

# Report for Pure Public Relations - Way Ahead 2023 Lived in Experience Mental Health A-51255

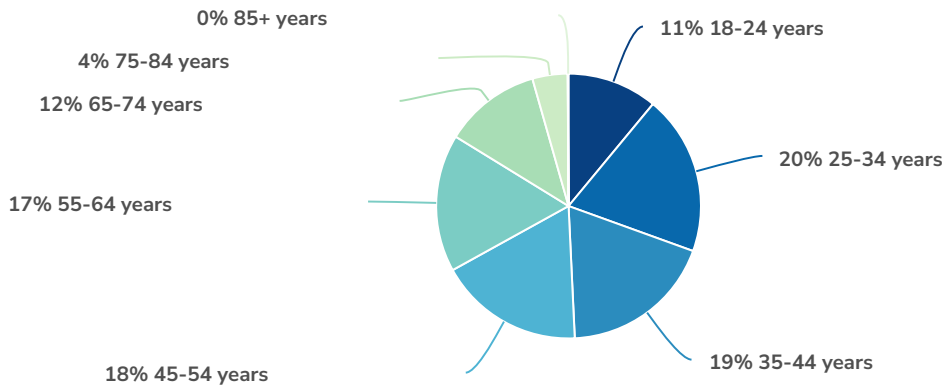
## Response Counts



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Totals: 1,003

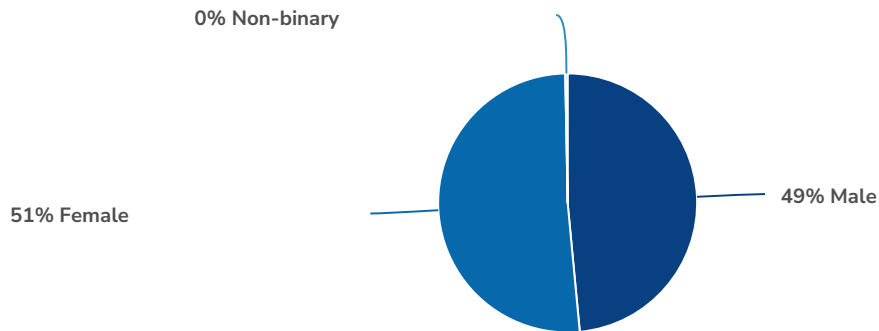
# 1. What is your current age?



Value	Percent	Responses
18-24 years	11.0%	110
25-34 years	19.5%	196
35-44 years	18.7%	188
45-54 years	17.7%	178
55-64 years	16.8%	169
65-74 years	11.8%	118
75-84 years	4.3%	43
85+ years	0.1%	1

Totals: 1,003

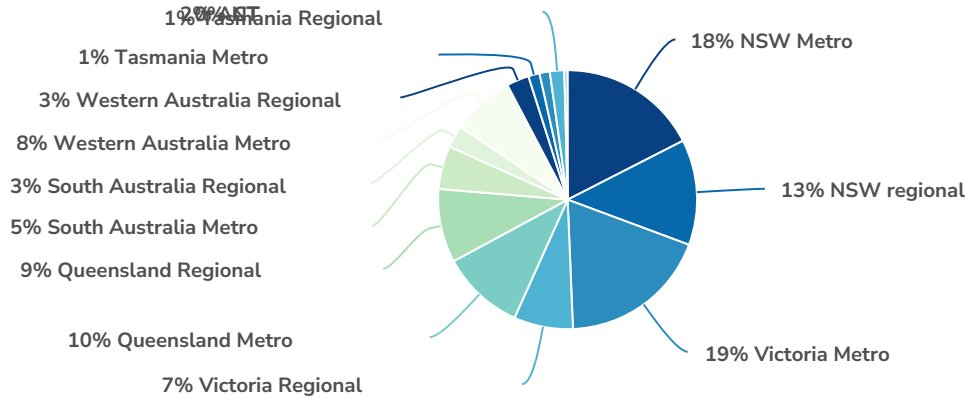
## 2. What is your sex?



Value	Percent	Responses
Male	48.5%	486
Female	51.2%	514
Non-binary	0.3%	3

**Totals: 1,003**

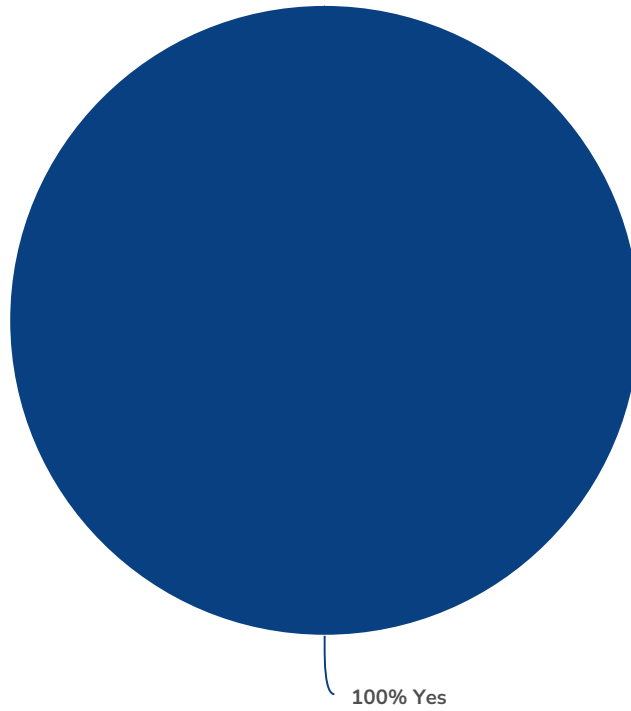
### 3. Where do you live?



Value	Percent	Responses
NSW Metro	17.5%	176
NSW regional	13.2%	132
Victoria Metro	18.7%	188
Victoria Regional	7.4%	74
Queensland Metro	10.4%	104
Queensland Regional	9.2%	92
South Australia Metro	5.4%	54
South Australia Regional	2.8%	28
Western Australia Metro	7.8%	78
Western Australia Regional	2.8%	28
Tasmania Metro	1.4%	14
Tasmania Regional	1.3%	13
ACT	1.8%	18
NT	0.4%	4

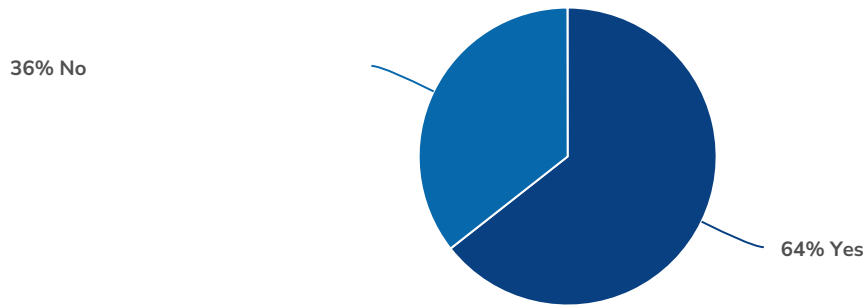
**Totals: 1,003**

4. Do you live with mental illness, or do you have a lived experience of mental ill-health?



Value	Percent	Responses
Yes	100.0%	1,003
		<b>Totals: 1,003</b>

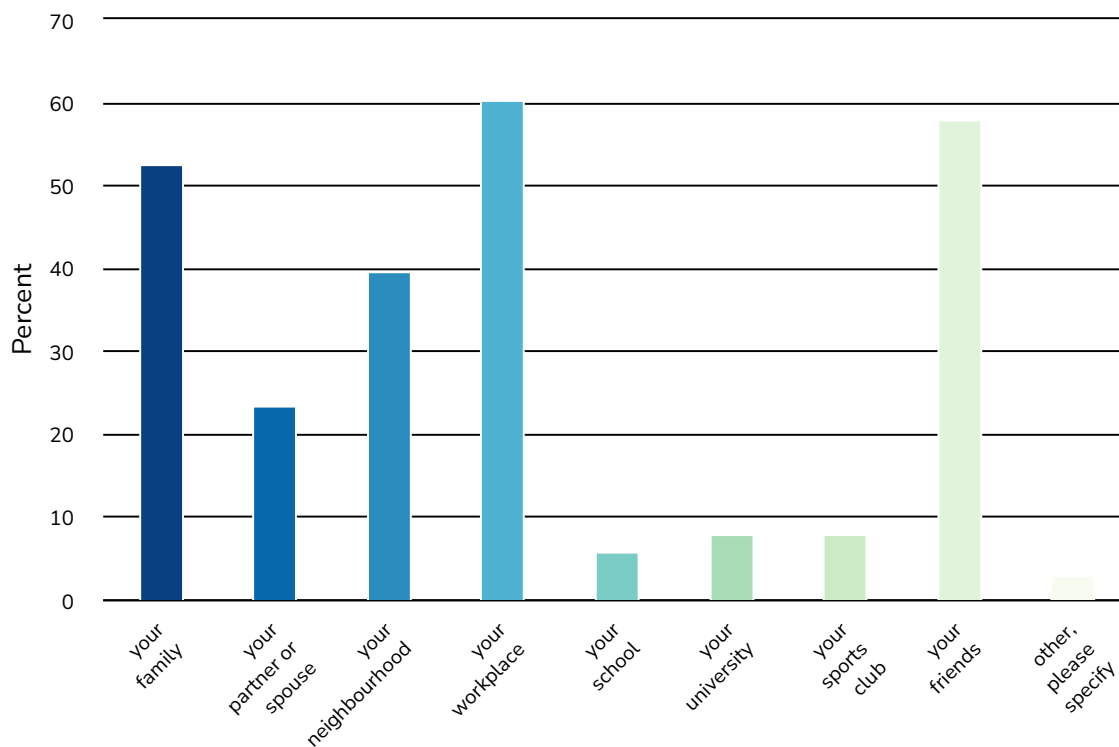
5. Do you hide your mental health issues from others because of fear of discrimination?



Value	Percent	Responses
Yes	64.4%	646
No	35.6%	357

Totals: 1,003

## 6. Who do you hide your mental health from?

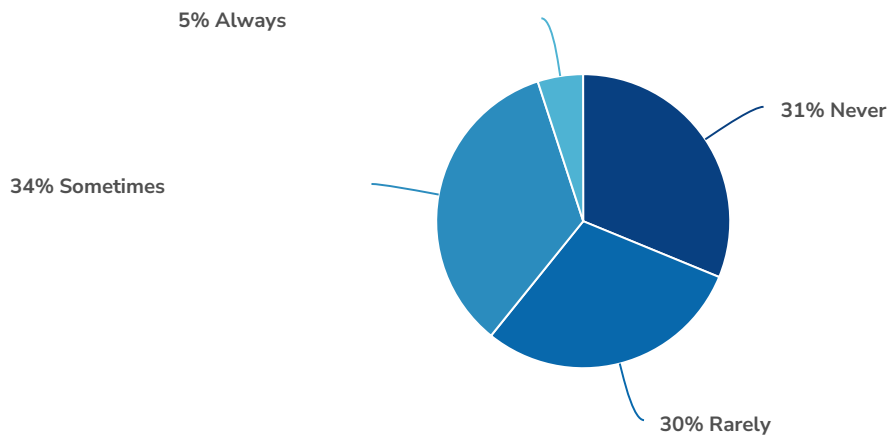


Value	Percent	Responses
your family	52.6%	340
your partner or spouse	23.5%	152
your neighbourhood	39.8%	257
your workplace	60.4%	390
your school	5.9%	38
your university	8.0%	52
your sports club	7.9%	51
your friends	58.0%	375
other, please specify	3.1%	20





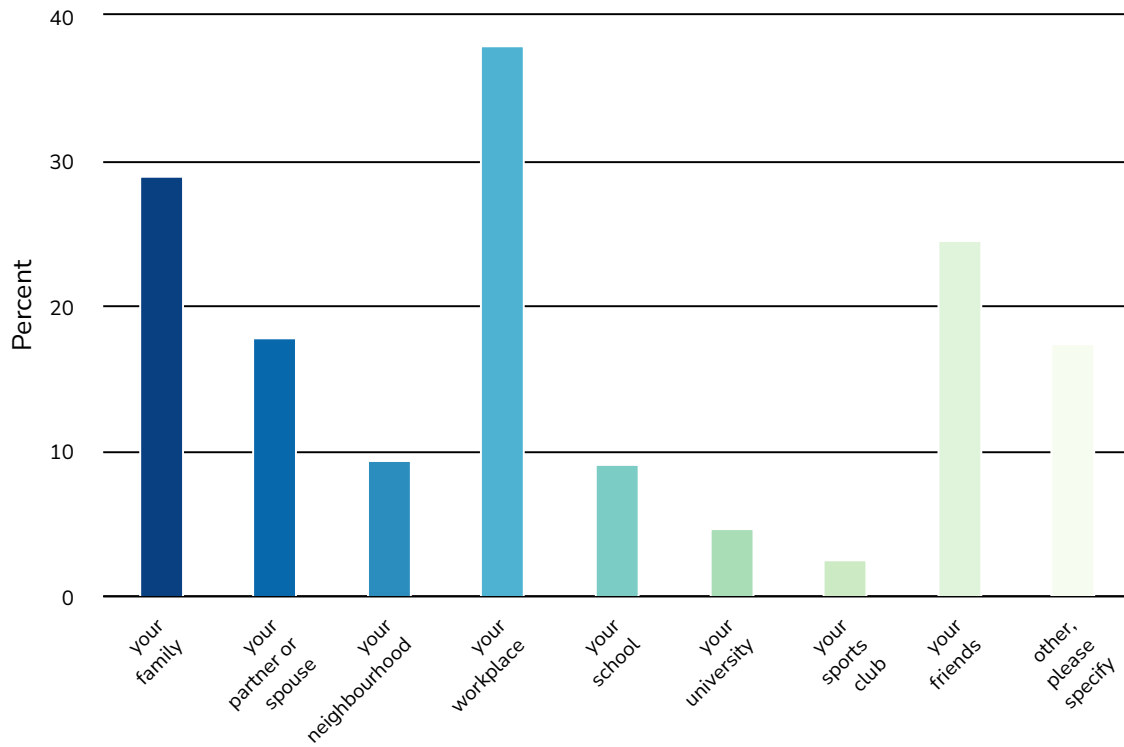
## 7. Have you ever been treated unfairly because of your mental health?



Value	Percent	Responses
Never	31.2%	313
Rarely	29.6%	297
Sometimes	34.2%	343
Always	5.0%	50

Totals: 1,003

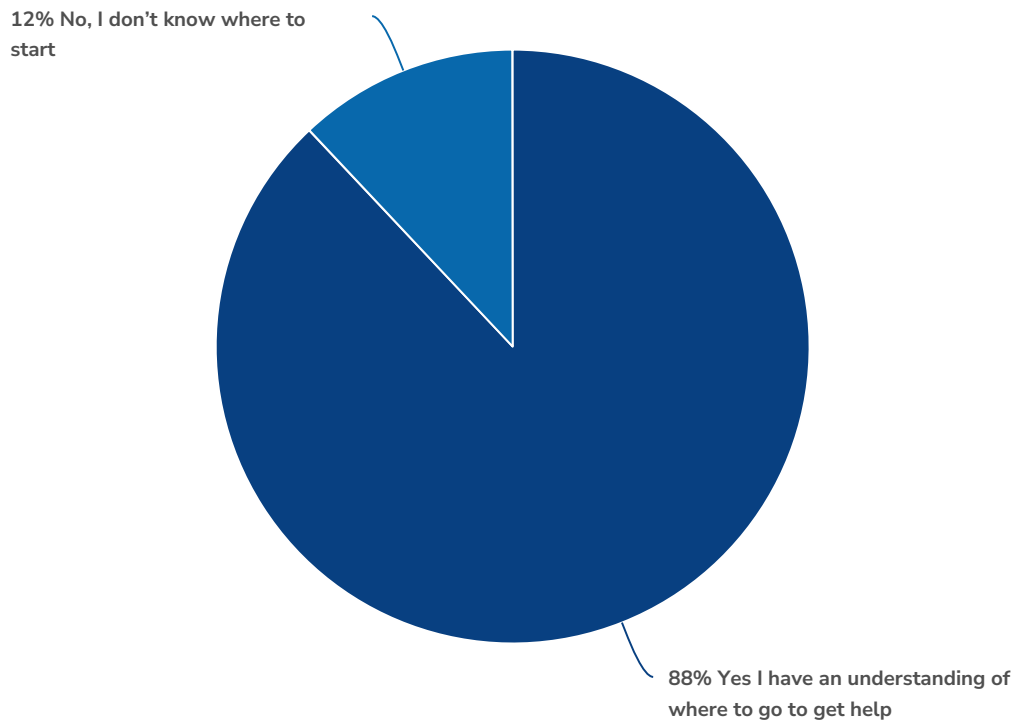
## 8. Who have you experienced unfair treatment by?



Value	Percent	Responses
your family	29.0%	272
your partner or spouse	17.9%	168
your neighbourhood	9.4%	88
your workplace	38.0%	356
your school	9.1%	85
your university	4.7%	44
your sports club	2.6%	24
your friends	24.5%	230
other, please specify	17.5%	164



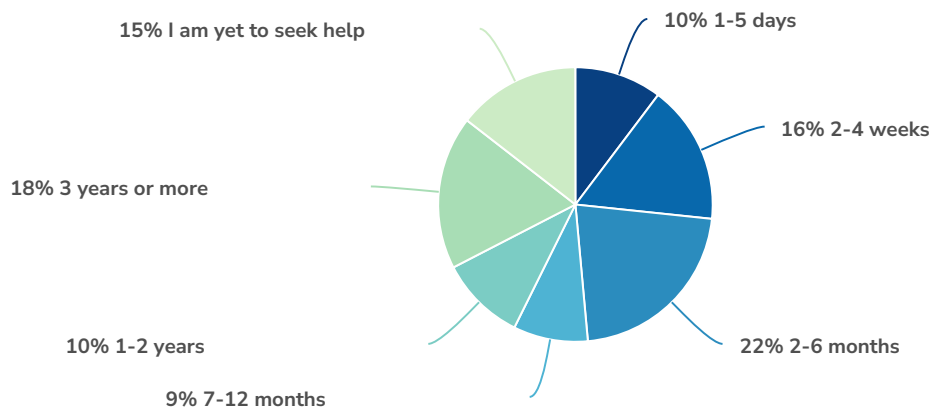
## 9. Did you know how and where to seek help or support for your mental health issues?



Value	Percent	Responses
Yes I have an understanding of where to go to get help	88.0%	883
No, I don't know where to start	12.0%	120

Totals: 1,003

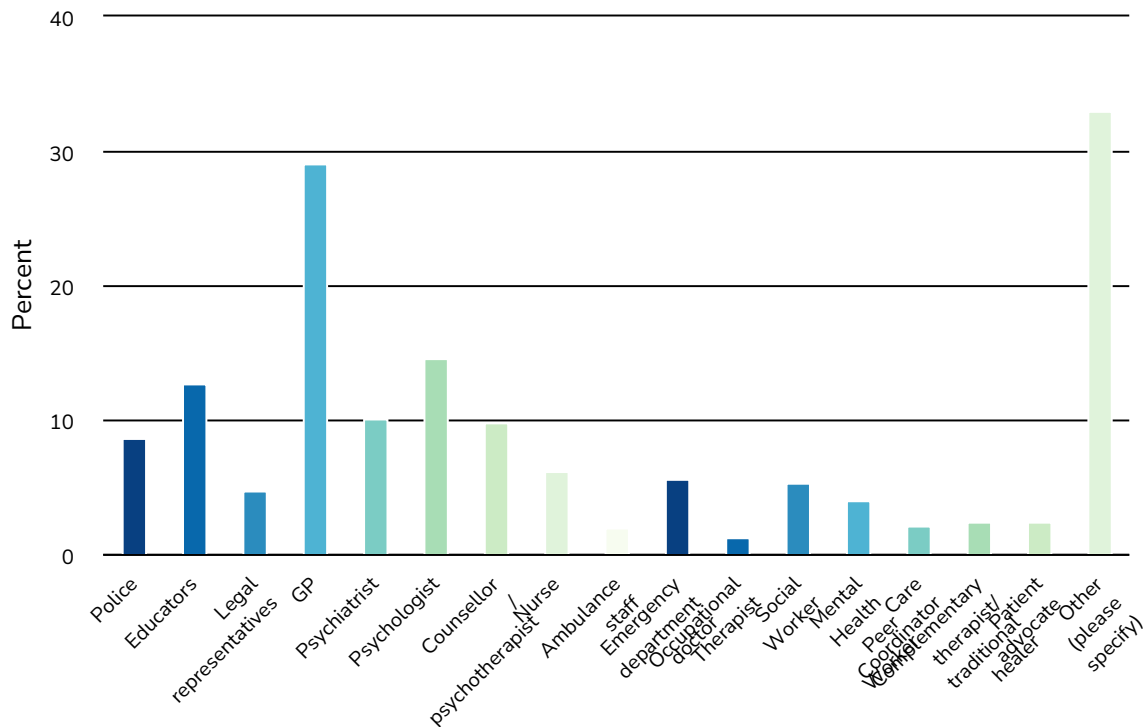
10. How long approximately did it take you to get help after realising you needed support with your mental health?



Value	Percent	Responses
1-5 days	10.3%	103
2-4 weeks	16.4%	164
2-6 months	21.9%	220
7-12 months	8.8%	88
1-2 years	10.1%	101
3 years or more	18.1%	182
I am yet to seek help	14.5%	145

Totals: 1,003

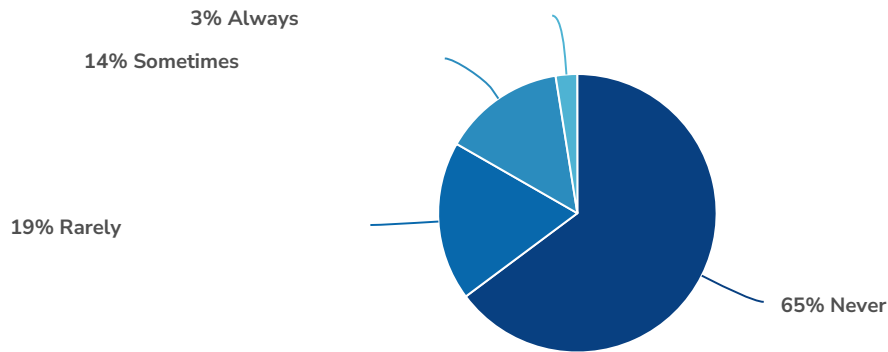
# 11. Which professionals have treated you unfairly when getting help for a mental health problem?



Value	Percent	Responses
Police	8.7%	87
Educators	12.7%	127
Legal representatives	4.8%	48
GP	29.1%	292
Psychiatrist	10.2%	102
Psychologist	14.6%	146
Counsellor / psychotherapist	9.9%	99
Nurse	6.3%	63
Ambulance staff	2.0%	20
Emergency department doctor	5.6%	56
Occupational Therapist	1.3%	13
Social Worker	5.4%	54
Mental Health Peer Worker	4.1%	41
Care Coordinator	2.2%	22
Complementary therapist/ traditional healer	2.5%	25
Patient advocate	2.5%	25
Other (please specify)	33.0%	331



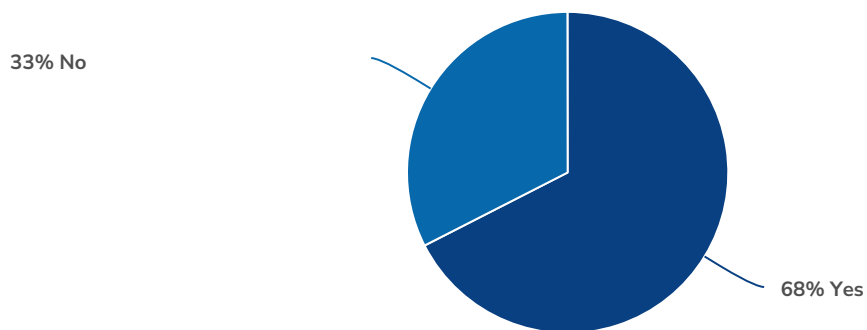
## 12. Have you been treated unfairly when applying for a paid job because of your mental illness?



Value	Percent	Responses
Never	64.8%	650
Rarely	18.5%	186
Sometimes	14.2%	142
Always	2.5%	25

Totals: 1,003

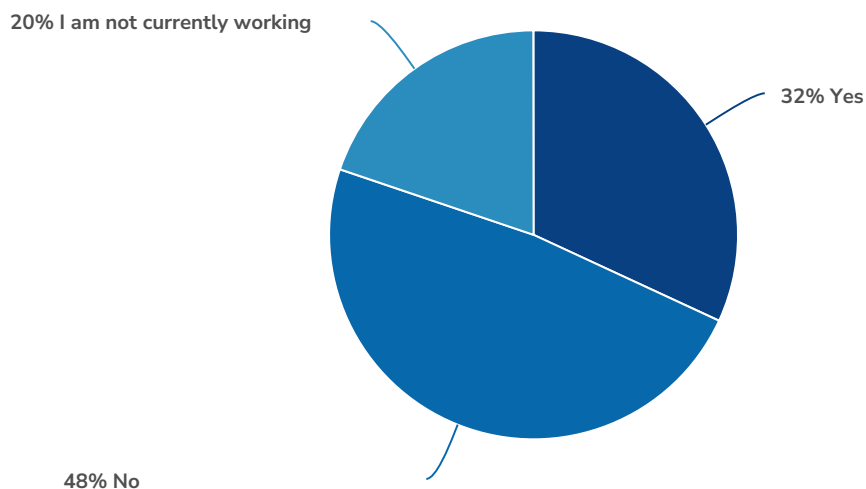
### 13. Have you ever felt that you could not tell your employer about your mental health because of discrimination?



Value	Percent	Responses
Yes	67.5%	677
No	32.5%	326

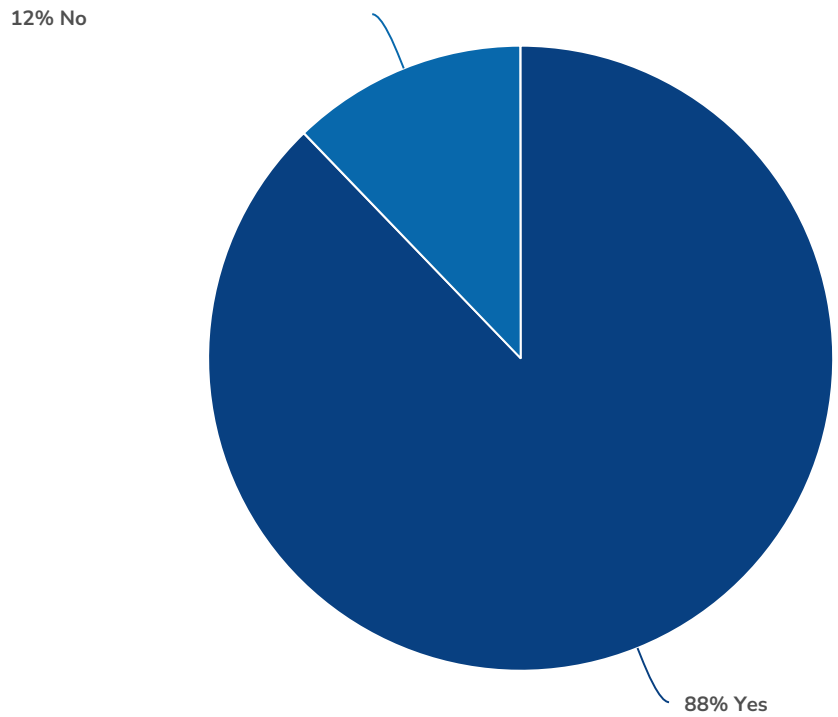
Totals: 1,003

## 14. Have you been treated unfairly by managers or colleagues in the workplace because of your mental illness?



Value	Percent	Responses
Yes	31.9%	320
No	48.3%	484
I am not currently working	19.8%	199
		<b>Totals: 1,003</b>

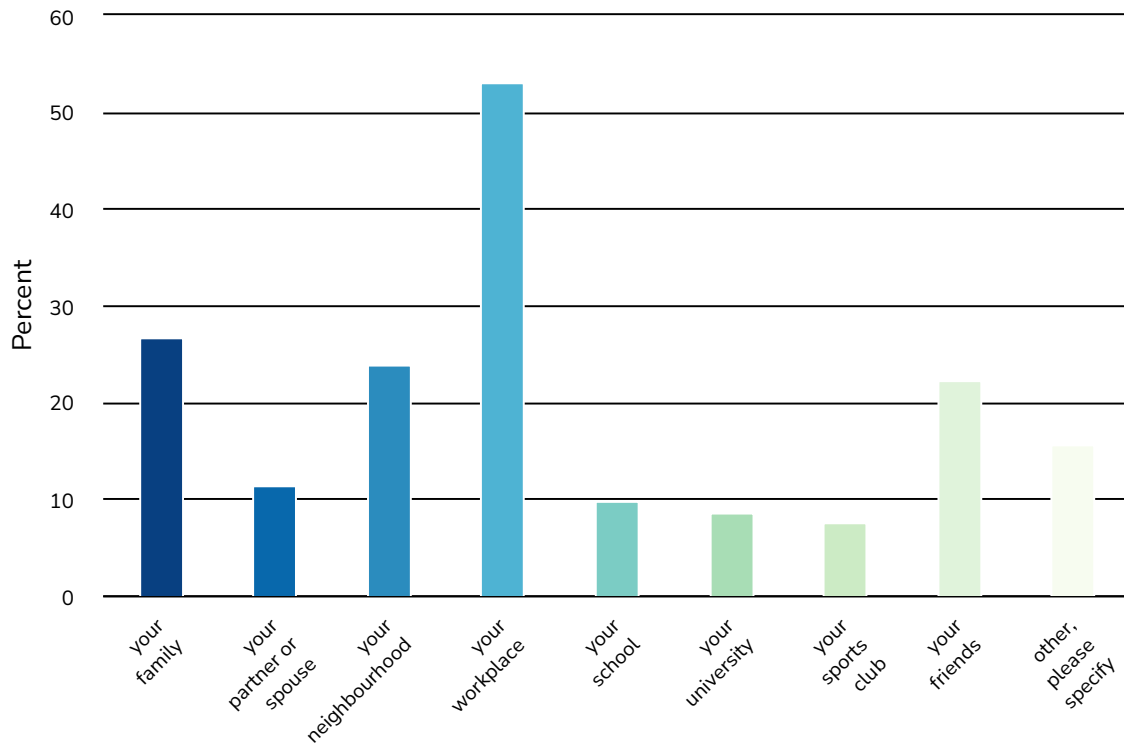
# 15. Do you think there is a stigma around mental health today?



Value	Percent	Responses
Yes	87.8%	881
No	12.2%	122

Totals: 1,003

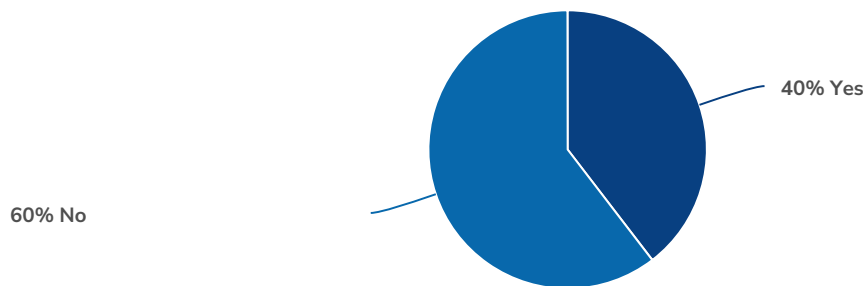
## 16. Where do you think stigma is most prevalent?



Value	Percent	Responses
your family	26.8%	259
your partner or spouse	11.5%	111
your neighbourhood	23.9%	231
your workplace	53.1%	514
your school	9.9%	96
your university	8.6%	83
your sports club	7.7%	75
your friends	22.3%	216
other, please specify	15.7%	152



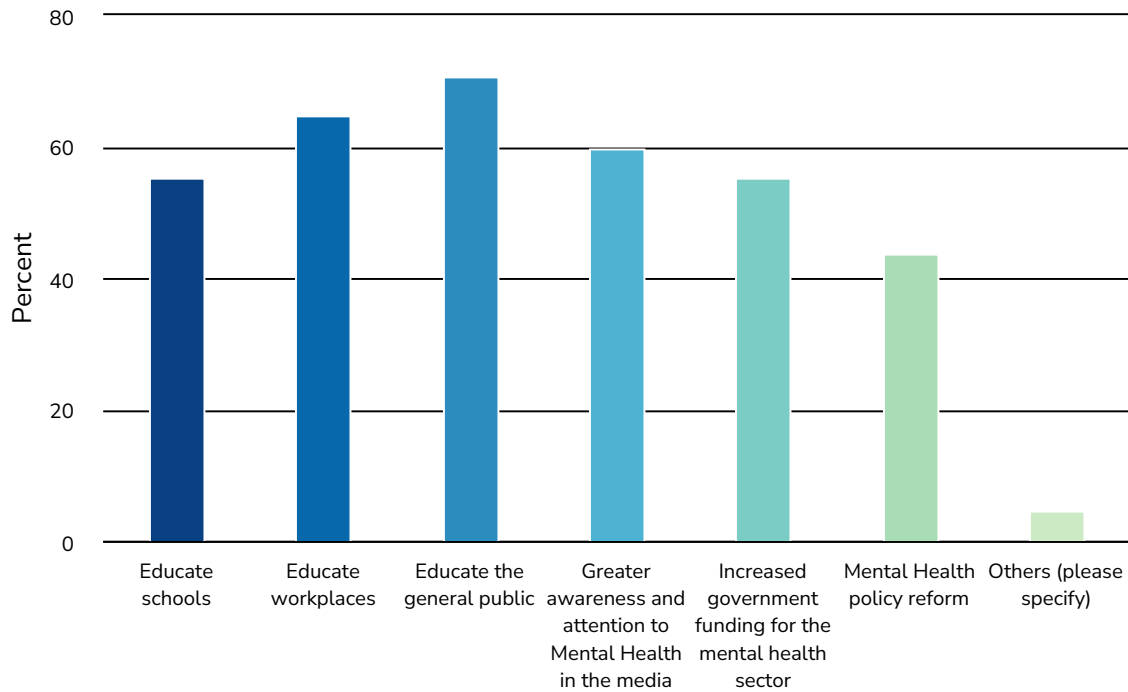
17. Have there been any lasting effects of mental health stigma and discrimination in your life in the last 12 months?



Value	Percent	Responses
Yes	39.6%	397
No	60.4%	606

Totals: 1,003

## 18. What do you think can be done to eliminate this stigma?



Value	Percent	Responses
Educate schools	55.4%	556
Educate workplaces	64.8%	650
Educate the general public	70.8%	710
Greater awareness and attention to Mental Health in the media	59.9%	601
Increased government funding for the mental health sector	55.5%	557
Mental Health policy reform	43.9%	440
Others (please specify)	4.8%	48