



YOUNG MINDS
OUR FUTURE



Australian Government
Department of Health,
Disability and Ageing

OUR THANKS TO YOU

Participants receive a
\$50 EFTPOS gift card
as a thank you.



Information for Young People

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 people in Australia



YOUNG MINDS: OUR FUTURE is surveying children and young people in Australia about their mental health and wellbeing.

It's been over 10 years since this survey was last done! We need to know how young people are doing today so we can better support kids and teens now and in the future.

Your household is one of 6,500 across Australia randomly chosen to take part in this important survey.

Why does your participation matter?

Your participation will help us understand:

-  What factors influence mental health.
-  What factors affect learning.
-  What kind of support young people need.
-  What helps young people grow up strong, happy and safe.

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\$50 EFTPOS gift card as a thank you.

It's our way of showing gratitude for helping us understand and support children and young people across Australia.



What's involved in the survey?

In the next few weeks, a Roy Morgan interviewer might visit your home to do the survey or set up a time that works best for your family.



PARENT/CARER SURVEY

Your parent/carer will chat with the interviewer and answer questions about one child in the household (around 60 minutes)

YOUTH SURVEY

If you're 11 or older, you may be invited to do this survey on a tablet provided by the interviewer (around 30 minutes)



We'll ask you some questions about your health and wellbeing, school, and your family environment. Participation is completely voluntary. You can stop at any time or skip any questions you don't feel comfortable with.



How are the results used?

By doing this survey, you're helping other young people dealing with mental health challenges.

The results will help the Australian Government and other groups understand what's needed, improve support services, and create programs that actually help.

Findings from the last survey contributed to:

The expansion of headspace, a national service for 12-25 year olds.

Improvements in mental health and wellbeing programs in school, through the Be You initiative.

Investment in Kids Hubs: mental health and wellbeing centres for children aged 0-12 years and their families.





How is your privacy protected?



Your rights are protected by Australian law, under the Privacy Act 1988. All information about you and your family will be kept confidential and used only for research. Everyone involved in this study follows strict ethical guidelines and must keep your information safe.

Your data is stored securely and destroyed when no longer needed. Researchers and policymakers will only see non-identifiable combined data, meaning your name won't be attached to your answers — your privacy is always protected.



Who's behind the survey?

This survey is a team effort!

It's led by researchers from Curtin University and the University of Queensland, and run by Roy Morgan, a well-known Australian research company.

The Australian Government is funding the study and helped design it, along with experts in health, education, and more.

Everyone's working together to make sure the survey helps support young people like you.



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 survey has been provided by Curtin University Human Research Ethics Office [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 on (08) 9266 9223 or HREC@curtin.edu.au.