PM
41	Lovely supportive community. You know you will be accepted and looked after if you ask for help Being able to help others out of places you've been, the ability to reach out and hopefully make a difference to someone	1/14/2016 11:11 PM
42	people who can make me laugh when I'm down and also reassure me when I need it. Being able to do the same for others	1/14/2016 10:53 PM
43	thers always someone worst off than me - makes me feel better, and reminds me how far in my journey back to wellness i have come. theres always someone further on in that journey - encouraging me to get better.	1/14/2016 10:32 PM
44	Making new friends. Support when life feels like it's falling apart x	1/14/2016 10:26 PM
45	Knowing I am not the only one.	1/14/2016 10:18 PM
46	Reminding me that there are others like me when I feel alone.	1/14/2016 10:17 PM
47	self care challenge other people's ideas links to other useful websites, groups, information	1/14/2016 10:01 PM
48	Knowing that what I am feeling, others are too	1/14/2016 9:57 PM
49	Being able to offer support & understanding to others in similar situations. Being heard.	1/14/2016 9:52 PM
50	Finding like minded people who understand without judgement being involved.	1/14/2016 9:47 PM
51	Helping other members	1/14/2016 9:42 PM
52	Knowing I'm not alone and that any foibles are understood by others.	1/14/2016 9:41 PM
53	The above	1/14/2016 9:39 PM
54	The virtual garden!! It has felt like a few of us could share an experience and its calming to escape	1/14/2016 9:26 PM
55	Seeing people post when they are feeling better	1/14/2016 9:24 PM
56	Knowing that you're not alone &:also discussions about different anti depressants.	1/14/2016 9:22 PM
57	Seeing other peoples posts both positive and negative ones. Ie those who are experiencing struggles which i can identify with	1/14/2016 9:20 PM
58	A tough night when I needed to ask for support. I can not tell my son (only person in my house) what's happening and desperately trying to stay strong enough to fight - the group helps	1/14/2016 9:06 PM
59	seeing that even though people are fighting through mental health problems they can come together and help others	1/14/2016 9:00 PM
60	Posts throughout day & night so always something new to see etc	1/14/2016 8:44 PM
61	Knowing that there are other people in the same boat. Finding answers to questions that have been bothering me.	1/14/2016 8:39 PM
62	"Meeting" like minded people and everyone trying to support each other.	1/14/2016 8:03 PM
63	The feeling of a little family	1/14/2016 7:50 PM
64	Getting to know some really good people online	1/14/2016 7:48 PM
65	Making friends, supporting other people and being part of a wonderful community	1/14/2016 7:42 PM
66	Just the over whelming support everyone gives each other it makes me happy to see people being helped	1/14/2016 7:33 PM
67	Being in a group of people I can open up to without being judged	1/14/2016 7:24 PM
68	I don't feel as lonely.	1/14/2016 7:24 PM
69	Helping others and being able to just rant about what may seem like trivial stuff to others but is important to me	1/14/2016 7:18 PM
70	I know now im not alone in how i feel	1/14/2016 7:18 PM

71	Knowing that people are there	1/14/2016 7:00 PM
72	The uplifting comments and advice along with the items mentioned above	1/14/2016 6:30 PM
73	Feel less isolated.	1/14/2016 6:24 PM
74	Knowing I'm not alone	1/14/2016 6:23 PM
75	The responses I've had to my posts	1/14/2016 6:20 PM
76	Feeling that others understand and being able to show support to others.	1/14/2016 6:18 PM
77	It's a safe space to speak out about something that's troubling me.	1/14/2016 6:17 PM
78	Reading people's experience and sometimes answering	1/14/2016 6:10 PM
79	I've learnt so much more about mental health and the importance of taking care of it.	1/14/2016 6:04 PM
80	I like having the space to say how I'm feeling knowing that I'm posting in a space where other people have been through similar situations and feelings.	1/14/2016 5:58 PM
81	See above	1/14/2016 5:56 PM
82	Receiving kind words from others when you I've felt like I've had no one else to turn to.	1/14/2016 5:54 PM
83	Not being judged.	1/14/2016 5:53 PM
84	Not feeling alone	1/14/2016 5:52 PM
85	The opportunity to vent to people with similar issues and experiences	1/14/2016 5:50 PM
86	I've spoken to some and inspirational people.	1/14/2016 5:47 PM
87	The great support of strangers and that fact that so many people are so caring they become like friends.	1/14/2016 5:47 PM
88	understanding how we feel and help if we can	1/14/2016 5:39 PM
89	feeling like you can help and support others. Get new ideas for self care and continued ways to look after myself and ward of depression and anxiety.	1/14/2016 5:37 PM
90	Having the confidence to speak out to like minded people about my illness.	1/14/2016 5:35 PM
91	Getting advice and support from like - minded people	1/14/2016 5:28 PM
92	As above and also I can share things u have experienced to help others	1/14/2016 5:23 PM
93	I can be myself. I don't have to put on a façade if I choose to post- I can be honest about my feelings to people who will actually understand.	1/14/2016 5:22 PM
94	Making new friends and feeling less alone	1/14/2016 5:20 PM
95	Feeling you're not alone	1/14/2016 5:19 PM
96	Being able to help and ask for help	1/14/2016 5:19 PM
97	The amount of people willing to help is so lovely. I've found a lot of the advice very useful and has really helped me.	1/14/2016 5:17 PM
98	It makes me feel safe and included which is something I don't feel usually	1/14/2016 5:09 PM
99	Feeling accepted	1/14/2016 4:59 PM
100	Its great to have support during tough times, but also great to see the support during positive times as well.	1/14/2016 4:57 PM
101	You know that the group is here to support you, and everyone just wants to help you.	1/14/2016 4:53 PM
102	Not being judged	1/14/2016 4:42 PM
103	Open space to let your feelings show without judgement or negativity.	1/14/2016 4:33 PM
104	Understanding common ground	1/14/2016 4:33 PM
105	Making friends, learning that we aren't alone, and that some of the strange symptoms we have are shared.	1/14/2016 4:27 PM
106	A sense of community	1/14/2016 4:23 PM
107	Knowing support is there.	1/14/2016 4:21 PM
108	Having somewhere I can post my thoughts/feelings or ask questions about mental health without worrying about the reaction I might get	1/14/2016 4:19 PM
109	That I have met some wonderful people who have become really supportive. These people I have chosen to contact by PM	1/14/2016 4:15 PM
110	meeting people who understand what I am going through and receiving a truly beautiful at of kindness of a buddy box which really meant a lot to me.	1/14/2016 4:05 PM

111	Knowing u will always have the support of others no matter what	1/14/2016 3:57 PM
112	That we all have some understanding of what we are each going through and want to offer help and tips that have helped us.	1/14/2016 3:55 PM
113	A safe place to speak about my illness	1/14/2016 3:52 PM
114	Seeing people's progress.	1/14/2016 3:50 PM
115	Having a place to share/read about worries	1/14/2016 3:50 PM
116	Realising that I'm not on my own. Life with mental health issues can be very isolating	1/14/2016 3:46 PM
117	Knowing I'm not alone and that others feel the same as me.	1/14/2016 3:45 PM
118	Feeling a part of something amazing. The support and advice by other members.	1/14/2016 3:39 PM
119	New friendships	1/14/2016 3:35 PM
120	A peer support group would cover being mutual and reciprocal	1/14/2016 3:25 PM
121	Identifying with other people	1/14/2016 3:10 PM
122	Feeling like I'm not alone	1/14/2016 3:09 PM
123	Writing a comment to help someone else, drawing on my own experience and realising I've never voiced those experiences and concerns before, but somehow I feel comfortable doing so in this group.	1/14/2016 3:03 PM
124	Making new friends and having somewhere to turn.	1/14/2016 3:01 PM
125	Ideas to lift mood	1/14/2016 2:55 PM
126	Feeling not alone and having people to help you celebrate the small successes	1/14/2016 2:52 PM
127	Not feeling so alone , have met some lovely people	1/14/2016 2:49 PM
128	the chance for me to express myself	1/14/2016 2:48 PM
129	Realising I'm not alone	1/14/2016 2:47 PM
130	As above.	1/14/2016 2:41 PM
131	All the positive feeling it get from replies I have read and posts to inspire.	1/14/2016 2:36 PM
132	Watching people make little posts that then become well known and are talked about by a lot of people - it feels like a real community.	1/14/2016 2:36 PM
133	Being able to share feelings confidentially,	1/14/2016 2:35 PM
134	The confidence that I can talk to people honestly without judgement.	1/14/2016 2:34 PM
135	Not being judged	1/14/2016 2:33 PM
136	That I no longer post my inter most thoughts on my own wall if I need to blurt I have a safe and welcoming place to do that	1/14/2016 2:30 PM
137	Helping and encouraging others	1/14/2016 2:29 PM
138	Helps with isolation	1/14/2016 2:28 PM
139	Having lots of people in one group who may be able to offer advice - different ages, backgrounds etc.	1/14/2016 2:28 PM
140	The support, the daily posts and memes	1/14/2016 2:28 PM
141	Knowing you are not alone	1/14/2016 2:27 PM
142	I can say things here that I would normally bottle up and don't feel I am being judged. There is somewhere to share anytime, day or night.	1/14/2016 2:26 PM
143	Most of the time, the support	1/14/2016 2:19 PM
144	I know that if I need the help there will be people who are willing to help me in any way that they can, even though they may be struggling too.	1/14/2016 2:18 PM
145	The support from people in similar situations.	1/14/2016 2:17 PM
146	Knowing I'm not alone. Always having someone to follow or talk to.	1/14/2016 2:15 PM
147	Knowing there is always a friendly ear to listen if I'm having a bad day	1/14/2016 2:11 PM
148	Pretty much all the above - I also enjoy reading about when people are feeling a bit better....	1/14/2016 2:09 PM
149	Sharing experiences	1/14/2016 2:08 PM
150	Making some true friends who understand where I am coming from. Being in community with others.	1/14/2016 2:07 PM

151	Really understanding that I am not alone with my depression.	1/14/2016 2:05 PM
152	Knowing I'm not alone	1/14/2016 2:04 PM
153	Hopefully being there for other people and providing support when I can. Also seeing some people progress	1/14/2016 2:02 PM
154	Knowing others who go through similar things to me.	1/14/2016 2:01 PM
155	I'm a lurker and really struggled to post ex the odd hug but just popping in and having read realise not the only one or on my own	1/14/2016 1:59 PM
156	There seems to be people awake at anytime. Also that noone tells us not to post at 4 am because 'some of us are asleep'. They should turn their notifications off	1/14/2016 1:58 PM
157	Sharing helpful strategies to improve mental health	1/14/2016 1:56 PM
158	The advice and recommendations I've received - often very practical but always very helpful.	1/14/2016 1:56 PM
159	Being able to be open and honest about how I'm feeling and not having to put up a front.	1/14/2016 1:55 PM
160	Realising I'm not alone	1/14/2016 1:55 PM
161	Being able to help others who are going through similar things to me	1/14/2016 1:53 PM
162	Support. Not being alone. And a bit of fun. Oh, and finding new friends who "get it".	1/14/2016 1:53 PM
163	To know I'm not alone.	1/14/2016 1:50 PM
164	The sense of community and no judgement. It's the only place I feel safe.	1/14/2016 1:49 PM
165	Receiving positive ideas on how to "do" self-care	1/14/2016 1:48 PM
166	Knowing I'm not alone with my mental health problems.	1/14/2016 1:47 PM
167	Meeting others that feel the same as you.	1/14/2016 1:47 PM
168	The inspirational pictures and quotes people put up	1/14/2016 1:46 PM
169	The level of support and for the most part that someone is always there when one is struggling.	1/14/2016 1:46 PM
170	Not feeling alone.	1/14/2016 1:45 PM
171	Support when I am having a bad day, validation that it is OK to have a bad day and celebration when things are good	1/14/2016 1:45 PM
172	Getting the perspective of other people suffering with anxiety/depression, and realising i'm not alone	1/14/2016 1:44 PM
173	The support by other members	1/14/2016 1:44 PM
174	Seeing that other people feel the same way I do	1/14/2016 1:44 PM
175	Seeing how much it does for some people	1/14/2016 1:43 PM
176	People understand what you are going through	1/14/2016 1:42 PM
177	Talking to others	1/14/2016 1:40 PM
178	self care inspiration....changed my life in a few short weeks!	1/14/2016 1:40 PM
179	Hearing about people's achievements how ever insignificant they may think it is.	1/14/2016 1:39 PM
180	Meeting other people with lived experience.	1/14/2016 1:38 PM
181	That you can comment and post freely without judgement.	1/14/2016 1:34 PM
182	Increasing my confidence to fight my illness.	1/14/2016 1:34 PM
183	The support of my peers	1/14/2016 1:33 PM
184	See above	1/14/2016 1:30 PM
185	Friendship etc from people in same/similar situation to myself	1/14/2016 1:30 PM
186	Not feeling alone	1/14/2016 1:24 PM
187	A sense of community with other folk who understand.	1/14/2016 1:24 PM
188	Knowing I'm not alone in my feelings	1/14/2016 1:23 PM
189	Its one massive family	1/14/2016 1:23 PM
190	Acceptance	1/14/2016 1:22 PM
191	Feeling like you are helping someone.	1/14/2016 1:22 PM
192	being able to communicate without judgement being passed on you. helping those in need	1/14/2016 1:22 PM

193	Having support from my posts	1/14/2016 1:22 PM
194	Knowing I'm not alone	1/14/2016 1:21 PM
195	Seeing how others find ways of coping and trying these myself	1/14/2016 1:18 PM
196	Helping others often helps me	1/14/2016 1:16 PM
197	Interacting with others who have similar experiences.	1/14/2016 1:16 PM
198	Not feeling alone and finding people I can talk to	1/14/2016 1:16 PM
199	Support to talk about my fears that I find hard to say to friends	1/14/2016 1:16 PM
200	The support. Knowing you're not alone.	1/14/2016 1:10 PM
201	talking to others and not feeling judged	1/14/2016 1:10 PM
202	Getting encouragement from others and feeling that I can put some of my worst experience to good use in helping others.	1/14/2016 1:10 PM
203	Making so many friends.	1/14/2016 1:09 PM
204	Finding and making friends with people who have been through almost identical scenarios. Receiving support in my time of need.	1/14/2016 1:09 PM
205	Just knowing others are out there.	1/14/2016 1:09 PM
206	All the help I have received and the people I've met	1/14/2016 1:09 PM
207	that im not alone, that other people go through bad times too	1/14/2016 1:08 PM
208	Learning from each other & knowing you're not alone in this	1/14/2016 1:08 PM
209	The useful information that is posted by admin or users. There have been some very good links posted that have helped me in desperate times and I have saved them so I can go back to them from time to time. I also recently had a buddy box bought for me which I wouldn't have know about before the group.	1/14/2016 1:06 PM
210	Seeing the support people give,always brightens my day seeing people care	1/14/2016 1:06 PM
211	Having help from everyone	1/14/2016 1:05 PM
212	The community spirit	1/14/2016 1:05 PM
213	Knowing that I am not alone	1/14/2016 1:05 PM
214	Not being judged for how I am feeling	1/14/2016 1:04 PM
215	Community.	1/14/2016 1:01 PM
216	Honestly being able to use my negative experiences to help others, it makes me feel better about them	1/14/2016 12:57 PM
217	The moderators are always happy to help and getting support from people around you who understand means that you don't feel alone	1/14/2016 12:57 PM
218	I feel like I have found kindred spirits and feel less alone	1/14/2016 12:56 PM
219	Meeting others who understand	1/14/2016 12:55 PM
220	Finding out an acquaintance was using it too. Now we support each other daily by text.	1/14/2016 12:55 PM

Q4 If we make some changes, what would you like to remain the same about the Peer Support Group?

Answered: 218 Skipped: 4

#	Responses	Date
1	The community aspect of the group. The freedom to talk about problems or ask for some ideas or advice.	1/19/2016 10:02 AM
2	Kindness	1/19/2016 5:17 AM
3	I like how open the group is in particular, it has a homey feel.	1/19/2016 12:20 AM
4	The friendliness and acceptance of the group	1/18/2016 11:49 PM
5	The support people have for one another in the good and bad times	1/18/2016 11:41 PM
6	I'm new so I have no opinion	1/18/2016 11:26 PM
7	I would like it to remain a closed and private group.	1/18/2016 9:47 PM
8	I don't know	1/18/2016 9:26 PM
9	The opportunity to be open and honest.	1/18/2016 8:54 PM
10	I'd like it to stay as a private group.	1/16/2016 4:18 PM
11	Open discussion.	1/16/2016 1:56 PM
12	Non-judgemental attitudes.	1/16/2016 1:23 PM
13	Maybe a separate group for self harm. Personally I haven't self harmed, and feel that although I'd like to give support it may be the wrong advice. Would self harmers benefit from a more specialised group?	1/16/2016 11:22 AM
14	The people generally.	1/16/2016 7:50 AM
15	The peer support system	1/16/2016 7:30 AM
16	Most of it. Cant see any reason to change anything	1/16/2016 2:02 AM
17	Focus on being dedicated to sharing with each other about depression	1/15/2016 10:31 PM
18	That it is a group that doesn't appear on friends timelines. That people can support each other and help each other. I try to help others on days I'm feeling more positive and hope that others support me on days that I need it - some other people appear to do this too. I would like this to stay the same. Some others do not, however...	1/15/2016 8:55 PM
19	The fact that people do offer real support and understanding to one another ie the ability to post about your experiences in a non judgmental setting.	1/15/2016 6:19 PM
20	People being able to talk about how they're feeling.	1/15/2016 6:13 PM
21	The trigger warnings. I think they are needed as some posts can be quite graphic.	1/15/2016 2:44 PM
22	The files, the self help prompts, the admin's help	1/15/2016 2:29 PM
23	not been in group long enough to say	1/15/2016 1:38 PM
24	I don't know what the previous rules were before the TW thing, but I feel we're all here for support with anxiety and depression, which will be the result of a lot of very different causes/issues....if people were asked only to talk about coping with A&D, and encouraged to look to other supportive sites for their more specific issues, it would remove the need for TWs, and emphasise that we can all help each other with our symptoms of A&D, especially through self care	1/15/2016 1:18 PM
25	Being able to share crafts, tips and ideas for self care	1/15/2016 1:09 PM
26	Stay exactly as you are, it is great	1/15/2016 10:02 AM
27	Supporting one another through the tough times Celebrating successes, no matter how seemingly small	1/15/2016 9:45 AM
28	It's openness; i.e. we don't screen people when they request membership. People need somewhere they can be part of something and barriers to entry will stop that.	1/15/2016 9:27 AM
29	Just how nice everyone is really. I hope you find a way to make this group work!	1/15/2016 9:08 AM
30	I think a forum would be better, Facebook is often difficult to navigate and posts get lost in news feeds	1/15/2016 8:50 AM
31	Focus on self care and recovery	1/15/2016 8:40 AM

32	I have no issues with how it is currently	1/15/2016 8:26 AM
33	Too many to say! What are you thinking of changing?!	1/15/2016 1:33 AM
34	Sorry... no answer	1/15/2016 1:32 AM
35	.	1/15/2016 12:15 AM
36	I hadn't appreciated it wasn't working well	1/15/2016 12:10 AM
37	N/a	1/15/2016 12:06 AM
38	The openness and sensitivity to everyone as individuals. The admin are amazing at BEING PART OF the group, as well as keeping everything in order.	1/14/2016 11:46 PM
39	Allow people to be notified more when someone posts in the group.	1/14/2016 11:31 PM
40	Other people	1/14/2016 11:28 PM
41	All the things I mentioned above	1/14/2016 11:11 PM
42	keep the graphic detail rule. Allow people to use broad terms like SH but not go into detail	1/14/2016 10:53 PM
43	open to everyone. confidential.	1/14/2016 10:32 PM
44	The people in the group, to make sure admin are there if any problems.	1/14/2016 10:26 PM
45	Ability to post nice supportive messages.	1/14/2016 10:18 PM
46	The ability to be open and honest.	1/14/2016 10:17 PM
47	I like the majority of blurt group	1/14/2016 10:01 PM
48	I'm not sure	1/14/2016 9:57 PM
49	It's platform for honesty! Don't take away the ability to express... Find a way to manage it, everyone needs to be heard.	1/14/2016 9:52 PM
50	The support of like minded people, those who understand even the minor day to day struggles (getting dressed/washed/out of bed).	1/14/2016 9:47 PM
51	To make the group better and stopping the comments which isn't right and to do with the group	1/14/2016 9:42 PM
52	I'm happy with it as it is and particularly liked the message about PM's	1/14/2016 9:41 PM
53	Being able to say what we feel without judgement	1/14/2016 9:39 PM
54	The emphasis on peer support. I feel that newer members think that admin/ others will have all the answers or will be available to counsel through a crisis. We share the fact that we all suffer from mental illness, we may have some useful ideas and great support but no cures or crisis service.	1/14/2016 9:26 PM
55	Everything above	1/14/2016 9:24 PM
56	I'm not really sure,	1/14/2016 9:22 PM
57	Unsure	1/14/2016 9:20 PM
58	I can't say. The group does what I need and I assume the trigger posts are from people needing what they need, I'm very sad to hear posts are not being replied to. Trigger posts worry me.	1/14/2016 9:06 PM
59	The friendly nature	1/14/2016 9:00 PM
60	Openness	1/14/2016 8:44 PM
61	I wouldn't want to make any changes. I liked the group more when it was smaller, but am glad to see it growing.	1/14/2016 8:39 PM
62	People able to post freely.	1/14/2016 8:03 PM
63	The feeling of support and safety.	1/14/2016 7:50 PM
64	The informality	1/14/2016 7:48 PM
65	Keep it a private place where people can Blurt without fear of being judged or stigmatised	1/14/2016 7:42 PM
66	Everything	1/14/2016 7:33 PM
67	The general approach. We support each other other like friends but we are not professionals	1/14/2016 7:24 PM
68	Contact with other people where you can share good and bad days.	1/14/2016 7:24 PM
69	It's fine the way it is but everything can improve	1/14/2016 7:18 PM
70	Trigger warnings a necessity i think. I like the group and reading how other peoples day going. It makes me feel part of something, kind of social in a funny kind of way.	1/14/2016 7:18 PM

71	General atmosphere	1/14/2016 7:00 PM
72	The encouragement and guidance postings I would love these to continue.	1/14/2016 6:30 PM
73	Don't know.	1/14/2016 6:24 PM
74	The availability of it and the safety	1/14/2016 6:23 PM
75	No selling and perhaps putting triggers in comments so they are hidden	1/14/2016 6:20 PM
76	I'd like to feel that it's still a safe place where u can speak about how u feel	1/14/2016 6:18 PM
77	The freedom to share (responsibly and considerately) without fear of judgment. The fact that it's not mandatory to actively post or comment to remain a member as reading others comments and posts is often as helpful.	1/14/2016 6:17 PM
78	I think it's fine	1/14/2016 6:10 PM
79	Definitely the January self-care challenge.	1/14/2016 6:04 PM
80	I'd like people to feel free and supported to post how they feel and not to feel ashamed for doing so.	1/14/2016 5:58 PM
81	The members	1/14/2016 5:56 PM
82	I would still like to feel like I could talk about what's bothering me without too many restrictions.	1/14/2016 5:54 PM
83	Happy pics /posts motivational.	1/14/2016 5:53 PM
84	N/a	1/14/2016 5:52 PM
85	The general ethos	1/14/2016 5:50 PM
86	The freedom to blurt! Not even about major things (I don't post of I'm in crisis or about anything triggering), just life.	1/14/2016 5:47 PM
87	I like virtually everything about the group, don't change it too much!	1/14/2016 5:47 PM
88	The friendliness of the group, as well to try to try to give support to people, even if it is only a hug	1/14/2016 5:39 PM
89	The self care element. People being nice supportive and appreciating comments.	1/14/2016 5:37 PM
90	I like seeing positive posts from people - saying you're going to kill yourself puts me on edge.	1/14/2016 5:35 PM
91	The ability to post at least once a day.	1/14/2016 5:28 PM
92	Peer support!	1/14/2016 5:23 PM
93	The honesty and openness of members in a safe environment.	1/14/2016 5:22 PM
94	Not sure	1/14/2016 5:20 PM
95	I like it as it is :-)	1/14/2016 5:19 PM
96	Openness	1/14/2016 5:19 PM
97	Trigger warnings.	1/14/2016 5:17 PM
98	I don't have any complaints so I wouldn't like to see anything change	1/14/2016 5:09 PM
99	That all members can still comment & offer advice	1/14/2016 4:59 PM
100	I'm quite happy with how the group is run at the moment	1/14/2016 4:57 PM
101	I would like the trigger warnings to stay as long as they are used correctly. As the groups got bigger more and more messages involve triggering subjects and i think without the warnings the group would become too triggering and I'd have to leave	1/14/2016 4:53 PM
102	Being able to be open	1/14/2016 4:42 PM
103	That it is a closed group and the possibilities to discuss a difficult topic (within reason)	1/14/2016 4:33 PM
104	Ability to share resources, peer to peer support	1/14/2016 4:33 PM
105	Our easy friendship	1/14/2016 4:27 PM
106	Freedom to post and respond freely	1/14/2016 4:23 PM
107	The caring nature and admin light nature of the group	1/14/2016 4:21 PM
108	People being able to ask questions and speak freely (within reason)	1/14/2016 4:19 PM
109	I do wonder whether it might be possible to make different groups with less people in them. I know that I look for posts from certain people and post to check if they are ok if I haven't seen them for a while. This tends to be the people who have been on for as long as I have. So perhaps there could be another group started when there are so many people in the group.	1/14/2016 4:15 PM
110	that it feels comfortable to speak out and reach out.	1/14/2016 4:05 PM

111	Everything	1/14/2016 3:57 PM
112	The self care challenges and positive tips, new information published, benefits help / advice that sort of thing.	1/14/2016 3:55 PM
113	I'm open to changes	1/14/2016 3:52 PM
114	Not sure.	1/14/2016 3:50 PM
115	A place to chat	1/14/2016 3:50 PM
116	The friendly atmosphere	1/14/2016 3:46 PM
117	That people can seek support and give advice for each other, that it remains a safe place.	1/14/2016 3:45 PM
118	You moderator guys do an awesome job! I like the way we seem to be a proper community.	1/14/2016 3:39 PM
119	The ethos	1/14/2016 3:35 PM
120	Hmm ythink a file tab need to be added for sign posting.	1/14/2016 3:25 PM
121	I don't know	1/14/2016 3:10 PM
122	Maybe have a few separate groups for people who have experienced sexual/physical abuse or self harming so there can be more specific support available for each other...	1/14/2016 3:09 PM
123	It should always be a closed group, with members approved by moderators. If I were you - the things that I would be considering changing would be: upping the numbers of moderators, where possible (trusted members - perhaps a phone interview), Separating the group into specific areas: like having a BLURT group for PTSD, Post-Natal depression, Abuse related depression etc - it allows people to focus in a little bit more, and is easier to split responsibilities between moderators e.g. 2 or 3 mods per subgroup. You'd probably still have a central group but you could link people over to a subgroup if it suits them better. There should also be links to things like FAQs / Advice pages posted often by Mods and clear information provided about how to use a Trigger Warning and what it's for. I would also like to see information put up by mods about how to find real life support groups (it could just be a link to the relevant page on your website - but its useful I think). if you're finding it hard to keep track of posts between Mods - you might want to set up like a google spreadsheet or something that you use between you - each row is a 'post' or 'issue', you can use the poster's name or initials, the date, then add any notes and mark the row as green if resolved, orange if action is required and red if it's still unanswered - then it's easy for everyone to see what's still waiting to be dealt with. Also encourage people to use the search facility. They can search for a keyword to see if others have posted about the same issue. Ultimately, I think you've stumbled upon something that is being useful to a lot of people, and that therefore you should think about seeking funding to employ someone to manage the group e.g. a couple of hours a day.	1/14/2016 3:03 PM
124	Just having somewhere to blurt!	1/14/2016 3:01 PM
125	Yes. It nam a new member but yesterday was considering leaving the page as it is severely depressing. I just like posts on happy thoughts , ideas to lift mood relating to buddy boxes and that kind of thing . The posts are becoming awful and really should be on another site or to health professionals as some are very dark they could leave others vulnerable	1/14/2016 2:55 PM
126	The fact that anything can be shared within reason	1/14/2016 2:52 PM
127	The support for each other , i like that the group is moderated and feel like it's a safe place to be , however in the short time I've been in the group I have seen more very desperate posts and it does worry me sometimes, posted last night to someone who was talking about ending their life in a way that really worried me but want to be their for anyone who needs help	1/14/2016 2:49 PM
128	everything! I feel none of the issues you mentioned. sure if i post and get 2 likes and someone else gets 50, well thats my issue	1/14/2016 2:48 PM
129	The feeling of support should stay the same. Maybe you could have a few people volunteer to check for posts unanswered, even if it's just to post a hug or bump the post up if would help those feeling left out.	1/14/2016 2:47 PM
130	As above.	1/14/2016 2:41 PM
131	The people :-)	1/14/2016 2:36 PM
132	The ability to share what you're going through with people who actually understand.	1/14/2016 2:36 PM
133	Being asked for info for blogs Self care challenges	1/14/2016 2:35 PM
134	I enjoy that myself and other users can post straight to the page without having to wait for verification or permissions. However this can sometimes be difficult as the volume of posts now means that many go unanswered.	1/14/2016 2:34 PM
135	The openness	1/14/2016 2:33 PM
136	I love the mix of problems posts, positive posts and posts that are a distaction	1/14/2016 2:30 PM
137	Support and info on help available	1/14/2016 2:29 PM

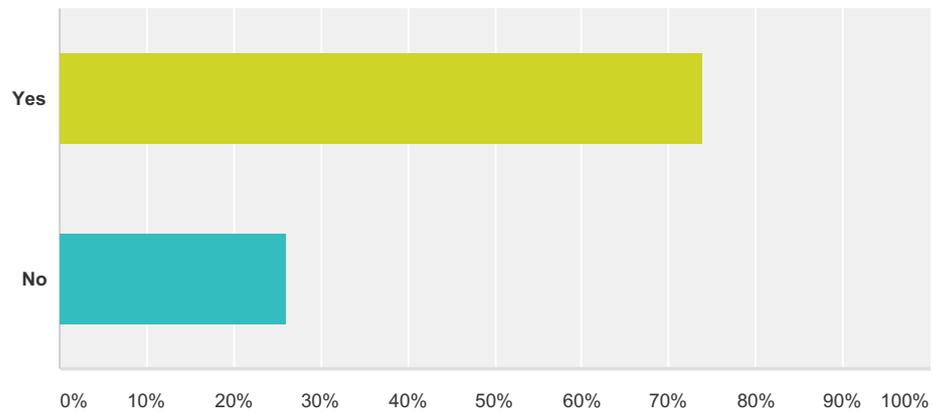
138	The moderators are helpful	1/14/2016 2:28 PM
139	Being free to post whatever we want (within reason - no selling, spamming etc)	1/14/2016 2:28 PM
140	Most if not all is good and fine for me	1/14/2016 2:28 PM
141	People being able to post as many times as they need to	1/14/2016 2:27 PM
142	It is a closed group. People can share the good days and bad days.	1/14/2016 2:26 PM
143	Not sure :(1/14/2016 2:19 PM
144	I would want the right to post anything to be the same, providing that the trigger warnings would be used correctly to keep the users safe.	1/14/2016 2:18 PM
145	The freedom to be in the group but be dormant when it suits & it to remain a private/closed group.	1/14/2016 2:17 PM
146	People still being to post openly without being judged.	1/14/2016 2:15 PM
147	I would want people to still feel free to talk openly and candidly about their mental health without fear of judgement or prejudice	1/14/2016 2:11 PM
148	I like it the way it is but having only been a member for a few weeks it's hard to know what it was like and how it was different when there were many fewer members. I think there needs to be some solution to the fact that some posts are unanswered but what that is I'm not sure - maybe some people who can be responsible just for checking for unanswered posts and no other moderator duties?	1/14/2016 2:09 PM
149	People needs to chill out on the TW thing. Triggers happen all over in life and it should be people's responsibility to manage their own triggers, not th writers responsibility to censor themselves. (other than the obvious graphic self-harm, also if anyone started promoting unhelpful things then that would need stopping)	1/14/2016 2:08 PM
150	Self help suggestions and challenges, book discussions, helpful article links	1/14/2016 2:07 PM
151	Not sure	1/14/2016 2:05 PM
152	Shared support	1/14/2016 2:04 PM
153	Don't envy you. It needs to be a closed group certainly. Maybe have a maximum size of group and then once limit is reached, start another?? I'd be willing to be a moderator.	1/14/2016 2:02 PM
154	A place to share the positives and negatives.	1/14/2016 2:01 PM
155	Tbh I like it as it is	1/14/2016 1:59 PM
156	See question w	1/14/2016 1:58 PM
157	a sense a community and inclusion of everyone. Ability to post positive things but also ask for some support	1/14/2016 1:56 PM
158	the supportive environment that provides a 'safe space' for people to open up in.	1/14/2016 1:56 PM
159	The encouragement and support I see so very often.	1/14/2016 1:55 PM
160	Yes	1/14/2016 1:55 PM
161	The same friendly nature and the guidelines	1/14/2016 1:53 PM
162	The support, the lack of judgement, the friendliness.	1/14/2016 1:53 PM
163	I hope people can still speak freely about how they are feeling.	1/14/2016 1:50 PM
164	I just want to make sure the group stays a thing and doesn't close down. It's my lifeline.	1/14/2016 1:49 PM
165	Trigger warnings only to be placed on graphic discussion (used to be the case)	1/14/2016 1:48 PM
166	The sentiment that no post goes unanswered. I know it's a tall order but it's what drew me to the group in the first place. It doesn't always happen but I can appreciate why so I try not to take it personally. Also, that people should feel free to post openly (using trigger warnings if necessary).	1/14/2016 1:47 PM
167	Posting to support each other and ask for support ect	1/14/2016 1:47 PM
168	That anyone can post things I would like more polls and things posted by moderators about what people find most helpful e.g. when you feel lonely... blah blah... what helps you best?... and then people select what they feel	1/14/2016 1:46 PM
169	The openness of people. That it's always 'open for business'.....	1/14/2016 1:46 PM
170	Posting as little or as often as you want.	1/14/2016 1:45 PM
171	I like the group as it is but understand things are changing, I am able to skip past what I can't deal with	1/14/2016 1:45 PM
172	Not sure	1/14/2016 1:44 PM
173	I like the way it is at the moment.	1/14/2016 1:44 PM
174	Positive posts	1/14/2016 1:44 PM

175	Mix of posts - sad, happy, random ones	1/14/2016 1:43 PM
176	More admits. Dedicated people who can offer help to people when they need it. (thr admins we have are amazing!! Just maybe need more)	1/14/2016 1:42 PM
177	The support from others/ self care things	1/14/2016 1:40 PM
178	need for open requests for PMs, positive posts/photos eg arts, crafts, cafe challenge, self care suggestions	1/14/2016 1:40 PM
179	That the supportive nature remains	1/14/2016 1:39 PM
180	The open platform to discuss worries & fears, even non-MH related.	1/14/2016 1:38 PM
181	The freedom of posting and commenting.	1/14/2016 1:34 PM
182	I think the group is good as it is from a members point of view already. I can imagine trigger warnings are a real tough one as one thing for one person could be triggering but not for another person so drawing the line may be very difficult and unsure if necessary if people are mature and aware that there may be topics that could be triggering.	1/14/2016 1:34 PM
183	I like the fact it is an open and safe place	1/14/2016 1:33 PM
184	Being able to make honest posts without having to disguise how I feel or "sugarcoat" my words	1/14/2016 1:30 PM
185	Open support	1/14/2016 1:30 PM
186	Seeking consent before pm's sent	1/14/2016 1:24 PM
187	The real support for one another.	1/14/2016 1:24 PM
188	As long as it stays relatively the same, and confidential I'm happy.	1/14/2016 1:23 PM
189	The structure	1/14/2016 1:23 PM
190	Kepp it smallish.	1/14/2016 1:22 PM
191	I think the trigger warning is silly.	1/14/2016 1:22 PM
192	the support of the peer group	1/14/2016 1:22 PM
193	Links to professional help in info section	1/14/2016 1:22 PM
194	Being able to support one another and also have some ideas for others to try.	1/14/2016 1:21 PM
195	The positivity	1/14/2016 1:18 PM
196	I don't know.	1/14/2016 1:16 PM
197	The interaction between members.	1/14/2016 1:16 PM
198	Tw, they are useful to avoid if I am having a bad day myself. Keeping the group closed as well.	1/14/2016 1:16 PM
199	The people are the best part of it	1/14/2016 1:16 PM
200	The fact that people are encouraged and guided to seek help if they are in crisis as I don't feel able to adequately help when someone is in immediate danger.	1/14/2016 1:10 PM
201	Trigger warnings	1/14/2016 1:09 PM
202	Accessibility.	1/14/2016 1:09 PM
203	Being able to help others.	1/14/2016 1:09 PM
204	The freeness of posts (with some exceptions of course)	1/14/2016 1:09 PM
205	the openness of sharing	1/14/2016 1:08 PM
206	As above	1/14/2016 1:08 PM
207	As long as the group stays up and running I don't really mind what changes. I like being part of this group and would feel very lost without it. I think that a few changes would definitely be for the best.	1/14/2016 1:06 PM
208	The relaxed feeling within the group	1/14/2016 1:06 PM
209	Everyone being friendly	1/14/2016 1:05 PM
210	The community spirit	1/14/2016 1:05 PM
211	Everyone able to let out what's bothering them	1/14/2016 1:05 PM
212	Being able to ask for help and reassurance	1/14/2016 1:04 PM
213	The trigger warnings - they help on bad days	1/14/2016 1:04 PM
214	Encouragment to share, feelings of inclusion, encouragement to be open.	1/14/2016 1:01 PM

215	Moderators - they are essential to the group's running. I would suggest increasing the amount to reflect the amount of people in the group, but the moderators are the ones who make sure the group is safe	1/14/2016 12:57 PM
216	Everything!	1/14/2016 12:56 PM
217	Self care and blog posts	1/14/2016 12:55 PM
218	I actually don't know what good changes there are to make, but then I do understand how a FB algorithm works and I'm not surprised posts accidentally go unanswered. So I guess my answer is; I'd keep it all the same (sorry).	1/14/2016 12:55 PM

Q5 Do you find Trigger Warnings useful?

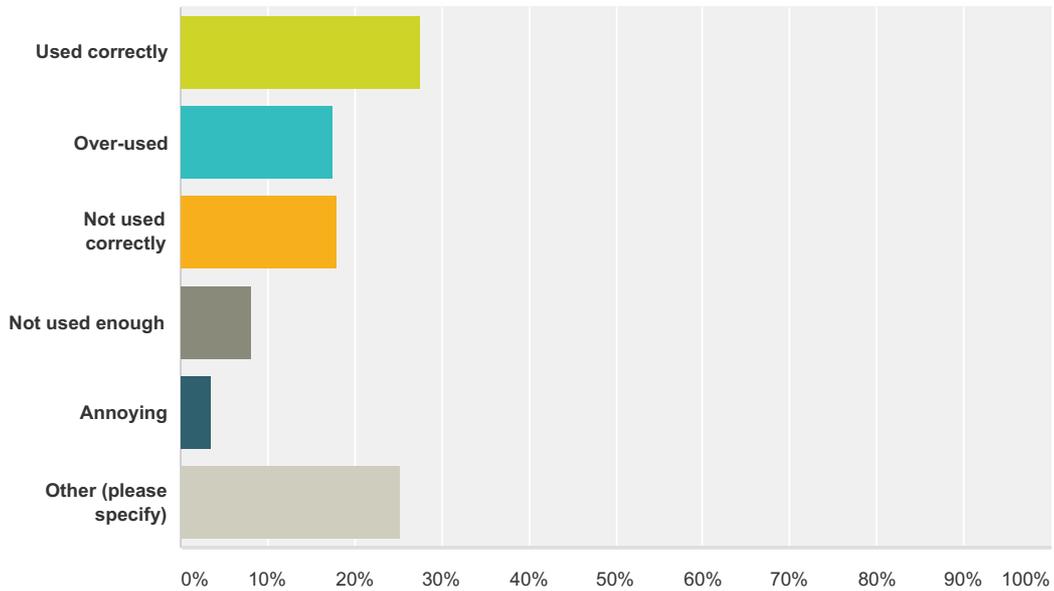
Answered: 222 Skipped: 0



Answer Choices	Responses
Yes	73.87% 164
No	26.13% 58
Total	222

Q6 In the Peer Support Group, do you feel trigger warnings are:

Answered: 222 Skipped: 0



Answer Choices	Responses	
Used correctly	27.48%	61
Over-used	17.57%	39
Not used correctly	18.02%	40
Not used enough	8.11%	18
Annoying	3.60%	8
Other (please specify)	25.23%	56
Total		222

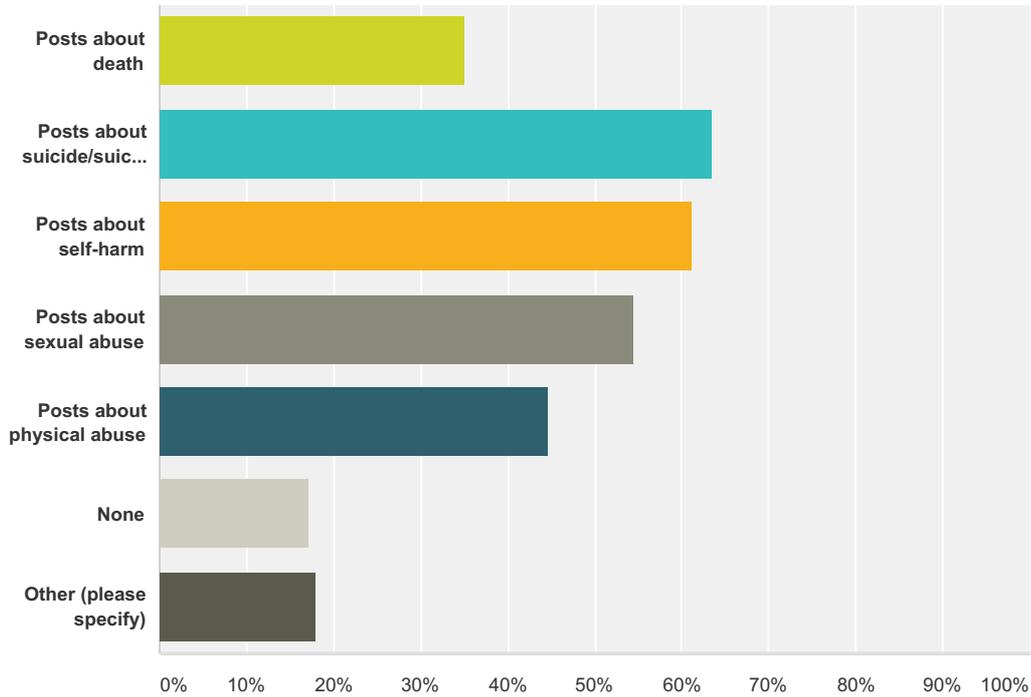
#	Other (please specify)	Date
1	Not sure what they are?	1/18/2016 11:26 PM
2	Not relevant to me. But understand their importance	1/16/2016 7:30 AM
3	I'm not affected by them so my answer to q5 is really "n/a"	1/15/2016 10:31 PM
4	Mostly used correctly, but not always.	1/15/2016 8:55 PM
5	i don't know what trigger warnings are.	1/15/2016 6:13 PM
6	Not used correctly or often enough. Can also draw you in, despite it being clear that it may be upsetting, I also feel a responsibility for the individuals IF I have responded	1/15/2016 2:29 PM
7	wouldn't be needed if we concentrated on symptoms of A&D rather than multitude of triggering causes	1/15/2016 1:18 PM
8	I think it needs to be clear that TW is in regard to self-harm or suicide, not thing such as 'my cat died'.	1/15/2016 9:45 AM
9	Some people use them correctly. Some don't. Overused making it less effective when used correctly	1/15/2016 8:40 AM
10	Apart from a flurry of incorrect usage a while back I think they are mainly used correctly	1/15/2016 12:15 AM
11	maybe there needs to be a pinned post, with the correct way of putting a Trigger Warning. What things may be triggers, and how much space to leave etc...	1/14/2016 11:46 PM

12	I think people read anyway. I know people are in a sensitive place, but I think you expect certain things to come up in a group like this, and trigger warnings are not really helpful. Anything could be a trigger to someone. I think it was better when people were directed elsewhere for things the group is not set up to deal with. saying that, when people are in real need, is it okay to turn them away? But when every other post is suicidal, or a trigger warning of one kind or another, it becomes too much to deal with.	1/14/2016 11:11 PM
13	I miss the blurt group as it started with a place to support and give ideas and share ideas. A place where you could just blurt if feeling low but it was not expected to be a crisis service and I find the useful things get lost in all the TW posts which at times are triggering. I like the gratitude threads or experiences with say SAD lamps or creative threads.	1/14/2016 10:01 PM
14	I don't have triggers. However I would think the best way to use them is to put the TW up & subheading, then post the situation in comments. That way the reader has to press on the post to read anything & doesn't risk seeing anything whilst scrolling past.	1/14/2016 9:52 PM
15	Used in the wrong way, like a signpost to who's suffering the most.	1/14/2016 9:47 PM
16	I don't think I've been overly upset about a 'tw' yet but may do if it linked to my experiences	1/14/2016 9:41 PM
17	I don't feel ill enough to have to be wary of reading anything posted	1/14/2016 9:39 PM
18	I think trigger warnings are over used. I also feel that members think that by adding a trigger warning they can then write whatever they want.	1/14/2016 9:26 PM
19	generally tells me posts to avoid if I'm feeling grotty	1/14/2016 9:22 PM
20	I don't have specific triggers so I ignore them. Not an expert on the affect.	1/14/2016 7:24 PM
21	It depends on the situation, I think people need more guidance on when trigger warnings are appropriate and have a clear outline of usage.	1/14/2016 7:24 PM
22	I feel they are a bit of both not used properly and if used it's often no point in warning	1/14/2016 7:18 PM
23	Not sure as tend to by pass them.	1/14/2016 6:24 PM
24	It depends on poster	1/14/2016 6:10 PM
25	Used too often, not appropriately, takes things too far	1/14/2016 5:56 PM
26	Mostly used well but sometimes not necessary. It's hard to anticipate what might trigger some people. Clearer guidelines might be useful here.	1/14/2016 5:54 PM
27	Not sure how well they are used.i wasn't expecting to see them at all as not sure it is the right environment for those kind of posts.	1/14/2016 5:37 PM
28	It usually makes me read them cos being nosy I wanna find out why where as no warnings I read the first couple if lines and if I can't help or is of no interest to me I scroll on by	1/14/2016 5:23 PM
29	not ALWAYS used correctly (but they are more often than not)	1/14/2016 5:19 PM
30	Used correctly most of the time but not used correctly or at all some of the time	1/14/2016 4:53 PM
31	I read the posts anyway.	1/14/2016 4:27 PM
32	I don't find myself triggered so they don't affect me either way, however I can see how other people would benefit from them.	1/14/2016 4:23 PM
33	Might work better if people put "trigger warning" then the category e.g self harm and suicide and then put their actual post as the first comment so people can't see the issue by accident-you have to actually click into the comments to see it.	1/14/2016 4:19 PM
34	used fine. However, not for me but for some perhaps the word Trigger is triggering and that is why people are having issues with it. Just my opinion.	1/14/2016 4:05 PM
35	I'm not too sure, if I notice something has a trigger warning I tend not to read them.	1/14/2016 3:50 PM
36	Didn't even know what TW meant until now!	1/14/2016 2:55 PM
37	on the whole used in the right time	1/14/2016 2:48 PM
38	Mostly used correctly but sometimes either not used enough or used incorrectly.	1/14/2016 2:36 PM
39	Unclear - some use them, some don't and it can be difficult to know what exactly the rules are	1/14/2016 2:28 PM
40	Not understood	1/14/2016 2:27 PM
41	Used mostly correctly but it seems it is hard to space things so the main topic isn't on display on newsfeed.	1/14/2016 2:26 PM
42	It tends to put me off reading it all so I never know if it would have been a trigger or not. It makes me worry that I might have missed an opportunity to help someone who was really in need.	1/14/2016 2:17 PM

43	What's triggering is so personal, everyone reacts differently. I notice a pattern where after mods have mentioned trigger warnings they are over used for a while.	1/14/2016 2:01 PM
44	not affected by post content	1/14/2016 1:59 PM
45	In the majority of cases trigger warnings are used well. However some people do not leave enough room between the warning and the post so the post can still be seen. Also people not mentioning what the warning is for.	1/14/2016 1:58 PM
46	a bit hit and miss but correct use should always be encouraged	1/14/2016 1:56 PM
47	Not sure they're appropriate. They usually indicate problems an online group can't address. However, I do recognise some people feel they have nowhere else to turn. Torn on this one!	1/14/2016 1:53 PM
48	Some people put them on things that don't need warnings which can get annoying but on the whole they're used correctly	1/14/2016 1:49 PM
49	I think it would be best to always put the content of triggering posts in the comments. Some people start their post directly after the words TW, or don't leave sufficient gap, so you might inadvertently read something triggering. I think there needs to be some simple and clear guidance on how to write a triggering post.	1/14/2016 1:47 PM
50	Generally ok. Sometimes used unnecessarily and sometimes not used when they should be	1/14/2016 1:43 PM
51	t/w should indicate what possible trigger eg s/h, e/d etc as everyone is triggered by different things	1/14/2016 1:40 PM
52	Annoying and over used	1/14/2016 1:34 PM
53	I personally don't need them.	1/14/2016 1:23 PM
54	I feel a trigger warning can cause an actual trigger rather than the original post it self.	1/14/2016 1:22 PM
55	It does not affect me	1/14/2016 1:16 PM
56	Mostly used correctly, but sometimes used when not needed because people aren't sure what they are.	1/14/2016 1:09 PM

Q7 What sorts of posts do you find them useful on? Please tick all those that apply.

Answered: 222 Skipped: 0



Answer Choices	Responses
Posts about death	35.14% 78
Posts about suicide/suicidal thoughts	63.51% 141
Posts about self-harm	61.26% 136
Posts about sexual abuse	54.50% 121
Posts about physical abuse	44.59% 99
None	17.12% 38
Other (please specify)	18.02% 40
Total Respondents: 222	

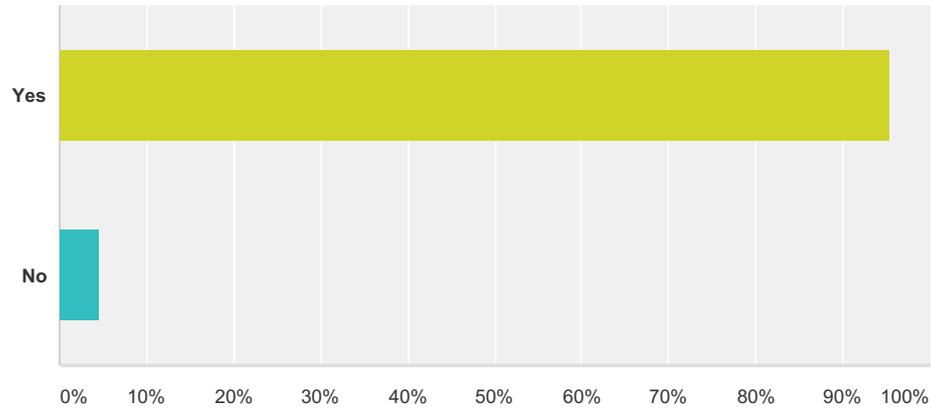
#	Other (please specify)	Date
1	Support about depression.	1/19/2016 10:02 AM
2	As above no opinion	1/18/2016 11:26 PM
3	I feel posts I can relate too more beneficial, such as feeling unmotivated, low mood, no self worth as I relate the that more.	1/16/2016 11:22 AM
4	"n/a"	1/15/2016 10:31 PM
5	Posts about extreme depression and anxiety issues when I am having a very bad day!	1/15/2016 6:19 PM
6	If we're talking about moderator / administrator led content then a balance so there's something for everyone. If we're talking about the content individuals post then I couldn't really say as I read and answer as much as possible whenever I visit.	1/15/2016 9:27 AM
7	Not sure but think I preferred it when there were no trigger warnings, just the rules about how much detail to go into.	1/15/2016 8:40 AM

8	The trigger warnings allow me to avoid stuff that my emotional strength can't manage, I don't find other peoples posts trigger anxiety etc in me.	1/15/2016 12:15 AM
9	Any: the immediacy of the response is the main thing	1/15/2016 12:10 AM
10	I'm personally not affected by suicide/SH but find lots of negative posts all the time can get me down	1/14/2016 10:53 PM
11	miscarriage	1/14/2016 10:32 PM
12	Descriptions of panic/anxiety attacks.	1/14/2016 10:17 PM
13	I do not mind the posts on the above but it should not be the main aim of blurt its peer to peer support not a crisis service	1/14/2016 10:01 PM
14	I'm not triggered by the thoughts & feelings of the experiences of other people.	1/14/2016 9:52 PM
15	Mental illness	1/14/2016 9:42 PM
16	There dosent seam to be rhyme nor reason. I can understand them for abuse and self harm. Maybe its that I dont get triggered alot. Though I did when someone posted a joke that said she had been contacted through the page and sent innappropriate images. It was a joke that when you clicked on it brought your profile up as the person who had sent the images. I was shocked and scared that the safety of the dight appeared to have been breached. The panicked and scared that it was me who was being accused of the photos. I did ask the person who posted to take it down.	1/14/2016 7:50 PM
17	Not sure. As above.	1/14/2016 6:24 PM
18	eating	1/14/2016 5:52 PM
19	If these posts are to be included on the group then yes there should be trigger warnings.	1/14/2016 5:37 PM
20	Depression	1/14/2016 5:23 PM
21	I personally don't think I neef them but understand that others do which is why I think we should have them for all likely triggers	1/14/2016 5:19 PM
22	Can see their use for all of the above as a good thing.	1/14/2016 4:23 PM
23	I am fine with people talking about suicidal thoughts I just don't know what is best way to respond . I know what helps me but everyone is different.	1/14/2016 4:05 PM
24	It would be good if the trigger warning had a specific title so you knew what to avoid; ie TW self harm or sexual abuse etc that way you'll know if you can deal with seeing any more.	1/14/2016 3:09 PM
25	I would rather they ate over used than not enough tbh	1/14/2016 2:30 PM
26	Emotional abuse and bullying.	1/14/2016 2:26 PM
27	Some of the above things upset me & I have had personal experience of but not to the extent where I would necessarily want to shut someone else off from talking about it if they needed to. But also recognise that I don't want to feel obliged to answer every post with counsellor type responses because I'm not qualified/capable.	1/14/2016 2:17 PM
28	not sure	1/14/2016 2:05 PM
29	Eating Disorders	1/14/2016 2:02 PM
30	Images of self harm/abuse	1/14/2016 2:01 PM
31	images of self harm, eating disorder numbers/details	1/14/2016 1:56 PM
32	I personally don't find such posts triggering, but know others do, so probably "All of the above"	1/14/2016 1:53 PM
33	I don't find any of the content, with a trigger warning, triggering to me. I can totally understand why other members may need them for the issues listed. Even though I haven't been directly affected by those issues, the TW does help me mentally prepare for what I'm about to read. If I feel low myself, the simple 'TW' at the start of a post means I can choose to pass it by. I think it's also good when people put 'TW abuse', 'TW self harm' etc as that provides even more opportunity for people to avoid some posts. However, whether people find those kinds of TW triggering in themselves (just seeing the words 'self harm' etc), I don't know.	1/14/2016 1:47 PM
34	Traumatic birth (personal experience)	1/14/2016 1:42 PM
35	if I'm in a support group like this, i expect to read posts related to my issues, as that's why I'm here to get support from people with similar issues...that's the point, I can't expect support for my issues if people with similar issues don't want to read about mine	1/14/2016 1:40 PM
36	I would prefer for them not to be allowed on this forum.	1/14/2016 1:24 PM
37	Graphic images	1/14/2016 1:22 PM
38	Positive posts	1/14/2016 1:16 PM
39	Posts about general health	1/14/2016 1:09 PM

40	Eating disorders and drugs are the other usual categories	1/14/2016 12:57 PM
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Q8 Do you feel you receive good support in the Peer Support Group?

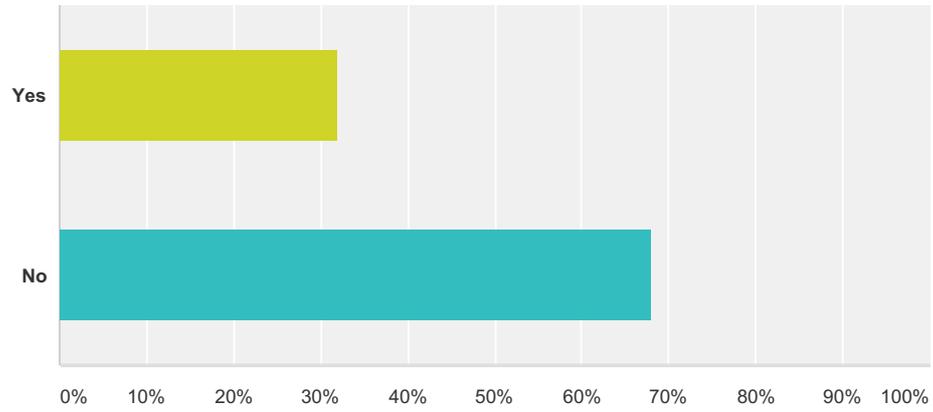
Answered: 222 Skipped: 0



Answer Choices	Responses
Yes	95.50% 212
No	4.50% 10
Total	222

Q9 Has a post of yours, in the Peer Support Group, ever gone unanswered?

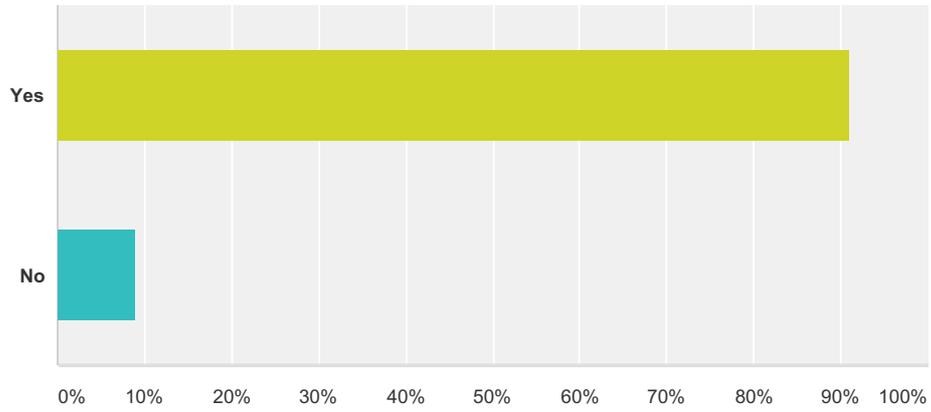
Answered: 222 Skipped: 0



Answer Choices	Responses	
Yes	31.98%	71
No	68.02%	151
Total		222

Q10 Do you give support in the Peer Support Group?

Answered: 222 Skipped: 0



Answer Choices	Responses
Yes	90.99% 202
No	9.01% 20
Total	222

Q11 If no to Question 10, is there anything which stops you from giving support?

Answered: 65 Skipped: 157

#	Responses	Date
1	I do find that some people do tend to post a lot of the time and that maybe why other posts doesn't get answered. I find that others tend to post photos to ask for compliments it asking if they look okay...i don't really think that it is appropriate for this group. Those posts are for personal friends and not for support groups.	1/19/2016 10:02 AM
2	Not a great survey this. I'm a lurker as I my major depression episodes are some time ago. I don't reply to many posts as I think I will appear glib or ill-informed (egg self harm). I haven't sought support myself or had posts go unanswered as I've only replied to posts. So my required answers to the questions above aren't actually relevant.	1/16/2016 1:56 PM
3	I'm careful to not answer too quickly and make sure my advice is from experience or knowledge so not to mis-inform people.	1/16/2016 7:30 AM
4	If a post already has tons of comments	1/16/2016 2:02 AM
5	Since it's grown, I can't keep up anymore which is sad. I felt less able to support others and less acknowledged when i posted. But also, I'm doing a little better and putting my energies into trying to keep working and spending less time in the group these days.	1/15/2016 10:31 PM
6	I do give support, but do not use Facebook as much as some, so my name isn't one of the most common in the group.	1/15/2016 8:55 PM
7	I did but feel a bit put off after being told by another member that I don't 'sound depressed'.	1/15/2016 2:44 PM
8	Although I answered yes, sometimes I feel unable to, I dont feel like I have the answers. I sometimes skip over posts with trigger warnings as I dont always feel strong enough. I wish there was a way that I could show my support without always having to write a comment, but i feel the like button would be inappropriate to use	1/15/2016 1:09 PM
9	I've answered yes but I only give support on posts I've actually something to contribute to, a lot of the posts are outside of my experience and therefore all I can do is hit like.	1/15/2016 12:15 AM
10	Occasionally my lack of knowledge	1/15/2016 12:10 AM
11	I don't think I'm as supportive as others are on the group. ...I only answer/give my opinion if I REALLY know what I'm talking about, or if I feel passionate/excited/strongly about the subject, or if I feel I can relate to the original poster.	1/14/2016 11:46 PM
12	I didn't say no. But I think it's fair to say I've given less support recently purely because I've been overwhelmed by the sheer amount and depth of need. Is it because it's January? Post Christmas? Or because people aren't following the original idea that the really bad stuff should be redirected to professional sites for support? Originally I thought that was a bit harsh, but I see the value of it now. I want to be strong enough for everyone, but I just can't cope with the sheer numbers of people on the edge of giving up their lives, not when I'm ill myself.	1/14/2016 11:11 PM
13	generally yes. sometimes i just like to read whats happening. sometimes i feel too down to give any opinion.	1/14/2016 10:32 PM
14	Although I have answered yes. I feel I should say that I do occasionally feel there is little support to be offered when essentially there is a game of mental health top trumps going on. I deleted a post of mine the other day because I posted a small victory about washing my hair and managing to a medical appointment and I got little response and the response I did get was essentially "you're lucky" I found this very much belittling to the situation I was in at the time as it made me feel worse about posting when it took me all my time to do that. So I deleted the post as it was making my mood plummet again after a little bit of a personal win.	1/14/2016 10:17 PM
15	Sometimes I want to comment but feel unable to say the right words	1/14/2016 9:57 PM
16	I only give specific support in an area I'm knowledgeable & general support otherwise. I withdraw from all social/support interactions when I'm really low.	1/14/2016 9:52 PM
17	Not lots of posts, I can't always feel stringer to reply	1/14/2016 9:06 PM
18	Don't know enough to make comment - feel others know each other & or more their peer!	1/14/2016 8:44 PM
19	I do give some support but not as much as I should. I respect the members who are really supportive to others I don't feel I can offer any helpful support to those who are having crises, and would be very worried about saying something which would make matters worse	1/14/2016 7:48 PM
20	I try to give as much support as I can, but very often I don't know what to say.	1/14/2016 7:24 PM
21	Fear!!!! Not confident enough to do it plus afraid someone i know personally might see it.	1/14/2016 7:18 PM
22	No, I should give support lots more, and will do so from now!	1/14/2016 7:00 PM

23	Give support when I feel I can. Tend not to put personal posts on as cannot open up even on here. Do post supportive memes from time to time if I feel appropriate.	1/14/2016 6:24 PM
24	Feel I will be ignored or will not help and don't want to make things worse	1/14/2016 6:23 PM
25	Sometimes I have nothing helpful to add	1/14/2016 6:10 PM
26	But sometimes I feel to low or high to comment. Also. I have had experience of people really scaring me about my tablets. In this circumstance they can say.. it didn't agree with me..	1/14/2016 5:53 PM
27	I only comment rarely if I can relate to the post. I often feel that what I have to say is not helpful or stupid.	1/14/2016 5:52 PM
28	Sometimes I don't feel my input is necessary, others have given great advice already, and nothing further to add.	1/14/2016 4:27 PM
29	I am not currently in a place where I feel able or worthy enough to comment on others to help. This is more my issue than anything anyone else has said/done etc	1/14/2016 4:19 PM
30	I give what I can but I am not very comfortable as a lot of times in my past I have given and been treated badly or been told I am too this or too that so I get worried and pressured if I have to give . I do my best .	1/14/2016 4:05 PM
31	Just shy and a introvert	1/14/2016 3:57 PM
32	Sometimes I see people are a bit cliquey and that stops me from trying to help because it feels like it would be unwanted and I think that would trigger me. Also I think comments can be more about who is worse or who has had more medication or more worse feelings rather than focusing on that individual at that time, some seem very self centred in the sense of comparing instead of supporting.	1/14/2016 3:45 PM
33	Too many people/ anxious	1/14/2016 3:10 PM
34	I have only been a member very recently. This is why I have answered no the last three questions. The thing with giving support can lead people to giving direct messages and this is something that should be avoided . I have undergone treatment at the priory for depression years ago and we were informed straight away not to build relationships with other members of our groups	1/14/2016 2:55 PM
35	The first time I tried, I felt like I got snapped back at so I didn't post again for a long .	1/14/2016 2:19 PM
36	I have not been in the right frame of mind, at this time I am unable to support myself and I would not be any use to anyone else at this time.	1/14/2016 2:18 PM
37	Time, work & family commitments. Lack of confidence that anything I say would be of any use/relevance. Fear of saying something that might be seen as trivial/cliché.	1/14/2016 2:17 PM
38	I give support when I'm feeling okay. But sometimes I'm not well or I don't have the confidence to respond.	1/14/2016 2:08 PM
39	I am always happy to help others. Gilly Bolton	1/14/2016 2:02 PM
40	Although I do give support I'm often scared to invade I make someone in a bad place feel worse	1/14/2016 2:01 PM
41	Have struggled to blurt and answer but have offered occasional hug	1/14/2016 1:59 PM
42	I used to be more active in the group when it was smaller but now find I cant keep up with what is happening.	1/14/2016 1:58 PM
43	I am aware that I don't contribute as much as I would like or should. Accordingly, I limit my own posts as a balance. I have only posted a couple of times and this will remain the case until I am more able to contribute to the group properly.	1/14/2016 1:56 PM
44	Even though I answered yes I haven't done for a while as recently there have been too many posts	1/14/2016 1:53 PM
45	Sometimes I don't have ehe energy and sometimes I feel that I have nothing to offer...	1/14/2016 1:46 PM
46	I am not in a place that I would be ready to do so.	1/14/2016 1:45 PM
47	I avoid posts about sui & sh, I do not think Facebook is the correct place to discuss these things and I never want to feel that my post has caused someone harm.	1/14/2016 1:44 PM
48	There isn't an option in your survey to reflect my view that I gain the most value from lurking (as I suspect many others do) and only responding to posts very occasionally	1/14/2016 1:43 PM
49	I don't have time to give much advice but I try my best	1/14/2016 1:42 PM
50	I haven't said 'no' but I don't always give support as sometimes I'd just be repeating the same thing a few people have already said and even though I mean it, I feel that it's a little redundant to say the same thing.	1/14/2016 1:39 PM
51	Often don't know what to say.	1/14/2016 1:34 PM
52	I know I answered yes but just thought a comment would also be useful - I don't give support that often as I often see posts have a lot of comments and don't want the original poster feeling swamped by comments.	1/14/2016 1:34 PM
53	(I still feel I need to answer this) there are times when I can't give support as I don't always know what is best to say, and I don't want to make a bad situation worse. Furthermore, there are just so many of us that I can't alone be responsible for giving support to everyone	1/14/2016 1:30 PM

54	When I see support has been given by many others	1/14/2016 1:24 PM
55	I know you haven't asked this but I really wish people found other support when they are SH and suicidal. I can't offer help for these people as I am too ill myself. TW are grossly overused and I would like to see them not be allowed. I	1/14/2016 1:24 PM
56	I do give some just not enough as I feel in my head that I will damage them more.	1/14/2016 1:23 PM
57	I do give support but only when I feel I can help somebody I feel it necessary to answer this question because I don't give support all the time as my moods can generally be a downer on somebody elses. So I tend to give advice and support on my better days.	1/14/2016 1:22 PM
58	I haven't felt I can post or answer yet. I'm not in that place	1/14/2016 1:21 PM
59	Despite trigger warnings, I often find a lot of the posts, no matter how cryptic, quite distressing and triggering.	1/14/2016 1:18 PM
60	I struggle to say the right thing as I have so little evidence to back up what has worked for me	1/14/2016 1:16 PM
61	I do sometimes get overwhelmed with the number of posts appearing on my news feed and feel bad when can't reply to them. Equally I do get annoyed by the number of triggering posts.	1/14/2016 1:10 PM
62	Although I do give support I am aware that I don't give as much as I would like to. Sometimes this is because I don't have the focus to form a coherent reply and from previous difficulties in the group I feel uneasy/inadequate in just sending a *hug* or reassurance as I feel that this isn't of use and wouldn't be appreciated by some. Therefore if that's all I have to offer I feel I shouldn't bother.	1/14/2016 1:10 PM
63	Although I ticked yes, there are some times that I don't feel I can give support. Sometimes the pressure of knowing what to say and being able to help can be too much and I feel as though I wouldn't be very helpful at all.	1/14/2016 1:06 PM
64	I only do so occassionally as I'm worried about upsetting someone else	1/14/2016 1:05 PM
65	Having not had support when needed. It was a little bit hard to give support to other when there was no support for me.	1/14/2016 1:04 PM