



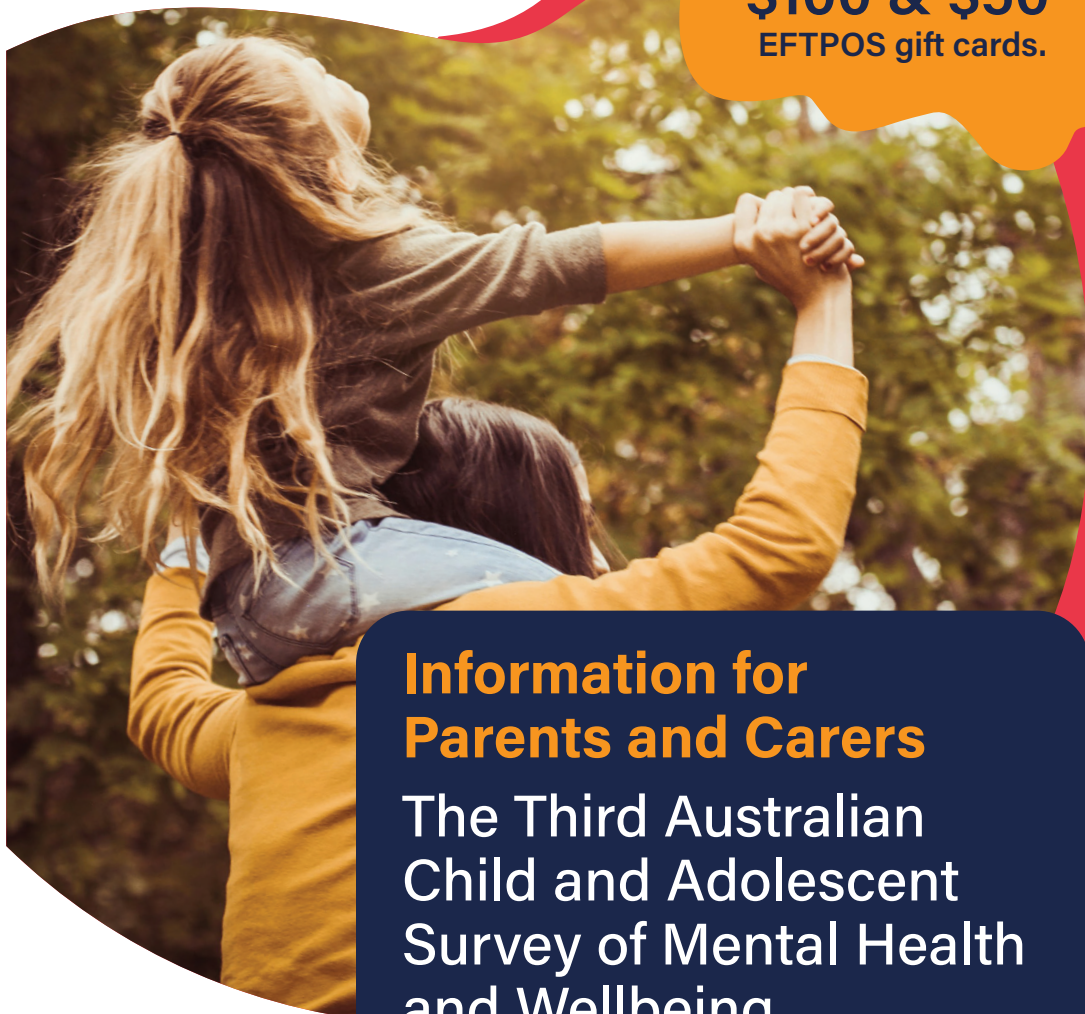
YOUNG MINDS
OUR FUTURE



Australian Government
Department of Health,
Disability and Ageing

OUR THANKS TO YOU

Each household may
be eligible to receive
\$100 & \$50
EFTPOS gift cards.



Information for Parents and Carers

The Third Australian
Child and Adolescent
Survey of Mental Health
and Wellbeing



Curtin University



Queensland Centre for
Mental Health Research



THE UNIVERSITY
OF QUEENSLAND
AUSTRALIA



ROY
MORGAN

Understanding the mental health and wellbeing of young Australians



YOUNG MINDS: OUR FUTURE is a survey on the mental health and wellbeing of children and young people in Australia. The survey's findings will help shape healthcare services and school programs that support Australia's children and teenagers, for families just like yours.



Your household is one of 6,500 households nationwide randomly selected to take part in this national survey.

What's involved?

In the next few weeks, a Roy Morgan interviewer might contact you about taking part in the survey. If you agree, one child aged 4 to 17 in your household will be chosen for the study. If the selected child is aged 11-17, they'll also be invited to do their own self-guided survey.

As the parent or carer, an interviewer will ask questions about your child's wellbeing, school and home life, and a few about your own health and background.

We'll also ask if you're happy for us to link your answers with other data, but this is completely up to you. Taking part is voluntary, and you can skip any question or stop at any time.

Our thanks to you

\$100 & \$50
EFTPOS gift card
available

To thank you for your time you will receive a \$100 EFTPOS gift card for completing the parent/ carer interview.

If the selected child is aged 11-17, they'll also receive a \$50 EFTPOS gift card for completing a separate survey. These cards can be used in any store that accept card payments (not online).

Why does your participation matter?

Every child, family, and household is unique - that's why we want to hear from a diverse range of families with children.

By taking part, you'll help us:



Identify how many children and adolescents have a mental health disorder.



Understand what kind of support young people need.



Understand educational outcomes of youth with mental health problems.



Identify key risk and protective factors that influence mental health.

How are the results used?

By taking part in this survey, you'll help shape programs and policies that support the mental health and wellbeing of young people.

The last survey in 2013-14 found:



Mental health impacts school attendance. Young people experiencing depression missed an average of 20 school days per year.



Schools play a crucial role. Many students first received support through schools, which helped identify concerns early and connect families with external support.



Access to professional help varies. While 1 in 2 children and young people with a mental disorder had accessed professional help and support, 1 in 4 families felt the help they received was inadequate.



The findings of the previous study supported Australian Government investment in mental health including: increased investment and expansion of headspace services and investment in **Kids Hubs**, a national network of mental health and wellbeing centres for children aged 0-12 years and their families.

They also supported the Australian Government's investment in the **Be You** program in schools, run by Beyond Blue. Now, students in more than 11,000 schools and early education services benefit from **Be You**.

How is privacy protected?

Your rights are protected by Australian law, under the Privacy Act 1988. Information about your child and family will be handled in strict confidence and used for research purposes only.

Access to your identifying information will be restricted to those who require it to conduct the survey. Everyone involved in this study is committed to ethical research and legally has to keep your information secure. Identifying information is stored securely and destroyed in accordance with legal requirements. To ensure your privacy, only non-identifiable combined data will be used by researchers and policymakers.



Who is conducting this research?

The study is led by researchers at Curtin University and the University of Queensland, and conducted by Roy Morgan, Australia's best-known and longest-established research company.

The Australian Government Department of Health, Disability and Ageing is funding the study and has been involved in its planning and design, alongside education, health, and other experts.

For more information visit: **ymof.org.au** or call or email Roy Morgan at **1800 456 806** and **youngminds@roymorgan.com**



Approval to conduct this research has been provided by [HRE2024-0729]. Any person not satisfied with the response of researchers may raise any issues or concerns about this research project by contacting the Curtin Human Research Ethics Office at hrec@curtin.edu.au or on (08) 9266 9223.