

young people say there's still stigma around mental illness

October 2023

New research from headspace shows young people still feel there is a stigma around seeking support for a mental illness.

According to the latest headspace National Youth Mental Health Survey:

6 in 10



young people feel there is stigma around mental illness **(57%)**

Over half

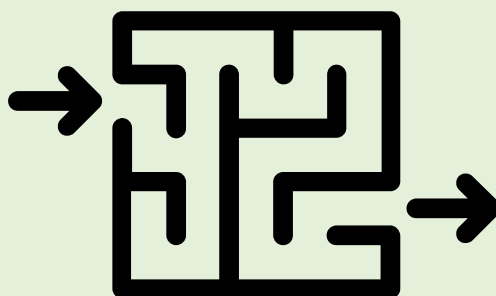


feel there's a stigma around seeking help for a mental illness **(52%)**

Shame and stigma can be a barrier to help-seeking, with many young people responding they:



Are likely to deal with personal or emotional problems on their own **(40%)**



Would feel worse about themselves if they couldn't solve their mental health problems on their own **(42%)**

In headspace's new campaign, Zoe Terakes encourages young people to 'ditch the expectations' with a timely reminder that young people aged 12 to 25, as well as their family, can reach out to headspace for support.

"headspace reminds young people they don't have to do it all on their own, in fact, they shouldn't. It's so vital we reach for and depend on external support." – Zoe Terakes

Help is available at centres, and via phone and online counselling service, headspace.

Watch the new campaign and find out how you can create a healthy headspace at headspace.org.au

headspace.org.au or call 1800 650 890