**Supplementary file 11: Impact when mental health is discussed by healthcare professionals**

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| **Discussions about mental health and wellbeing with healthcare professionals:** | **1** **(Strongly disagree)** **n (%)** | **2 (Disagree)** **n (%)** | **3 (Neutral)** **n (%)** | **4** **(Agree)** **n (%)** | **5** **(Strongly agree)** **n (%)** | **Total** **n** |
| Were handled sensitively | 120 (11.1) | 195 (18.3) | 377 (35.3) | 316 (29.6) | 61 (5.7) | 1,068 |
| Felt genuine | 150 (13.8) | 249 (22.9) | 318 (29.3) | 311 (28.6) | 58 (5.3) | 1,086 |
| Had a positive impact on emotional wellbeing | 168 (15.8) | 278 (26.1) | 368 (34.5) | 202 (18.9) | 50 (4.7) | 1,066  |
| Made me feel anxious | 72 (6.8) | 229 (21.6) | 292 (27.5) | 335 (31.6) | 133 (12.5) | 1,061 |
| Made me feel uncomfortable | 82 (7.7) | 265 (25.0) | 327 (30.8) | 279 (26.3) | 107 (10.1) | 1,060 |
| Made me feel worse | 65 (6.1) | 267 (25.2) | 371 (35.0) | 233 (22.0) | 123 (1.6) | 1,059 |
| Led to a referral to psychological support | 233 (26.0) | 228 (25.4) | 185 (20.6) | 192 (21.4) | 59 (6.6) | 897  |
| Led to other sources of emotional support e.g. peer support | 278 (30.2) | 280 (30.4) | 204 (22.1) | 121 (13.1) | 39 (4.2) | 922  |

**Data shown for patients and carers combined.**