

*Thank you for taking the time to read this brochure and considering taking part in this important survey.*



**Australian Government**

**Department of Health and Ageing**



Telethon Institute for  
**Child Health  
Research**



THE UNIVERSITY OF  
WESTERN AUSTRALIA  
*Achieve International Excellence*

**Roy Morgan**  
— Research —

Young minds matter



**Information for  
Young People**

*You have been selected to take part in a major national survey about the social and emotional wellbeing of Australian children and adolescents. This is the second of these national surveys and is important to provide updated information on the needs of young people.*

The survey has been funded by the Australian Government Department of Health and Ageing and is being run by the Telethon Institute for Child Health Research at The University of Western Australia together with Roy Morgan Research.

To help plan and provide services for young people, we are interested in the health and wellbeing of all Australian children and adolescents. It is important that we speak to a range of families across Australia. Your responses to our questions will help us understand how well young Australians are doing.

The interview questions were developed with input from a group of experts working in education, health and welfare, together with people representing users of health services. Each question has been included as it provides information that is important to guide decisions on services for children and young people.

## Who to contact if you need help

If you need information, or help with any issues that were covered by the survey, there are a number of services that can assist you. Some of the sites below are designed for young people.

### Reach Out:

[www.reachout.com](http://www.reachout.com)

### Youth beyondblue:

[www.youthbeyondblue.com](http://www.youthbeyondblue.com) or 1300 22 4636 for the cost of a local call.

You can visit your regular GP, or if you have seen another health professional before, you may wish to make an appointment to see them again.

If you want to talk to someone or need help ASAP, then the following 24/7 services can help.

### Lifeline:

13 11 14 or online chat at [www.lifeline.org.au/Get-Help/Online-Services/crisis-chat](http://www.lifeline.org.au/Get-Help/Online-Services/crisis-chat)

### Kids Helpline:

1800 55 1800 or online chat at [www.kidshelp.com.au/teens/get-help/web-counselling](http://www.kidshelp.com.au/teens/get-help/web-counselling)

### headspace:

1800 650 890 or online chat at [www.headspace.org.au](http://www.headspace.org.au)

If after completing the questions you are worried about your feelings or behaviour and you are unsure who to contact, please call the study psychologist on 1800 269 224.

## Further information, complaints and contact details

Approval to conduct this research has been provided by the Australian Government Department of Health and Ageing Ethics Committee (Reference: 17/2012) and The University of Western Australia (Reference: RA/4/1/5538), in accordance with their ethics review and approval procedures.

Anyone considering participation in this research project, or agreeing to participate, may raise any questions or issues with the researchers at any time.

In addition, any person not satisfied with the response of researchers may raise ethics issues or concerns, and may make complaints about this research project by contacting the Human Research Ethics Office at the University of Western Australia on (08) 6488 1610 or by emailing to [hreo-research@uwa.edu.au](mailto:hreo-research@uwa.edu.au).

If you want any further information about the survey, this can be found on the survey website at [www.youngmindsmatter.org.au](http://www.youngmindsmatter.org.au).

If you can't find the information there, then please contact the research team by email at [youngmindsmatter@ichr.uwa.edu.au](mailto:youngmindsmatter@ichr.uwa.edu.au) or by calling 1800 216 940. The call will be free.

Please keep this brochure for later reference if needed.

## Who can take part in the survey?

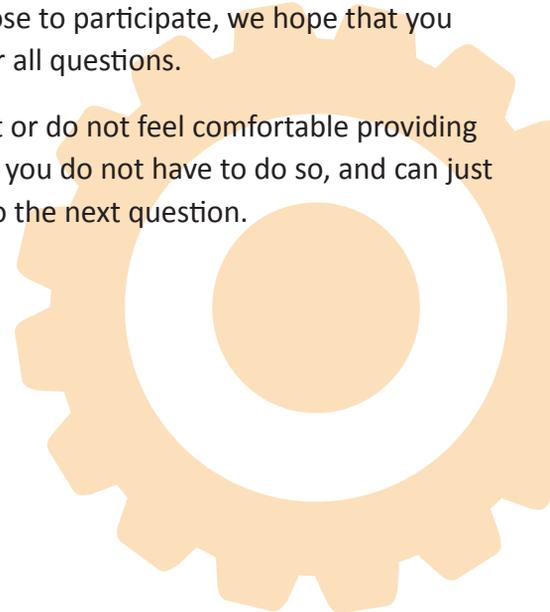
Parents and young people in more than 6,000 households across Australia are being asked to participate in this national survey. You have not been chosen on the basis of your wellbeing. You have all been selected at random. If there is more than one child aged between 4 and 17 years in your family, you are being asked to participate simply because you have been chosen at random.

## What choice do you have?

Your participation in the survey is completely voluntary. You do not have to do so, but we hope you will.

If you choose to participate, we hope that you will answer all questions.

If you can't or do not feel comfortable providing an answer, you do not have to do so, and can just move on to the next question.





## What's involved?

Participation in the survey involves you completing a questionnaire on a tablet computer in your home. This will take about 30 minutes.

We want you to complete this by yourself. Your parent (or guardian) will not be able to see your answers and he or she won't be able to at any time in the future.

If you have any problems just ask the interviewer from Roy Morgan Research.

Every young person who participates will be asked the same questions. These are about social and emotional issues, health and illnesses, and how you behave at school and at home. You will also be asked about any services that you may have used to help with particular problems.

If you are aged between 14 and 17 years, we will also ask you about getting a copy of your Medicare and Pharmaceutical Benefits Scheme records. This will help us get a more complete picture of the health services and medications you have used. We need your permission for this information to be released to the research team.

## What happens to the information you provide?

The information that you and your parent (or guardian) provide will be held securely and managed by the Telethon Institute for Child Health Research. No other people will have access to your responses.

All information that could possibly identify you, such as your name, date of birth, and where you live, will be removed from your survey record before the data is analysed by researchers and used in any reports. It will not be possible to identify you.

You may withdraw from the survey at any time up until 31 March 2014 by contacting the research team. All the information you have provided will be destroyed and not included in any analyses. Withdrawal will not be possible after March 2014, as the information you provide will have become part of the main survey data file and cannot be separated out. You may withdraw by writing to the *Young Minds Matter* Survey, PO Box 855, West Perth WA 6872, email [youngmindsmatter@ichr.uwa.edu.au](mailto:youngmindsmatter@ichr.uwa.edu.au) or by following the instructions on the survey website.

If you are 14 years or older and you no longer want data from your Medicare or Pharmaceutical Benefits Scheme records to be used in the survey, you can withdraw your permission by contacting the research team.