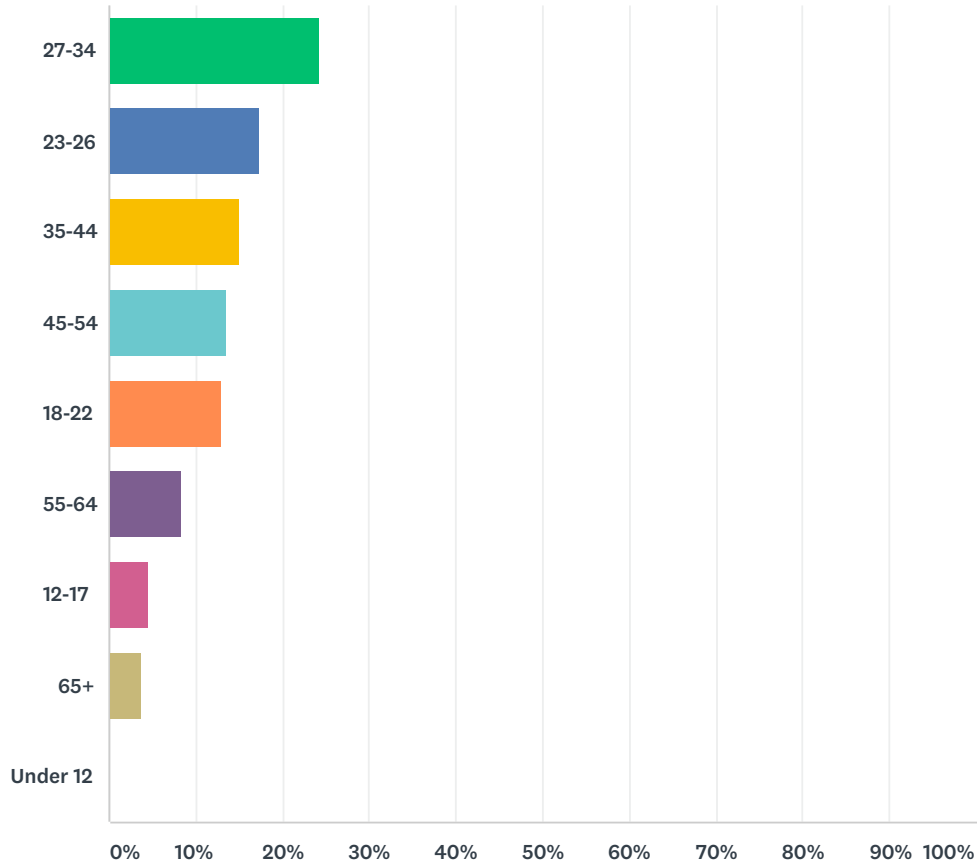


Q1 What country are you living in?

Answered: 134 Skipped: 2

Q2 How old are you?

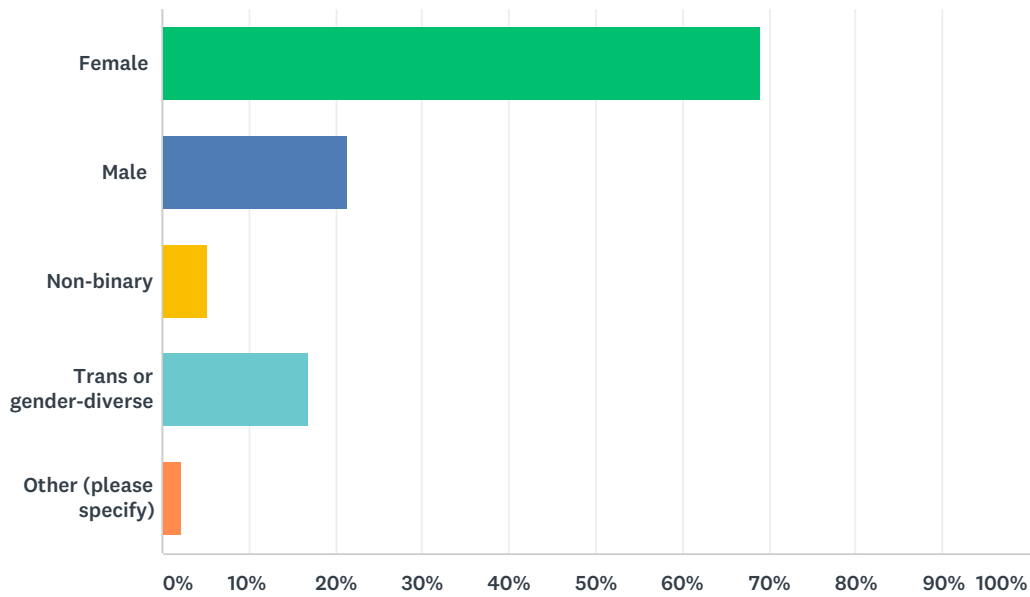
Answered: 132 Skipped: 4



ANSWER CHOICES	RESPONSES	
27-34	24.24%	32
23-26	17.42%	23
35-44	15.15%	20
45-54	13.64%	18
18-22	12.88%	17
55-64	8.33%	11
12-17	4.55%	6
65+	3.79%	5
Under 12	0.00%	0
TOTAL		132

Q3 What gender do you identify as? (You may select more than one option)

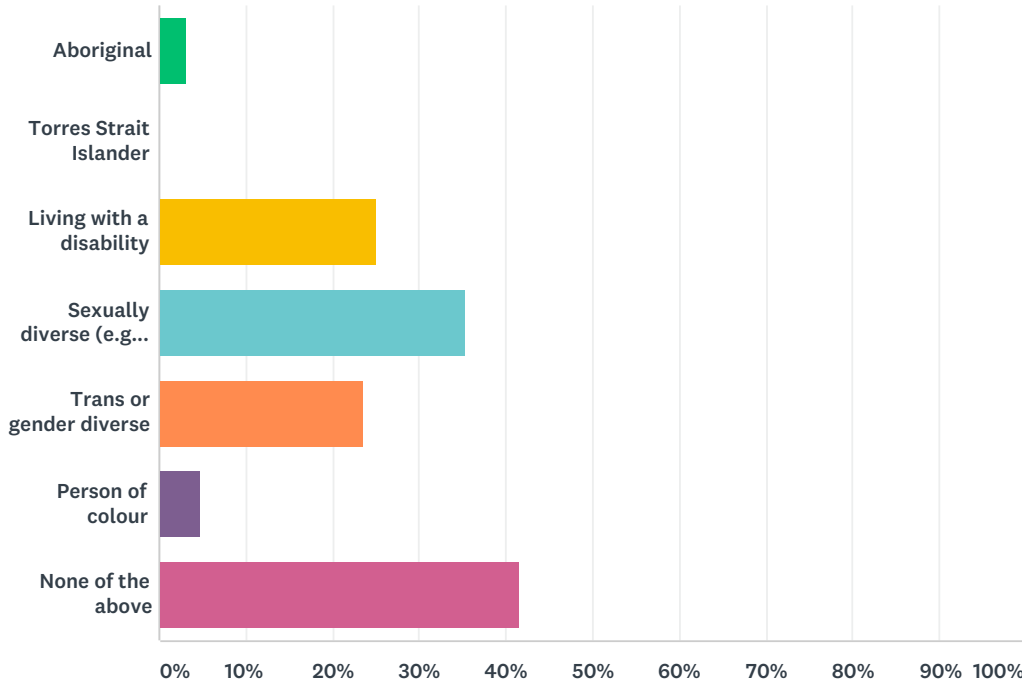
Answered: 136 Skipped: 0



ANSWER CHOICES	RESPONSES	
Female	69.12%	94
Male	21.32%	29
Non-binary	5.15%	7
Trans or gender-diverse	16.91%	23
Other (please specify)	2.21%	3
Total Respondents: 136		

Q4 Do you identify as (Tick as many as applicable)

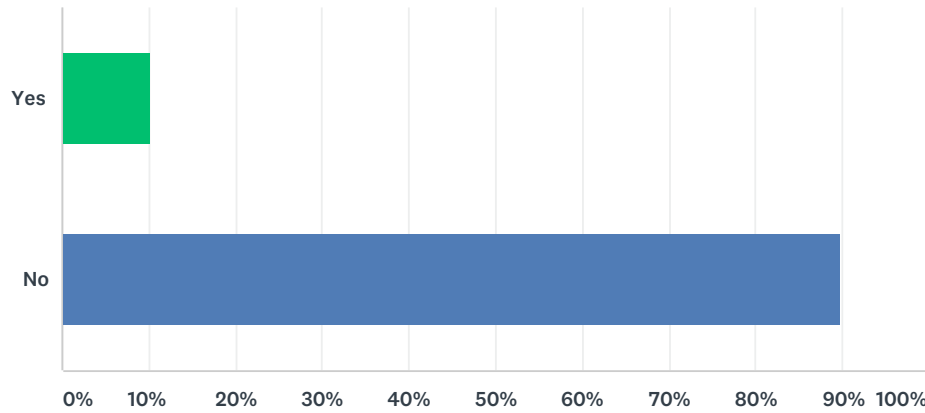
Answered: 127 Skipped: 9



ANSWER CHOICES	RESPONSES	
Aboriginal	3.15%	4
Torres Strait Islander	0.00%	0
Living with a disability	25.20%	32
Sexually diverse (e.g. lesbian, gay, bisexual)	35.43%	45
Trans or gender diverse	23.62%	30
Person of colour	4.72%	6
None of the above	41.73%	53
Total Respondents: 127		

Q5 Do you speak a language other than English at home?

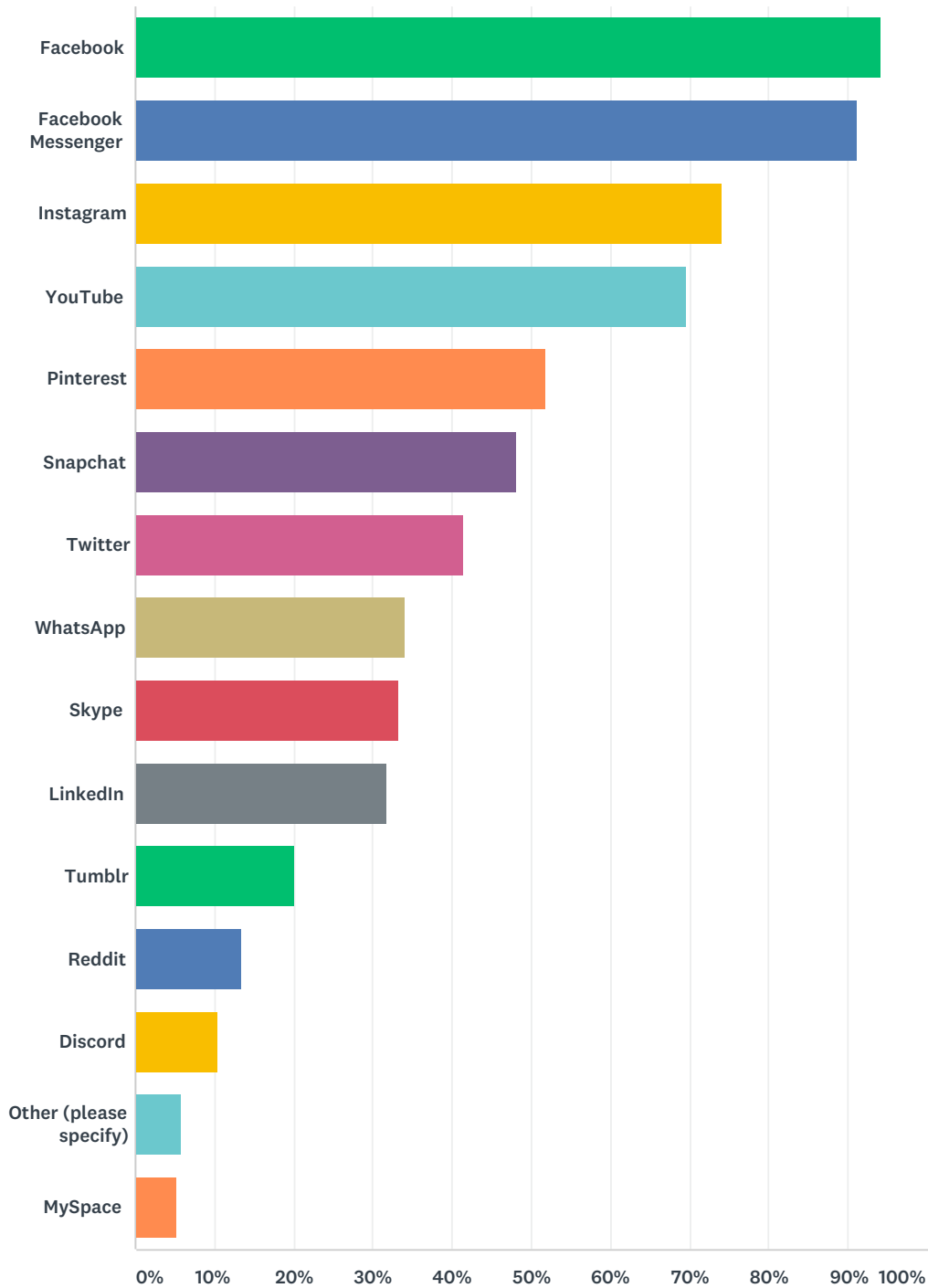
Answered: 136 Skipped: 0



ANSWER CHOICES	RESPONSES	
Yes	10.29%	14
No	89.71%	122
TOTAL		136

Q6 Which of the following do you have accounts for (check as many as apply - even if you don't use them frequently)

Answered: 135 Skipped: 1

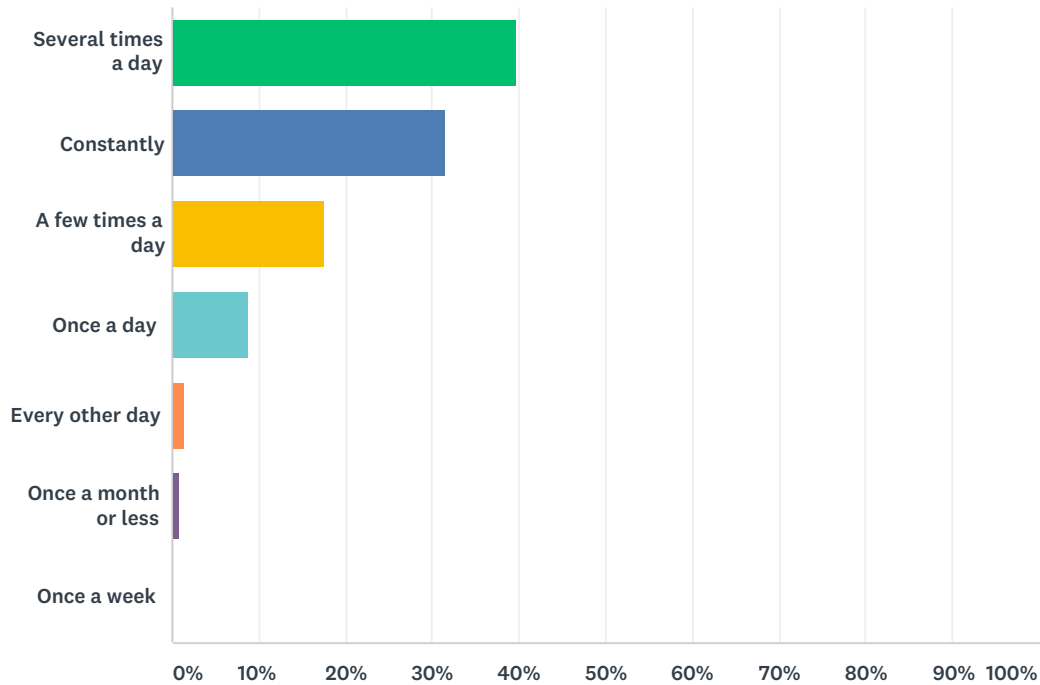


ANSWER CHOICES	RESPONSES	
Facebook	94.07%	127
Facebook Messenger	91.11%	123

Instagram	74.07%	100
YouTube	69.63%	94
Pinterest	51.85%	70
Snapchat	48.15%	65
Twitter	41.48%	56
WhatsApp	34.07%	46
Skype	33.33%	45
LinkedIn	31.85%	43
Tumblr	20.00%	27
Reddit	13.33%	18
Discord	10.37%	14
Other (please specify)	5.93%	8
MySpace	5.19%	7
Total Respondents: 135		

Q7 How often do you check social media?

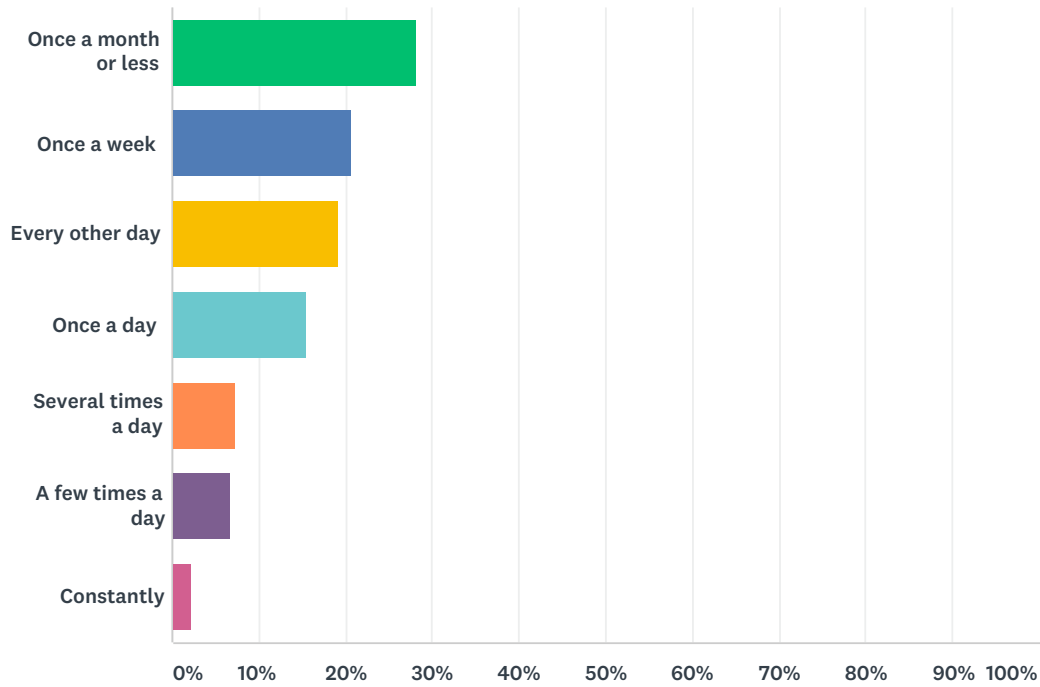
Answered: 136 Skipped: 0



ANSWER CHOICES	RESPONSES	
Several times a day	39.71%	54
Constantly	31.62%	43
A few times a day	17.65%	24
Once a day	8.82%	12
Every other day	1.47%	2
Once a month or less	0.74%	1
Once a week	0.00%	0
TOTAL		136

Q8 How often do you post to social media (including stories)

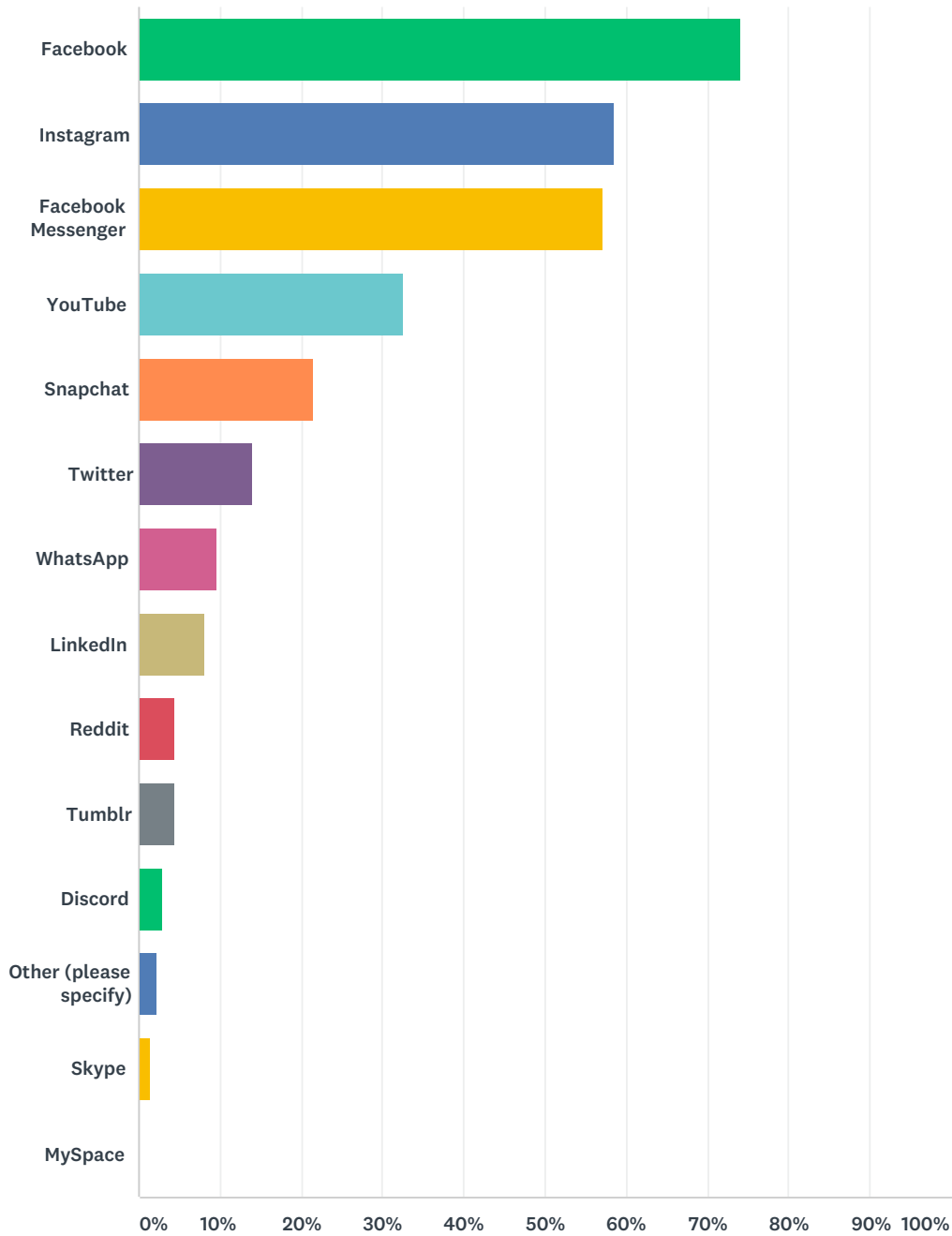
Answered: 135 Skipped: 1



ANSWER CHOICES	RESPONSES	
Once a month or less	28.15%	38
Once a week	20.74%	28
Every other day	19.26%	26
Once a day	15.56%	21
Several times a day	7.41%	10
A few times a day	6.67%	9
Constantly	2.22%	3
TOTAL		135

Q9 Please check your 3 favourite social media platforms

Answered: 135 Skipped: 1

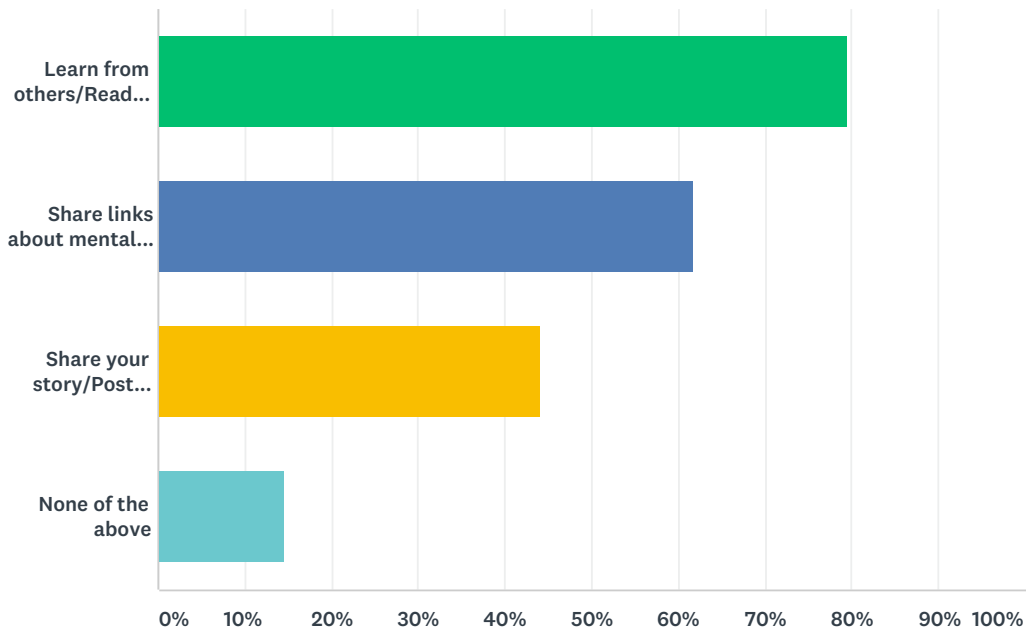


ANSWER CHOICES	RESPONSES	
Facebook	74.07%	100
Instagram	58.52%	79
Facebook Messenger	57.04%	77
YouTube	32.59%	44
Snapchat	21.48%	29

Twitter	14.07%	19
WhatsApp	9.63%	13
LinkedIn	8.15%	11
Reddit	4.44%	6
Tumblr	4.44%	6
Discord	2.96%	4
Other (please specify)	2.22%	3
Skype	1.48%	2
MySpace	0.00%	0
Total Respondents: 135		

Q10 In the last 4 months have you used social media to... (tick as many as apply)

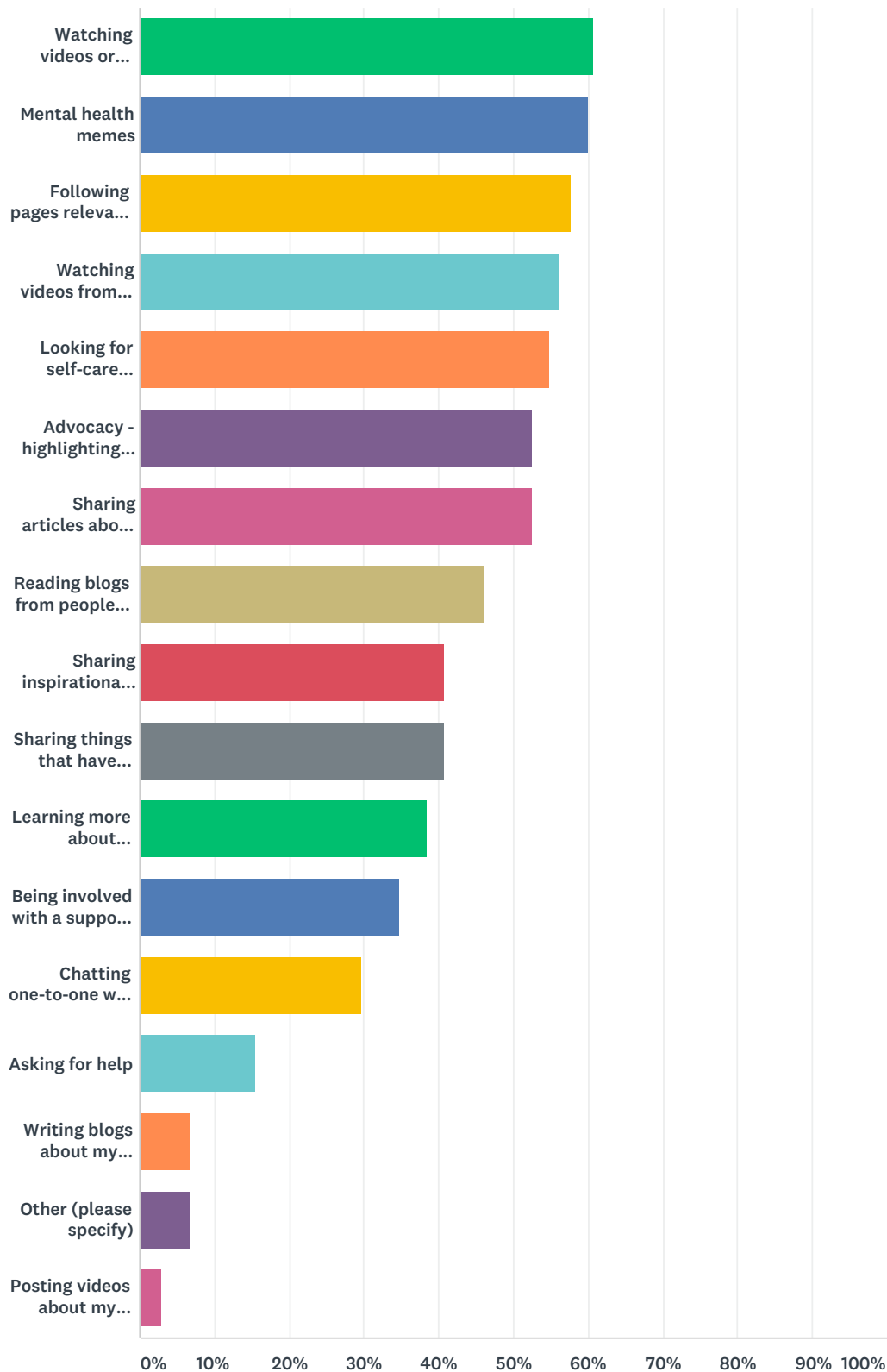
Answered: 136 Skipped: 0



ANSWER CHOICES	RESPONSES	
Learn from others/Read about others mental health (incl. support groups and vlogs)	79.41%	108
Share links about mental health issues that are important to me	61.76%	84
Share your story/Post about your own mental health online (incl. support groups and vlogs)	44.12%	60
None of the above	14.71%	20
Total Respondents: 136		

Q11 When it comes to mental health online, what do you use social media for? (Tick as many as apply)

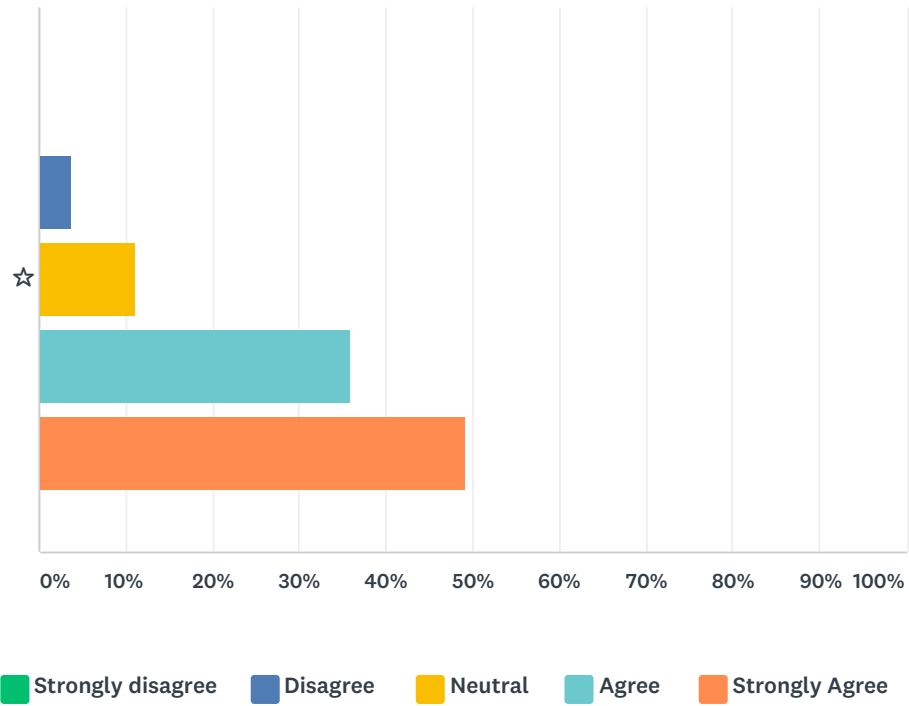
Answered: 135 Skipped: 1



ANSWER CHOICES	RESPONSES	
Watching videos or reading articles from professionals	60.74%	82
Mental health memes	60.00%	81
Following pages relevant to my experience/diagnosis	57.78%	78
Watching videos from people with a similar experience to mine	56.30%	76
Looking for self-care techniques	54.81%	74
Advocacy - highlighting issues important to me	52.59%	71
Sharing articles about mental health	52.59%	71
Reading blogs from people with a similar experience to mine	45.93%	62
Sharing inspirational quotes	40.74%	55
Sharing things that have helped with your own mental health	40.74%	55
Learning more about professional services	38.52%	52
Being involved with a support group or forum	34.81%	47
Chatting one-to-one with someone who has had a similar experience	29.63%	40
Asking for help	15.56%	21
Writing blogs about my experience	6.67%	9
Other (please specify)	6.67%	9
Posting videos about my experience	2.96%	4
Total Respondents: 135		

Q12 I believe that being open about mental health online reduces stigma

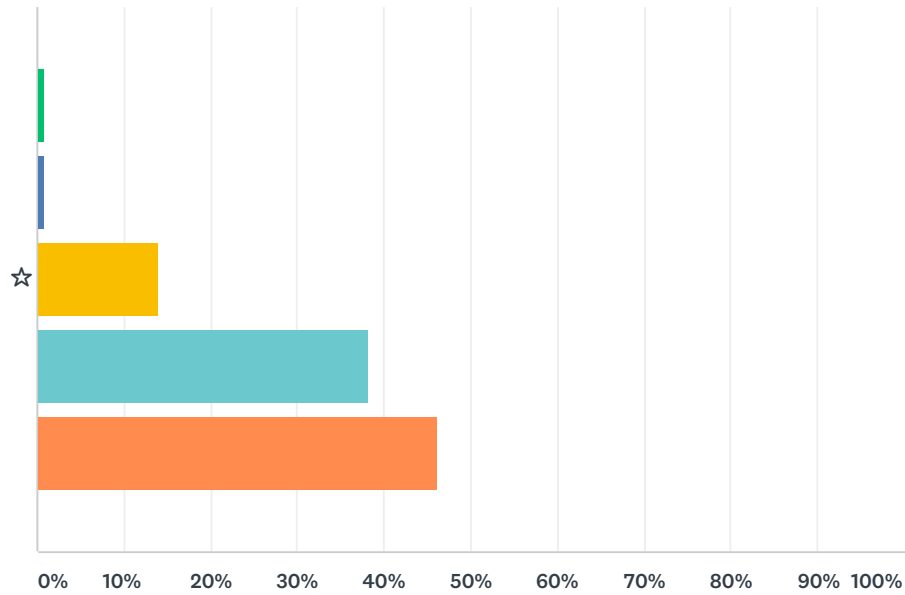
Answered: 136 Skipped: 0



	STRONGLY DISAGREE	DISAGREE	NEUTRAL	AGREE	STRONGLY AGREE	TOTAL	WEIGHTED AVERAGE
☆	0.00%	3.68%	11.03%	36.03%	49.26%	136	4.31
	0	5	15	49	67		

Q13 Talking to others who have gone through a similar experience to me has been helpful

Answered: 136 Skipped: 0

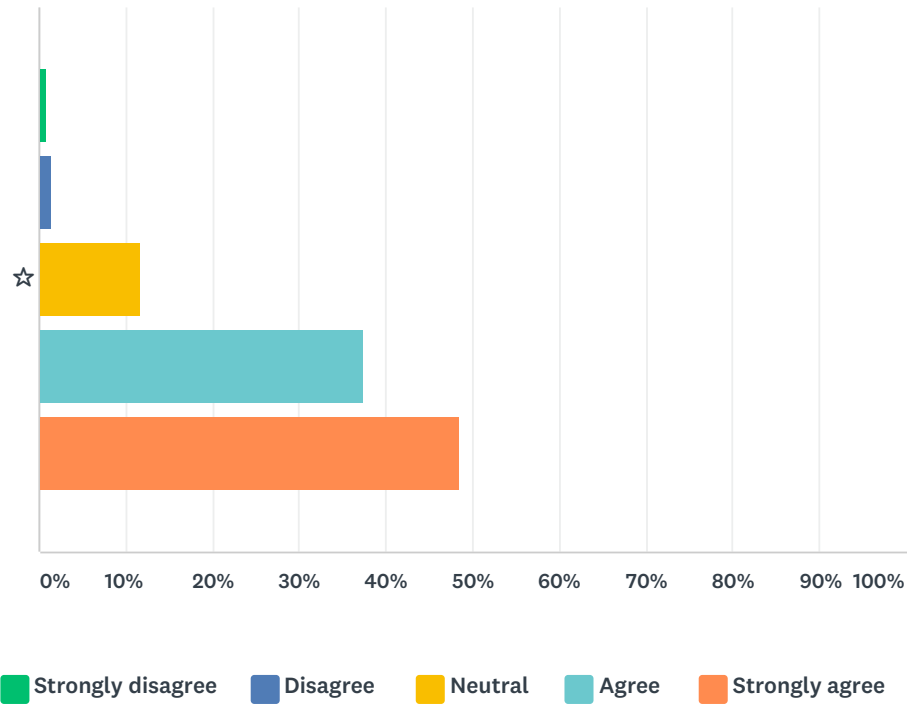


■ Strongly disagree
 ■ Disagree
 ■ Neutral
 ■ Agree
 ■ Strongly agree

	STRONGLY DISAGREE	DISAGREE	NEUTRAL	AGREE	STRONGLY AGREE	TOTAL	WEIGHTED AVERAGE
☆	0.74%	0.74%	13.97%	38.24%	46.32%	136	4.29
	1	1	19	52	63		

Q14 I want to help other people who have had similar experiences to me

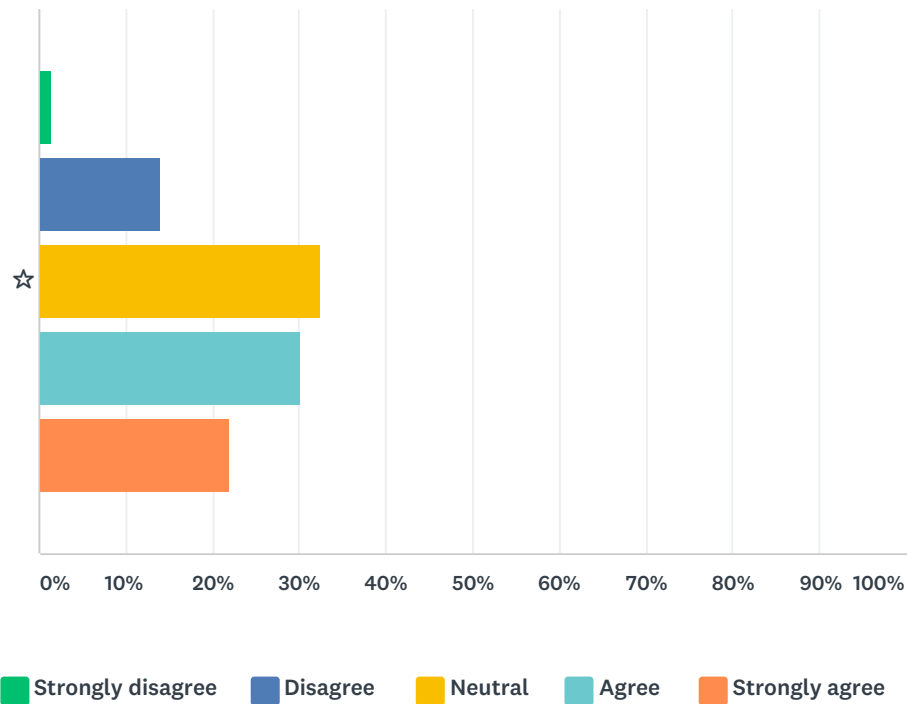
Answered: 136 Skipped: 0



	STRONGLY DISAGREE	DISAGREE	NEUTRAL	AGREE	STRONGLY AGREE	TOTAL	WEIGHTED AVERAGE
☆	0.74%	1.47%	11.76%	37.50%	48.53%	136	4.32
	1	2	16	51	66		

Q15 It is easier talking about mental health online compared to face to face

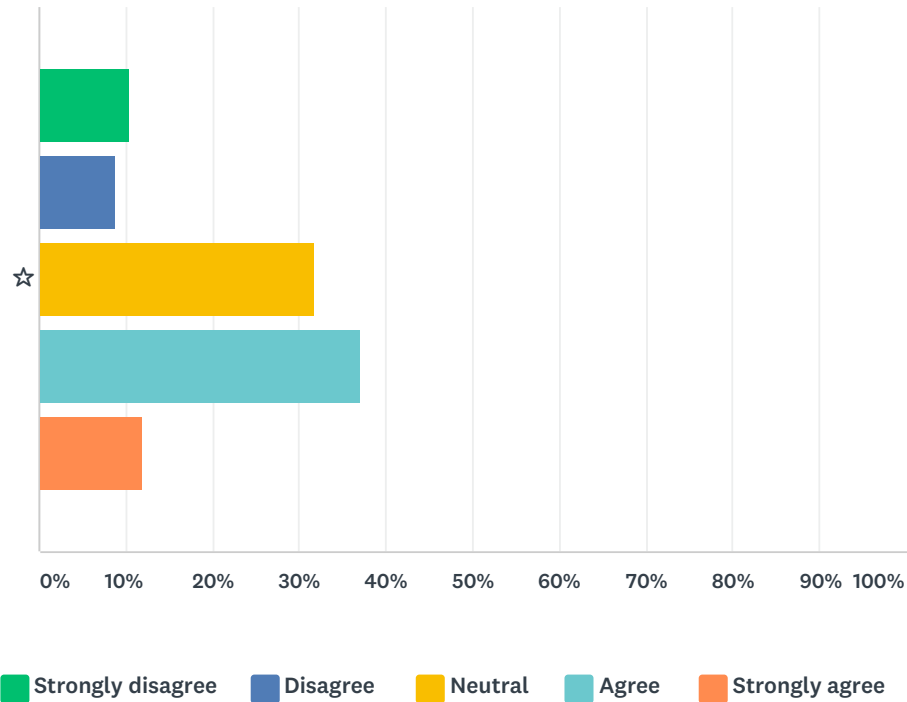
Answered: 136 Skipped: 0



	STRONGLY DISAGREE	DISAGREE	NEUTRAL	AGREE	STRONGLY AGREE	TOTAL	WEIGHTED AVERAGE
☆	1.47%	13.97%	32.35%	30.15%	22.06%	136	3.57
	2	19	44	41	30		

Q16 Overall, I think social media has been helpful when it comes to my mental health

Answered: 135 Skipped: 1



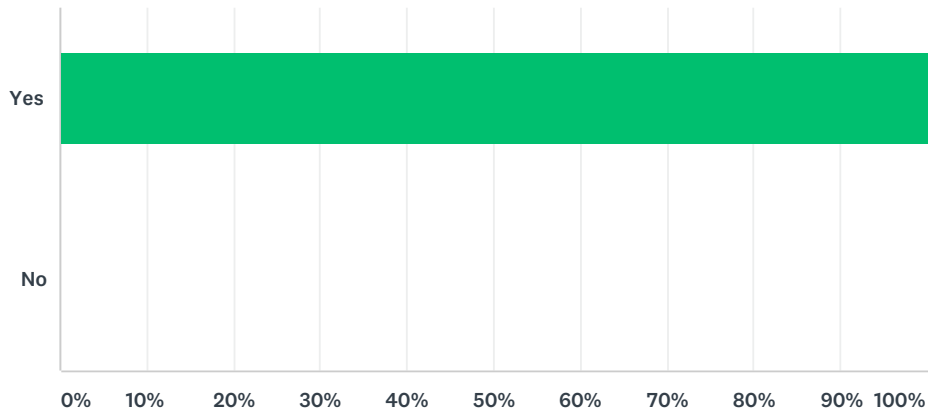
	STRONGLY DISAGREE	DISAGREE	NEUTRAL	AGREE	STRONGLY AGREE	TOTAL	WEIGHTED AVERAGE
☆	10.37% 14	8.89% 12	31.85% 43	37.04% 50	11.85% 16	135	3.31

Q17 Finally, do you have anything else to say about how you use social media for your mental health?

Answered: 75 Skipped: 61

Q18 Do you give consent to us using your (completely anonymous) data and feedback in our presentation around social media and mental health at The Mental Health Services Conference (TheMHS) Brisbane?

Answered: 136 Skipped: 0



ANSWER CHOICES	RESPONSES	
Yes	100.00%	136
No	0.00%	0
TOTAL		136