

Exploring mental health peer support for young women  
Here are the questions we asked in our anonymous online survey.

**Nicole Moulding, Michele Jarldorn, Jane Andrew and Kate Deuter**

**1) Gender: How do you identify?**

Woman or She/Her

Non-binary

Prefer not to say

Prefer to self-describe below

**2) Do you think of yourself as:**

Heterosexual/Straight

Lesbian/Gay

Bisexual

Queer

Prefer to self-describe

**3) My age is:**

18 - 22

23 - 26

27 - 30

**4) I identify as Aboriginal or Torres Strait Islander:**

Yes

No

**5) I am from a culturally or linguistically diverse background:**

Yes

No

**6) I have a disability or a long-term/chronic health condition:**

Yes

No

**7) Which of the following best describes where you currently live?**

Close to a capital city (metropolitan area)

Outer suburbs of a capital city

In, or close to, a regional centre

Rural area

Remote area

**8) My highest level of completed education is:**

Year 10

Year 11

Year 12

Advanced diploma, diploma, certificate or trade qualification

Bachelor's degree or higher

**9) I am (please select all that apply)**

Working full-time

Working part-time/casual

Not currently in paid employment

Studying full-time

Studying part-time

**10) My current income status is (please select all that apply)**

Employee

Self-employed

Centrelink benefits

Dependent on partner's income

Dependent on parents

Other (can you please describe?)

**11) What is your current personal yearly/weekly income?**

Under \$20,000 per annum (under \$310 per week)

\$20,000 - \$30,000 per annum (under \$577 per week)

QUICK EXIT \$30,000 - \$49,000 per annum (\$577 - \$942 per week)

\$50,000 - \$69,000 per annum (\$962 - \$1327 per week)

\$70,000 - \$89,000 per annum (\$1346 - \$1712 per week)

\$90,000 and up (above \$1712 per week)

Prefer not to say

**12) How would you describe your living arrangements?**

Living alone

Living alone with child/children (no partner)

Living with partner and child/children

Living with a partner (no children)

Living with other family members without children

Living with other family members with your children

Living with non-family members without children

Living with non-family members with your children

**13) Do you have caring responsibilities?**

Yes

No

**14) Have you ever experienced any mental health challenges?**

Yes

No

**15) How would you describe your mental health right now?**

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**16) Have you ever received a formal diagnosis of a recognised mental illness (for example, anxiety, depression)?**

Yes

No

**17) Can you tell us a bit about the experiences you believe contributed to your mental health challenges?**

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For example, often a mental illness diagnosis is associated with particular types of experiences, such as experiencing harassment, abuse and/or violence.

**18) Have you ever accessed any of the following formal supports from practitioners or volunteers: (this includes in-person counselling, telephone counselling or other tele-health support)? Please select all that apply.**

Specific mental health services

Face-to-face counselling and/or support for other social issues

GP/other medical professional for mental health support

Telephone support

Crisis support

Counselling through your workplace or education provider

None of the above

**19) Have you ever accessed any of the following ONLINE formal supports (please select all that apply)**

Online information about self-help for mental health problems

Online information about other problems

Participation in an online chatroom or similar forum with peers experiencing similar problems to you

Accessed and engaged with online resources created by people with lived experience

Crisis support

None of the above

**20) If you have accessed any of the ONLINE support listed in the previous question, was the support relevant and helpful? Can you tell us more about your experience?**

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**21) Have you ever accessed any of the following informal supports with regards to your mental health? (please select all that apply)**

Friends

Family

Neighbours

Work colleagues

Members of a peer support group

Members of a social group

Members of a community group

Members of a religious/spiritual group

None of the above

**22) Is there another type of informal support you have used which is not mentioned above? Can you tell us what that was? \_\_\_\_\_**

**23) If you have accessed one or more of these informal supports, could you tell us how useful you found it and why? \_\_\_\_\_**

**24) Are there any personal strategies that you use which help you manage your mental wellbeing? (for example, physical activity, online gaming, spending time alone?)**

If yes, can you tell us something more about your personal strategies?

**25) Have you ever used your own experience of managing your mental health to support any of your friends, family or peers with their mental health?**

Yes

No

**26) If yes, can you tell us more about the support you provided them?**

**27) If specific online mental health support was available for young women, would you be interested in accessing it?**

Yes

No

**28) Can you tell us why you chose that answer?**

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**29) What types of ONLINE mental health support would you be interested in using? (please select all that apply)**

Information about how to manage mental health problems

Information about gendered violence and trauma

Information about services that understand young women's lives

Real-time online peer support

Real-time online practitioner support

Other types of online mental health support (such as informational videos, blog posts)

**30) Can you tell us why you would be interested in accessing those resources?**

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**31) How important would it be to you that online mental health support for young women is designed by young women themselves?**

Not important at all

Not that important

Neutral

Somewhat Important

Very important

**32) Can you tell us more about your answer above?**

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Thank you for sharing your experiences with us. If you feel distressed as a result of sharing your experiences, please refer to the list of contact details below for a range of national mental health support services. If you would like a summary of the research findings to be sent to you, please contact lead investigator Nicole Moulding via email at [nicole.moulding@unisa.edu.au](mailto:nicole.moulding@unisa.edu.au) and a copy will be forwarded to you on completion of the study. The information provided by you in this online survey will be used to shape two forthcoming online focus groups where we will be discussing the experiences of young women seeking support for their mental health. The focus groups will explore possibilities for the creation of peer-informed online support which takes into account gender and is informed by your lived experience. If you are interested in participating in an online focus-group, please leave your name and contact details below (name, email address and/or mobile phone number) and we will send you a detailed information sheet that explains what participation in an online focus group involves. Please be aware that providing this information is NOT compulsory. The submission of these details is entirely separate from your survey responses. This information will not be linked in any way.