

## ACT Children & Young Person Review 2019 – 17 & Under Years

This is a community led consultation that allows your voice to be heard directly by ACT Government. We want to hear your thoughts on the current state of mental health and wellbeing, including prevention, education and services for children and young people to inform future co-design workshops and recommendations on how to improve the mental health and wellbeing of children and young people in the ACT.

Before you begin please get parental consent from a parent or guardian.

For more information on this project please contact  
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COMPLETE THIS QUESTIONNAIRE ONLINE HERE: <https://www.surveymonkey.com/r/Y953DS8>

### Do you have parental consent to complete this survey?

Yes

### What are the main issues facing young people in the ACT in relation to their mental health & well-being?

(select your top 3 or add additional)

- |                                                                                  |                                                             |
|----------------------------------------------------------------------------------|-------------------------------------------------------------|
| <input type="checkbox"/> Anxiety/Stress (coping)                                 | <input type="checkbox"/> Peer pressure/Being excluded       |
| <input type="checkbox"/> Adults/Parents understanding                            | <input type="checkbox"/> Family issues                      |
| <input type="checkbox"/> Not knowing or understanding what you are going through | <input type="checkbox"/> Being influenced by social media   |
| <input type="checkbox"/> Experiencing bullying                                   | <input type="checkbox"/> Comparing yourself to others       |
| <input type="checkbox"/> School or study problems                                | <input type="checkbox"/> Uncertainty about gender           |
| <input type="checkbox"/> LGBTQI+                                                 | <input type="checkbox"/> Body image                         |
| <input type="checkbox"/> Domestic violence                                       | <input type="checkbox"/> Managing relationships and friends |
|                                                                                  | <input type="checkbox"/> Physical health                    |

Are there any issues we have missed?

### What do you see as the main obstacle for young people accessing help?

- |                                                |                                                                                  |
|------------------------------------------------|----------------------------------------------------------------------------------|
| <input type="checkbox"/> Transport             | <input type="checkbox"/> Stigma                                                  |
| <input type="checkbox"/> Affordability         | <input type="checkbox"/> Lack of understanding – by your parent/guardian         |
| <input type="checkbox"/> Wait for access       | <input type="checkbox"/> Not knowing or understanding what you're going through. |
| <input type="checkbox"/> Information on access |                                                                                  |

Are there any other obstacles?

### When you or your friends are feeling down, what do you do to cheer yourself up?

**If you or your friends have a concern, where do you go for help? (Choose your top 3)**

- |                                                |                                                   |
|------------------------------------------------|---------------------------------------------------|
| <input type="checkbox"/> Teacher               | <input type="checkbox"/> Counsellors/Psychologist |
| <input type="checkbox"/> Parent/Guardian       | <input type="checkbox"/> Helpline                 |
| <input type="checkbox"/> Siblings/Other Family | <input type="checkbox"/> Online                   |
| <input type="checkbox"/> Grandparents          | <input type="checkbox"/> Other (where/who?)       |
| <input type="checkbox"/> Friends               |                                                   |

**What has had the most positive impact on your own mental health and well-being?**

The ACT has established an Office for Mental Health and Well-being, led by the Coordinator-General. Dr Moore's job is to build relationships across the ACT Government, other agencies and the ACT community to support a coordinated effort to address the social circumstances that influence our mental health.

**If you spoke to the Coordinator-General, what improvements would you suggest?****Demographic Information**

<b>In what state do you live?</b> <input type="checkbox"/> ACT <input type="checkbox"/> Surrounding NSW <input type="checkbox"/> Other	<b>What type of school do you attend?</b> <input type="checkbox"/> Public <input type="checkbox"/> Catholic <input type="checkbox"/> Independent <input type="checkbox"/> Other
<b>What is your Age?</b>	<b>What is your gender?</b> <input type="checkbox"/> Female <input type="checkbox"/> Male <input type="checkbox"/> Prefer not to say <input type="checkbox"/> Other
<b>Do you identify as Aboriginal and/or Torres Strait Islander?</b> <input type="checkbox"/> Yes, Aboriginal <input type="checkbox"/> Yes, Torres Strait Islander <input type="checkbox"/> No	<b>Do you have a disability?</b> <input type="checkbox"/> Yes <input type="checkbox"/> No
<b>What country were you born in?</b> <input type="checkbox"/> Australia <input type="checkbox"/> Other (please state)	<b>Thank you for completing this survey!</b> <p style="text-align: right;">RETURN TO: <a href="mailto:ceo@mieact.org.au">ceo@mieact.org.au</a> PO Box 4074, Ainslie ACT 2602 Call 02 6257 1195 (to organise pick up)</p>