

## ACT Children & Young Person Review 2019 – 18-25 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.

This questionnaire is for young people between 18-25 years living in the ACT.

For more information on this project please contact  
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COMPLETE THIS QUESTIONNAIRE ONLINE HERE: <https://www.surveymonkey.com/r/Y7BB6WV>

### 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"/> Not knowing or understanding what you are going through | <input type="checkbox"/> Family issues                       |
| <input type="checkbox"/> Experiencing bullying                                   | <input type="checkbox"/> Being influenced by social media    |
| <input type="checkbox"/> School or study problems                                | <input type="checkbox"/> Comparing yourself to others        |
| <input type="checkbox"/> LGBTQI+   | <input type="checkbox"/> Uncertainty about gender            |
| <input type="checkbox"/> Domestic violence                                       | <input type="checkbox"/> Body Image                          |
| <input type="checkbox"/> Sexual health   | <input type="checkbox"/> Managing your relationships/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?**

- |   |  |
|---|--|
| <input type="checkbox"/> Parent/Guardian          | <input type="checkbox"/> Colleagues                          |
| <input type="checkbox"/> Siblings/Other Family    | <input type="checkbox"/> GP of health professional           |
| <input type="checkbox"/> Grandparents             | <input type="checkbox"/> Employment Assistance Program (EAP) |
| <input type="checkbox"/> Friends                  | <input type="checkbox"/> Online                              |
| <input type="checkbox"/> Helpline                 | <input type="checkbox"/> Other (where/who)                   |
| <input type="checkbox"/> Counsellors/Psychologist |  |

**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 country were you born in?</b> <input type="checkbox"/> Australia <input type="checkbox"/> Other (please state)
<b>What is your employment status</b> <input type="checkbox"/> Working - full time <input type="checkbox"/> Working - part time <input type="checkbox"/> Working - casual <input type="checkbox"/> None of the above	<b>Are you studying at school, university, CIT or equivalent?</b> <input type="checkbox"/> Yes, full time student <input type="checkbox"/> Yes, part time student <input type="checkbox"/> No, not studying
<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>Have you volunteered in the last 12 months</b> <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> If yes, how often?	<b>Thank you for completing this survey!</b>  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)