13% felt adults should take more action on mental health

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

- 27% of young people said mental health was the most important issue
- 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

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

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

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

Free and anonymous counselling.

FEMALE, 16 YEARS, METROPOLITAN

Easier / more discrete access to help.

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

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

Footnotes:
1. Young people: 13 – 18 years