

GROWING UP IN QUEENSLAND 2020: MENTAL HEALTH

13% felt **adults should take more action** on mental health

MENTAL HEALTH WAS REPORTED AS THE **#1 BARRIER TO SUCCESS FOR MANY GROUPS, INCLUDING**

22% gender-diverse young people

19% young people with an emotional or mental health condition

11% young people with a disability

BARRIERS TO ACCESSING SUPPORT SERVICES

1 IN 7 couldn't afford it

1 IN 5 didn't think of it

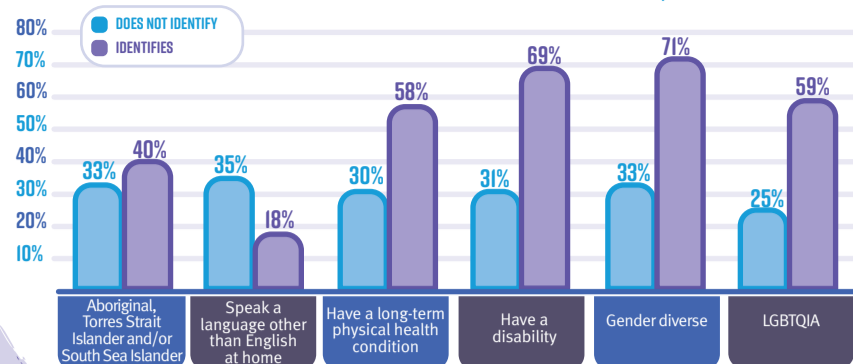
3 IN 5 lacked confidence

27%

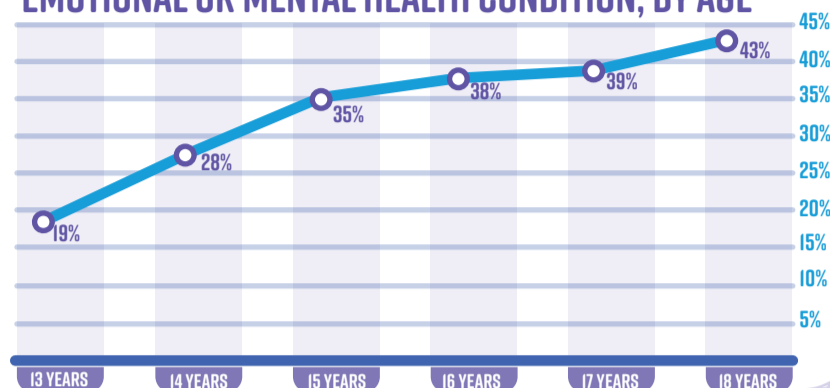
of young people¹ said **mental health** was the most important issue

3 IN 4 felt stressed about issues in their personal life

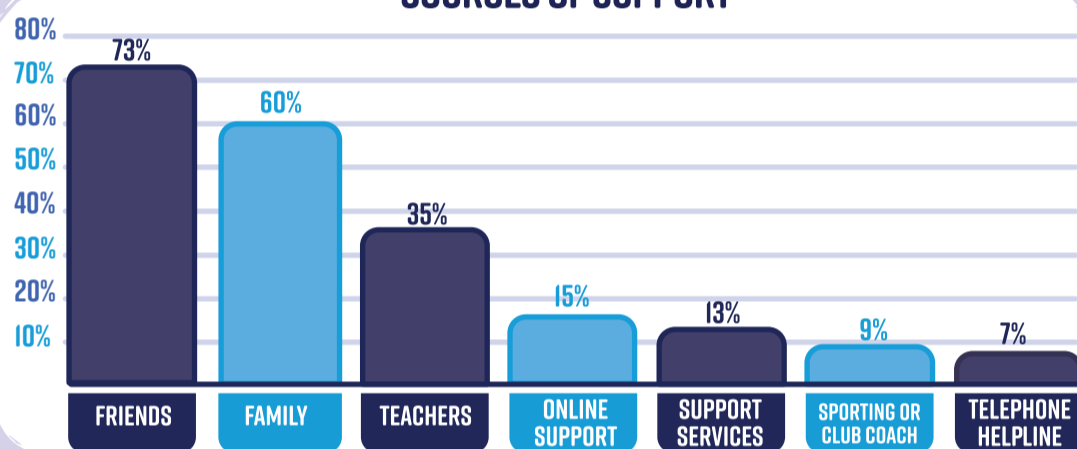
% OF YOUNG PEOPLE WHO SAID THEY HAVE AN EMOTIONAL OR MENTAL HEALTH CONDITION, BY GROUP



% OF YOUNG PEOPLE WHO SAID THEY HAVE AN EMOTIONAL OR MENTAL HEALTH CONDITION, BY AGE



SOURCES OF SUPPORT



IN THEIR WORDS: WHAT IS IMPORTANT

The stigma around mental illnesses and society's inability to openly talk about them.

GENDER-DIVERSE PARTICIPANT, 14 YEARS, NORTH QUEENSLAND

Programs in schools and in the wider community that address mental health.

FEMALE, 16 YEARS, NORTH COAST

Safe apps where young people can connect and talk to prevent loneliness.

FEMALE, 13 YEARS, FAR NORTH QUEENSLAND

Easier / more discrete access to help.

SOUTH SEA ISLANDER FEMALE, 16 YEARS, DARLING DOWNS SOUTH WEST

Making it easier to access online counselling.

GENDER-DIVERSE PARTICIPANT, 14 YEARS, METROPOLITAN

49% were **unaware of community or online services** that can support them

The pressure to be someone that they are not. The constant desire to be accepted and noticed. The stigma surrounding different.

SOUTH SEA ISLANDER FEMALE, 17 YEARS, SOUTH EAST

Mental illnesses and not knowing what to do or who to talk to about their struggles. Peer pressure and social media are also a big issue for young people.

FEMALE, 15 YEARS, METROPOLITAN

Free and anonymous counselling.

FEMALE, 16 YEARS, METROPOLITAN

Leaders should strive to destigmatise mental health issues.

FEMALE, 16 YEARS, METROPOLITAN

Make it so that you don't need your parents' permission to go.

MALE, 15 YEARS, CENTRAL QUEENSLAND

Not being able to talk about mental health as a male.

MALE, 17 YEARS, SOUTH EAST

Mental health, especially stemming from social media.

FEMALE, 16 YEARS, NORTH QUEENSLAND

IN THEIR WORDS: WHAT NEEDS TO BE DONE