

A photograph of a dirt path leading through a vast field of bright yellow flowers, likely rapeseed, under a clear blue sky. The path is flanked by green grass and leads towards a distant horizon. The overall scene is bright and open, symbolizing a journey.

MyRAP

a journey of a thousand miles begins with a single step

MyRAP questionnaire

We hope you enjoyed using MyRAP and found it useful. Your feedback is of great value to us as we strive to improve our service and our resources. We would appreciate you taking the time to complete this short questionnaire and return it to us. The information you provide will be used for evaluation purposes and remain anonymous.

If you would like to participate please complete the two page tear-off questionnaire and return to the address provided overleaf. Thank you.

✂ tear off and return—thank you

Where did you find out about MyRAP?

- Hospital in-patient services
- Internet
- Family
- Friends
- Community services (please specify)

What did you find most useful about MyRAP?

- Language easy to understand
- Able to work through it myself
- Taking control of my wellbeing
- Helped focus on my strengths
- Reflecting on experiences
- Helps me stay well
- Other**

What did you find most challenging?

- Working through it on my own
- Difficult for me to take control
- Found it hard to identify my strengths
- Did not like thinking about my past experiences
- Too time consuming
- Other

The MyRAP booklet?

- Was user friendly
- I liked size of booklet
- It helped seeing photographs by service users
- It helped to read quotes from service users
- The font size was appropriate
- I liked the colours used
- I liked the cover image
- Other

Would you recommend MyRAP?

Yes No

Why?

Send to: FREEPOST, RRXL-BSER-KZHY, Lanarkshire Links, Dalziel Business Centre, Rooms 3.5-3.6, 7 Scott Street, Motherwell, ML1 1PN

or

Complete online: <http://www.elament.org.uk/self-help-resources.aspx> and email to LRN@lanarkshirelinks.org.uk

✂ tear off and return—thank you