

SNAPSHOT: KEY FINDINGS FOR YOUNG PEOPLE

In October 2022, Youth and Family Services consulted with 120 Year 7 & 8 students from eight local secondary schools, to capture their feedback and concerns about mental health.

Here is a snapshot of what they had to say...

Biggest issues

19%



Identified **anxiety** as the biggest mental health issue

18%



Identified **depression** and **body image**

12%



Identified **school-related stress**

Key concerns

16%



Feel unsure about **help-seeking** and **accessing support**

Suggested measures to support youth mental health



More support in schools



Access to counselling



Mental health education



Peer support groups



Youth events and activities



Sports and recreation

18%



Are worried about **bullying** and **peer pressure**

11%



Are worried about **family pressures** and **expectations**

16%



Are concerned about **self harm** and **suicidal ideation**