



ACT Children & Young Person Review 2019 – Adult

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 (0-25) 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 survey is for people who are working with young people in the ACT or parents of young people under 25 years.

For more information on this project please contact
Heidi Prowse, CEO MIEACT ceo@mieact.org.au
Natalie Johnson, Change Leader OMHW officeforMHW@act.gov.au

COMPLETE THIS QUESTIONNAIRE ONLINE HERE: <https://www.surveymonkey.com/r/YD7K5XN>

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 barriers 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?

Where do you seek help if you are concerned about the mental health and wellbeing of your child or a child or young person you know?

Where are the gaps in current services of programs for children and young people's mental health?

What have you observed to have the most positive impact on youth mental health and well-being in the ACT?

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.

What improvements would you recommend to the Coordinator-General in relation to the mental health and well-being for young people?

Demographic Information

<p>In what state do you live?</p> <ul style="list-style-type: none"><input type="checkbox"/> ACT<input type="checkbox"/> Surrounding NSW<input type="checkbox"/> Other	<p>Are you a parent of a young person aged between 0-25 years?</p> <ul style="list-style-type: none"><input type="checkbox"/> Yes<input type="checkbox"/> No
<p>In what ways do you engage with young people in the ACT? Tick all that apply?</p> <ul style="list-style-type: none"><input type="checkbox"/> Workplace - Government<input type="checkbox"/> Workplace - Education<input type="checkbox"/> Workplace - Non-Government<input type="checkbox"/> Volunteering - Community<input type="checkbox"/> Carer<input type="checkbox"/> None of the above<input type="checkbox"/> Other (please state)	<p>Thank you for completing this survey!</p> <p style="text-align: right;">RETURN TO: ceo@mieact.org.au PO Box 4074, Ainslie ACT 2602 Call 02 6257 1195 (to organise pick up)</p>
<p>If you would like to receive updates on this project please add your email below.</p>	