



**Good  
care?**

**Poor  
care?**

**Tell us now**

***CQC wants to hear from people who have received  
care for Depression, Anxiety or Stress***

Do you get help from health professionals for feeling anxious, feeling stressed or feeling low? The Care Quality Commission (CQC) wants to hear about your experiences of health and social care for a public awareness campaign they'll be running this summer.

We are looking for men and women who are happy to be case studies for our campaign. We will ask our case studies to take part in some or all of the following activity:

- Speak to a member of CQC staff about your experiences of care;
- Take part in a video where they talk about their experiences of care – whether positive or negative;
- Speak to media about their experiences of care.

To talk to CQC about your experiences of care, please send an email to [yourstories@cqc.org.uk](mailto:yourstories@cqc.org.uk) leaving a short description of your experience and contact. Someone from CQC will then be in touch with you to discuss next steps.