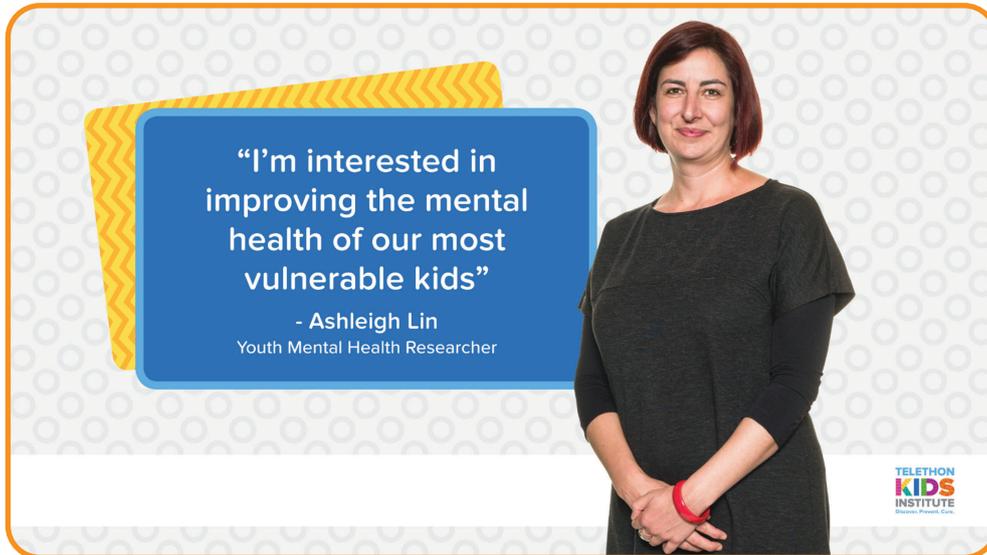




# Young Minds Matter



Researchers use lots of different tools to find out more about our amazing bodies and brains and how they work.



**Surveys** are one of the tools that researchers use to learn more about us. By asking lots of people the same questions in a survey, researchers collect information which is known as data. They can study the data to understand problems and find solutions.

An example of a useful survey is **Young Minds Matter**.

The Young Minds Matter survey asked over 6,000 families across Australia lots of questions about how kids have been feeling and behaving.

Researchers used this information to learn more about kids' mental health. One of the things they learnt is how many kids around Australia might be experiencing depression or anxiety. This information helped the government to provide important support and services to families who need it.

**Depression:** It's normal to feel sad sometimes but depression is when someone feels down, sad or irritable for weeks or even longer.

**Anxiety:** Everyone feels worried, nervous or fearful at times. Anxiety is when these feelings don't go away, happen for no clear reason or make it hard for us to do day to day things.

## Some of the things we discovered in the Young Minds Matter survey:

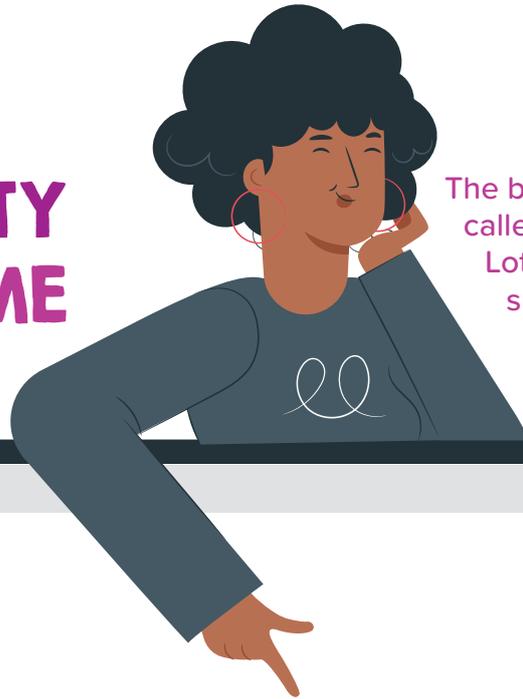
- Most kids in Australia have good mental health.
- In the past year, 1 in 7 kids (aged between 4 – 17) had experienced a mental health problem such as feeling depressed or overly anxious.
- We are getting better about seeking out help (via services) when we need it.
- Schools and teachers are very important in helping spot issues early and getting families and kids help.



Researchers continue to learn about the feelings and thoughts of young people, because, as well know, **young minds matter!**



## ACTIVITY AT HOME



The biggest survey in Australia is called the Census of Australia. Lots of data from this Census survey is available to anyone who wants to use it for research – even you!

**Use the internet to answer the following questions:**

1. Who runs the Census in Australia?  
.....
2. How often is the Census survey conducted?  
.....
3. When is the next Census survey?  
.....
4. Will your household need to answer the questions in the Census? .....

Answers – 1. Australian Government 2. Every 5 years 3. 2021 4. Yes

If you were worried about how you, or someone else, has been feeling there are lots of places you can get help. Your usual GP is a good person to talk to or contact any of the following services:



24/7 Crisis support services for young people 1800 55 1800 or online text chat at [www.kidshelp.com.au](http://www.kidshelp.com.au)



24/7 support service for young people 1800 650 890 or online text chat at [www.headspace.org.au](http://www.headspace.org.au)



Online information on depression and anxiety 1300 22 4636 or [www.beyondblue.org.au](http://www.beyondblue.org.au)