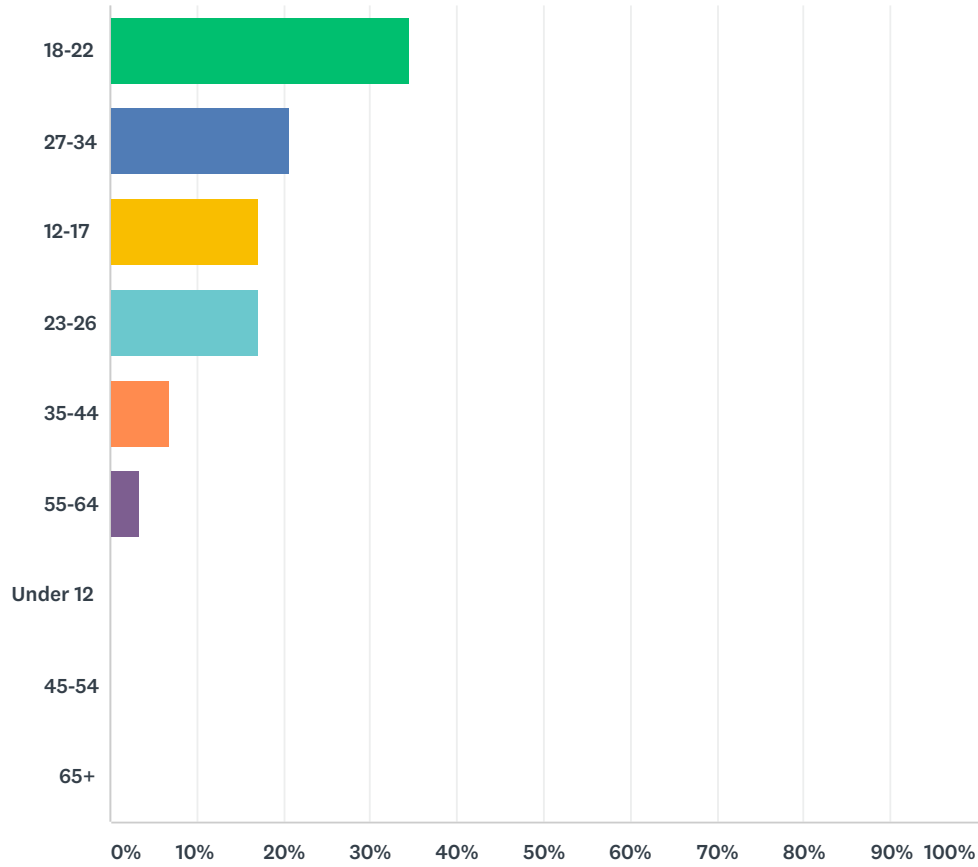


Q1 What country are you living in?

Answered: 29 Skipped: 1

Q2 How old are you?

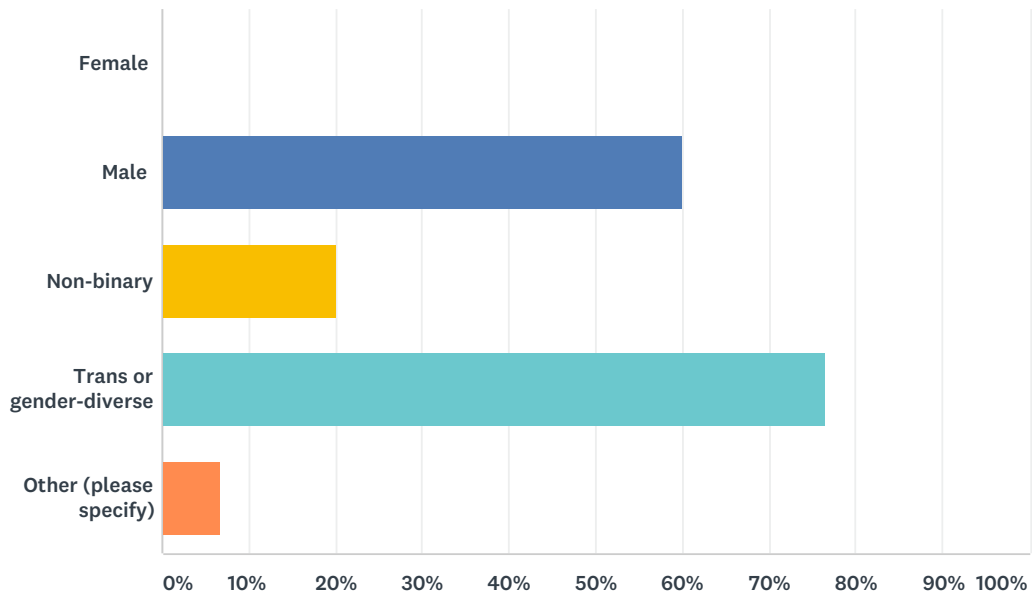
Answered: 29 Skipped: 1



ANSWER CHOICES	RESPONSES	
18-22	34.48%	10
27-34	20.69%	6
12-17	17.24%	5
23-26	17.24%	5
35-44	6.90%	2
55-64	3.45%	1
Under 12	0.00%	0
45-54	0.00%	0
65+	0.00%	0
TOTAL		29

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

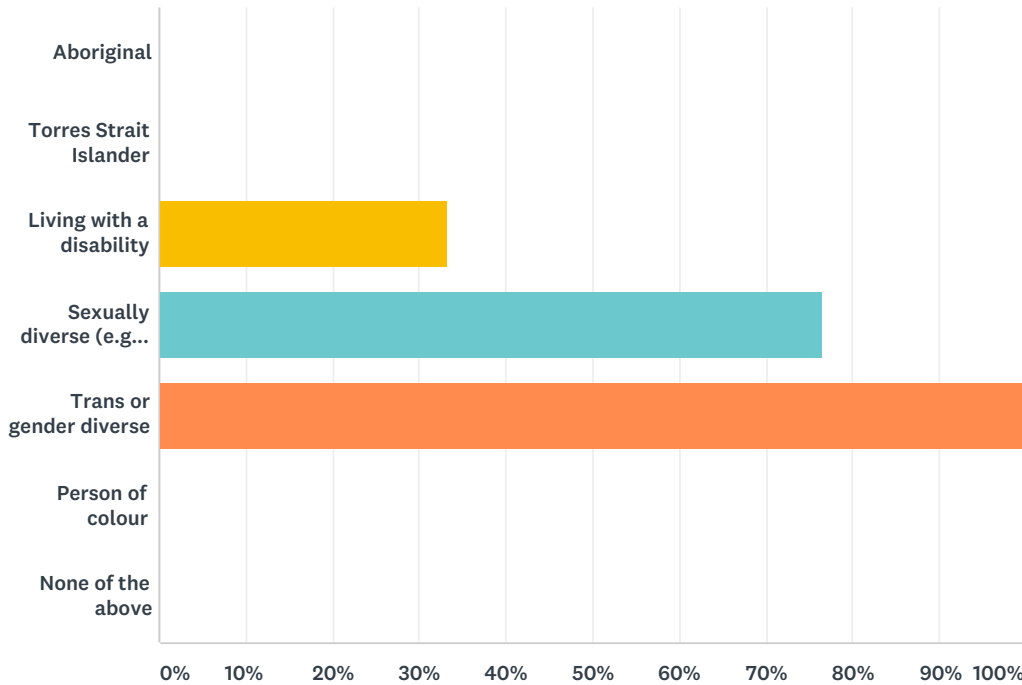
Answered: 30 Skipped: 0



ANSWER CHOICES	RESPONSES
Female	0.00% 0
Male	60.00% 18
Non-binary	20.00% 6
Trans or gender-diverse	76.67% 23
Other (please specify)	6.67% 2
Total Respondents: 30	

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

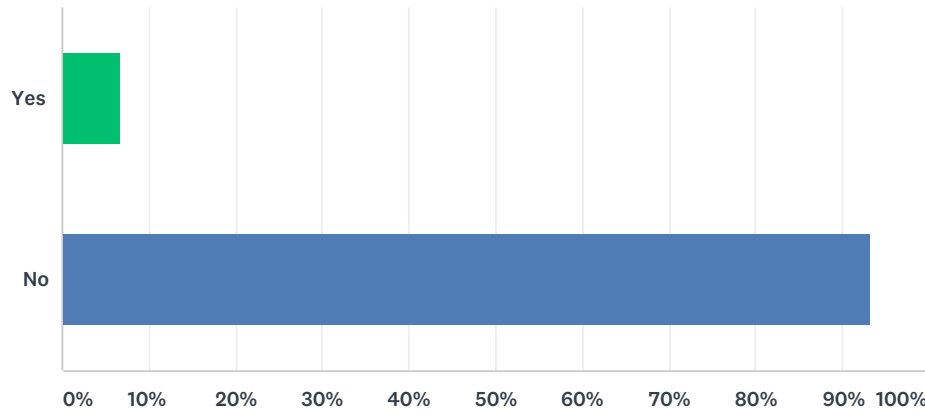
Answered: 30 Skipped: 0



ANSWER CHOICES	RESPONSES	
Aboriginal	0.00%	0
Torres Strait Islander	0.00%	0
Living with a disability	33.33%	10
Sexually diverse (e.g. lesbian, gay, bisexual)	76.67%	23
Trans or gender diverse	100.00%	30
Person of colour	0.00%	0
None of the above	0.00%	0
Total Respondents: 30		

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

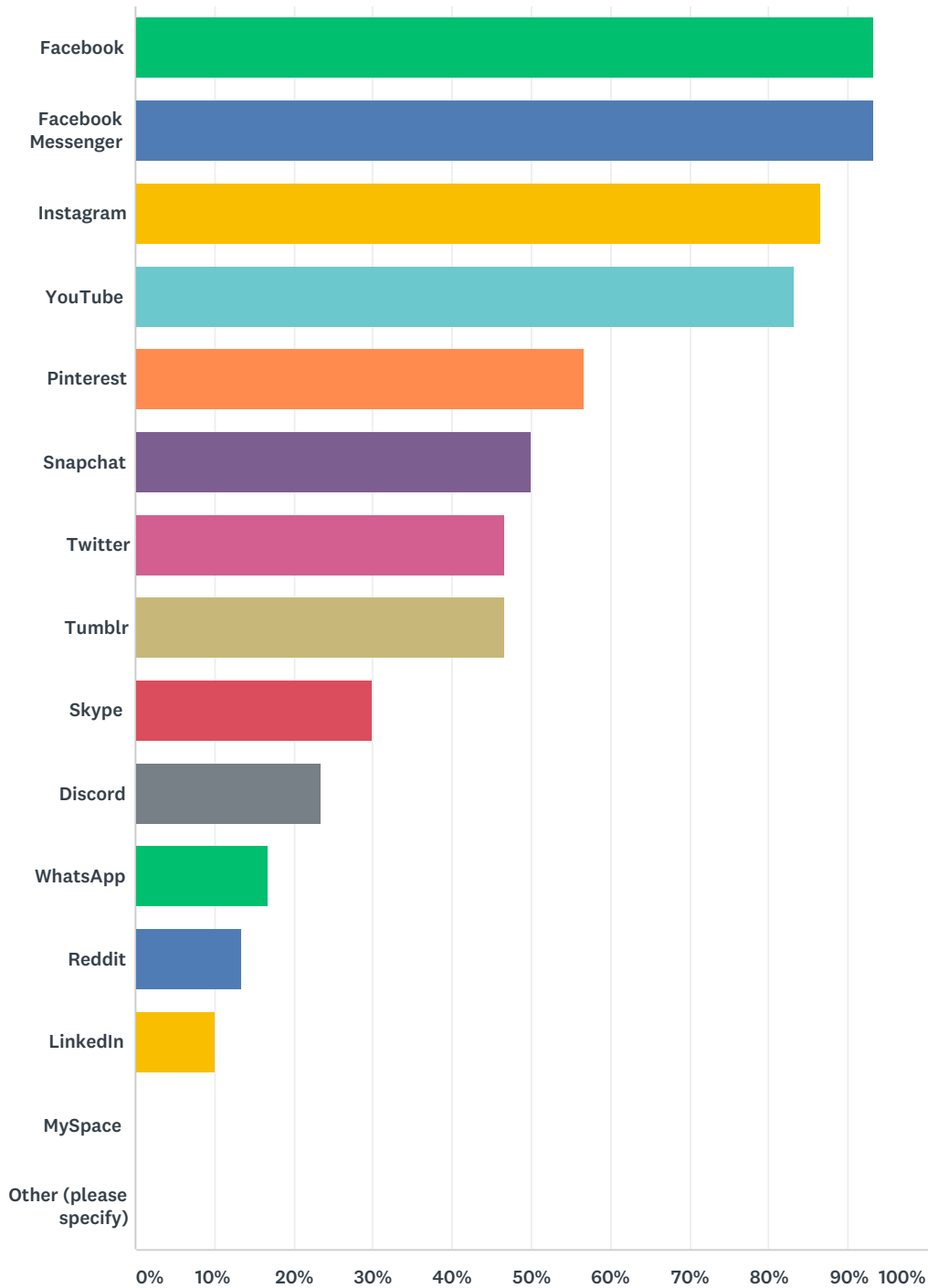
Answered: 30 Skipped: 0



ANSWER CHOICES	RESPONSES	
Yes	6.67%	2
No	93.33%	28
TOTAL		30

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

Answered: 30 Skipped: 0

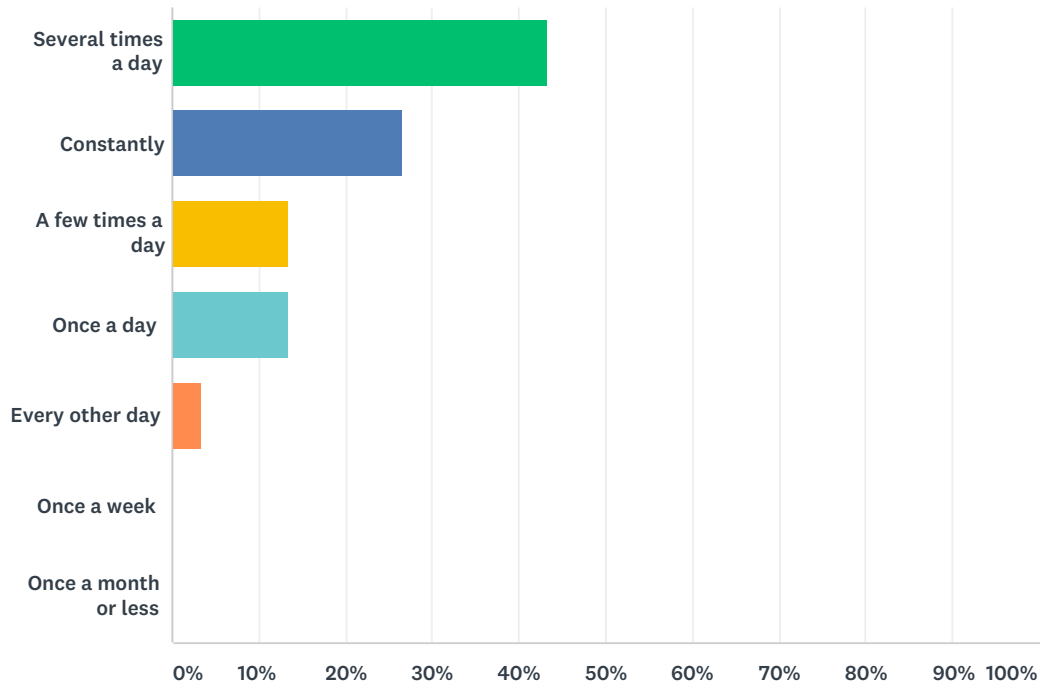


ANSWER CHOICES	RESPONSES
Facebook	93.33% 28
Facebook Messenger	93.33% 28

Instagram	86.67%	26
YouTube	83.33%	25
Pinterest	56.67%	17
Snapchat	50.00%	15
Twitter	46.67%	14
Tumblr	46.67%	14
Skype	30.00%	9
Discord	23.33%	7
WhatsApp	16.67%	5
Reddit	13.33%	4
LinkedIn	10.00%	3
MySpace	0.00%	0
Other (please specify)	0.00%	0
Total Respondents: 30		

Q7 How often do you check social media?

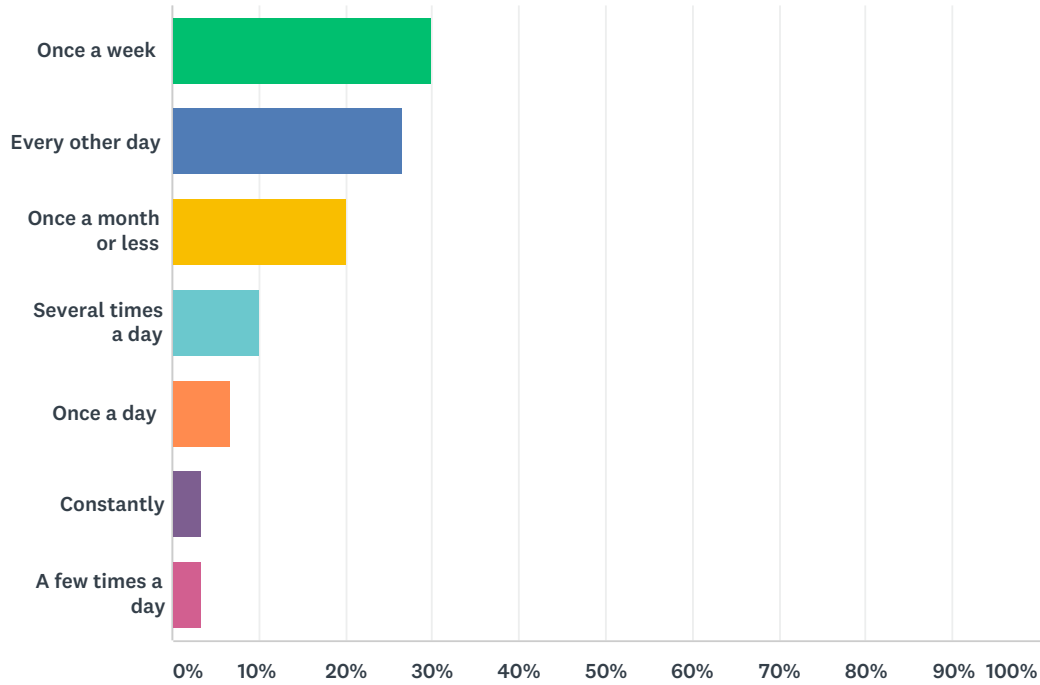
Answered: 30 Skipped: 0



ANSWER CHOICES	RESPONSES	
Several times a day	43.33%	13
Constantly	26.67%	8
A few times a day	13.33%	4
Once a day	13.33%	4
Every other day	3.33%	1
Once a week	0.00%	0
Once a month or less	0.00%	0
TOTAL		30

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

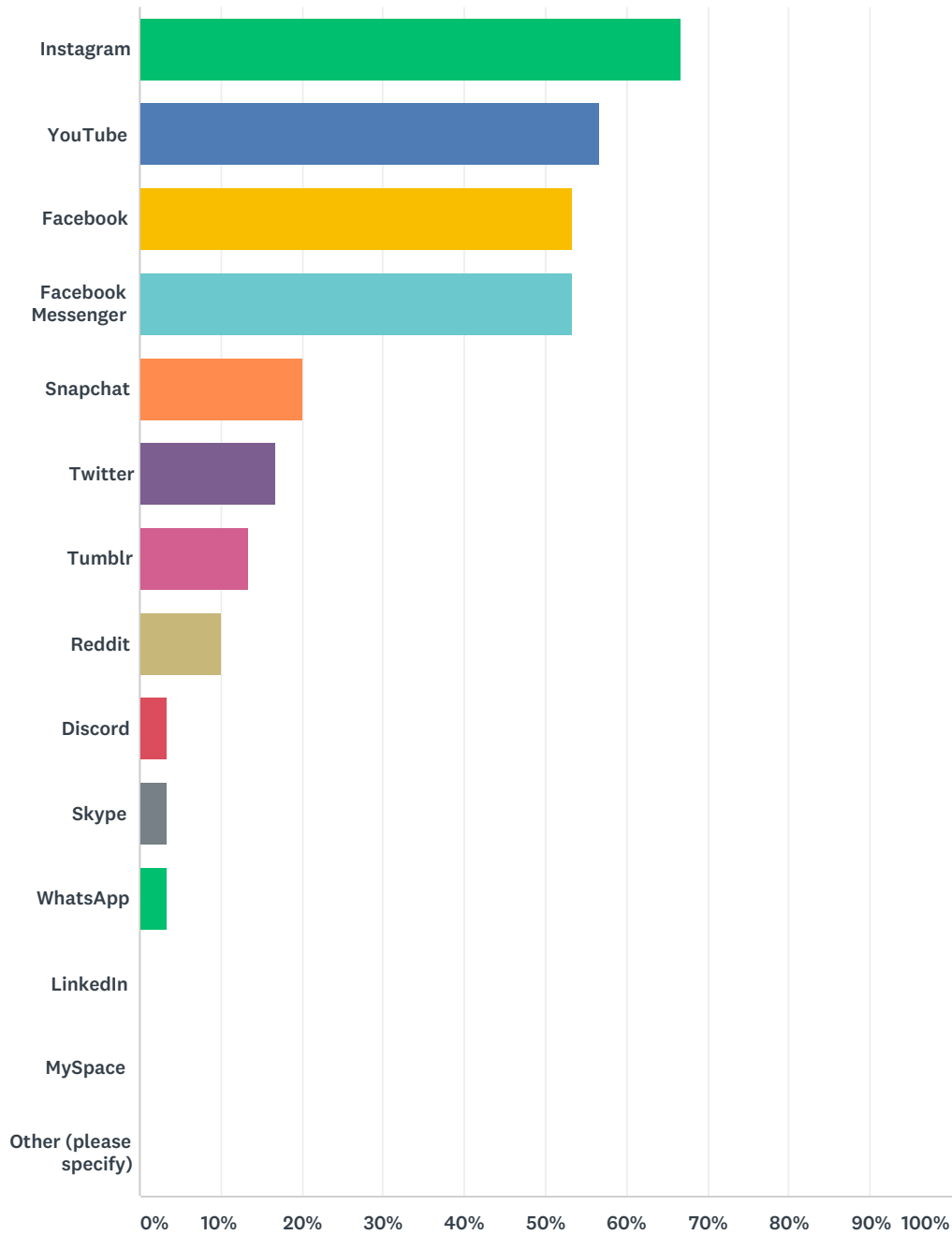
Answered: 30 Skipped: 0



ANSWER CHOICES	RESPONSES	
Once a week	30.00%	9
Every other day	26.67%	8
Once a month or less	20.00%	6
Several times a day	10.00%	3
Once a day	6.67%	2
Constantly	3.33%	1
A few times a day	3.33%	1
TOTAL		30

Q9 Please check your 3 favourite social media platforms

Answered: 30 Skipped: 0

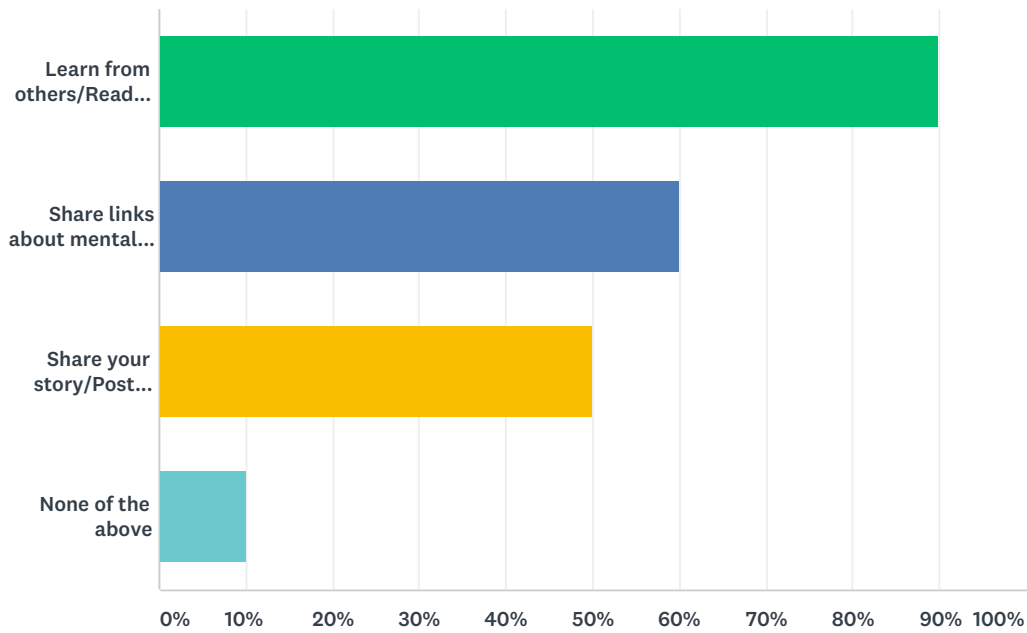


ANSWER CHOICES	RESPONSES
Instagram	66.67% 20
YouTube	56.67% 17
Facebook	53.33% 16
Facebook Messenger	53.33% 16
Snapchat	20.00% 6

Twitter	16.67%	5
Tumblr	13.33%	4
Reddit	10.00%	3
Discord	3.33%	1
Skype	3.33%	1
WhatsApp	3.33%	1
LinkedIn	0.00%	0
MySpace	0.00%	0
Other (please specify)	0.00%	0
Total Respondents: 30		

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

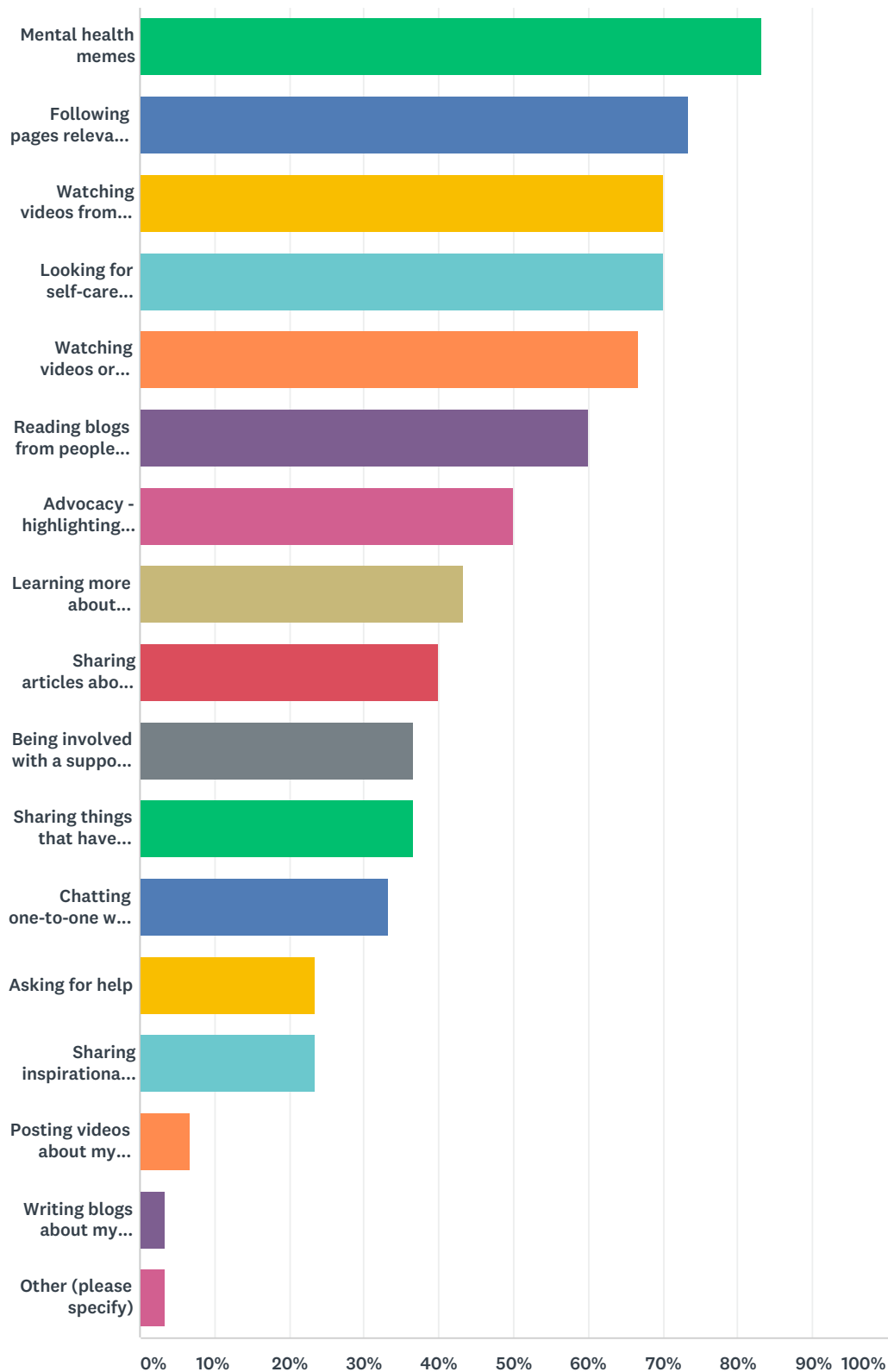
Answered: 30 Skipped: 0



ANSWER CHOICES	RESPONSES	
Learn from others/Read about others mental health (incl. support groups and vlogs)	90.00%	27
Share links about mental health issues that are important to me	60.00%	18
Share your story/Post about your own mental health online (incl. support groups and vlogs)	50.00%	15
None of the above	10.00%	3
Total Respondents: 30		

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

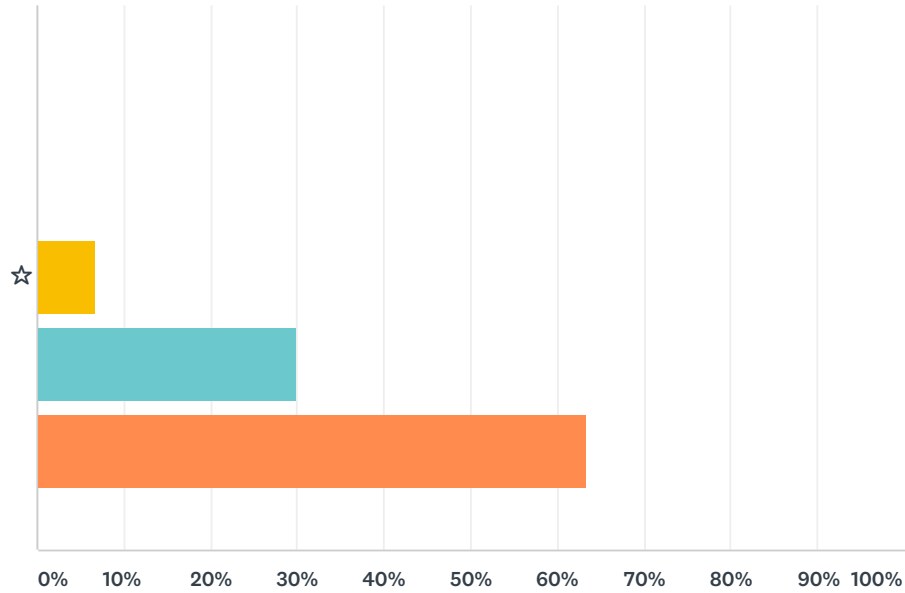
Answered: 30 Skipped: 0



ANSWER CHOICES	RESPONSES	
Mental health memes	83.33%	25
Following pages relevant to my experience/diagnosis	73.33%	22
Watching videos from people with a similar experience to mine	70.00%	21
Looking for self-care techniques	70.00%	21
Watching videos or reading articles from professionals	66.67%	20
Reading blogs from people with a similar experience to mine	60.00%	18
Advocacy - highlighting issues important to me	50.00%	15
Learning more about professional services	43.33%	13
Sharing articles about mental health	40.00%	12
Being involved with a support group or forum	36.67%	11
Sharing things that have helped with your own mental health	36.67%	11
Chatting one-to-one with someone who has had a similar experience	33.33%	10
Asking for help	23.33%	7
Sharing inspirational quotes	23.33%	7
Posting videos about my experience	6.67%	2
Writing blogs about my experience	3.33%	1
Other (please specify)	3.33%	1
Total Respondents: 30		

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

Answered: 30 Skipped: 0

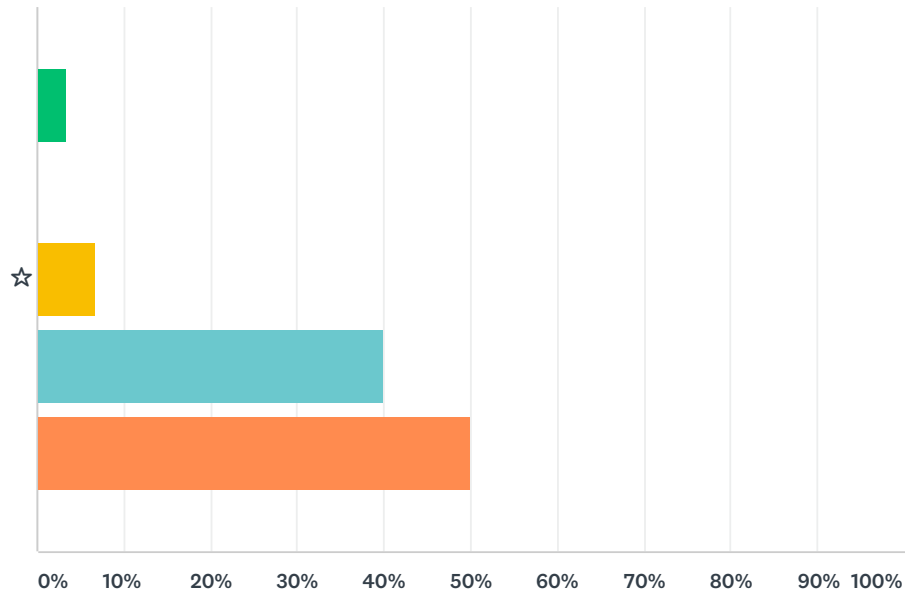


■ Strongly disagree
 ■ Disagree
 ■ Neutral
 ■ Agree
 ■ Strongly Agree

	STRONGLY DISAGREE	DISAGREE	NEUTRAL	AGREE	STRONGLY AGREE	TOTAL	WEIGHTED AVERAGE
☆	0.00%	0.00%	6.67%	30.00%	63.33%	30	4.57
	0	0	2	9	19		

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

Answered: 30 Skipped: 0

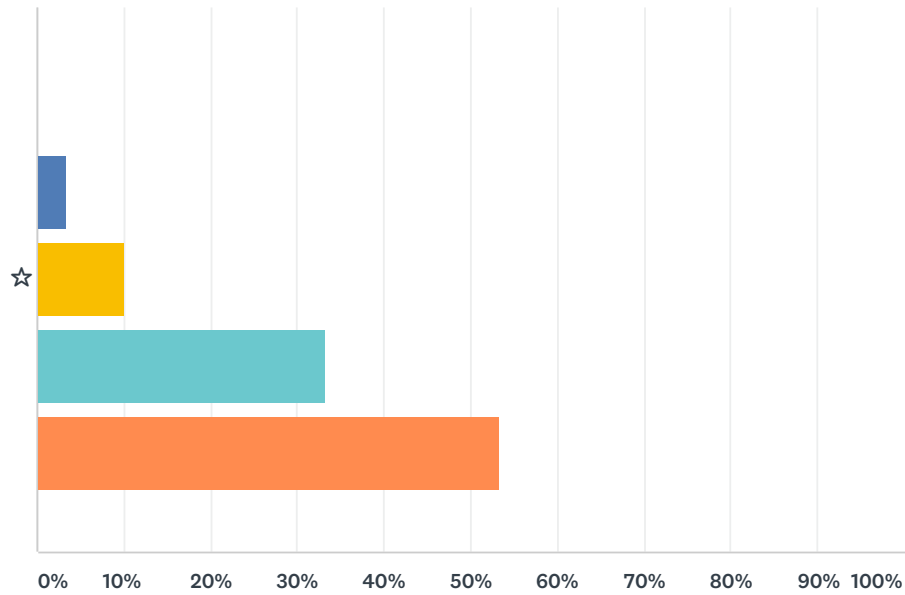


■ Strongly disagree
 ■ Disagree
 ■ Neutral
 ■ Agree
 ■ Strongly agree

	STRONGLY DISAGREE	DISAGREE	NEUTRAL	AGREE	STRONGLY AGREE	TOTAL	WEIGHTED AVERAGE
☆	3.33%	0.00%	6.67%	40.00%	50.00%	30	4.33
	1	0	2	12	15		

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

Answered: 30 Skipped: 0

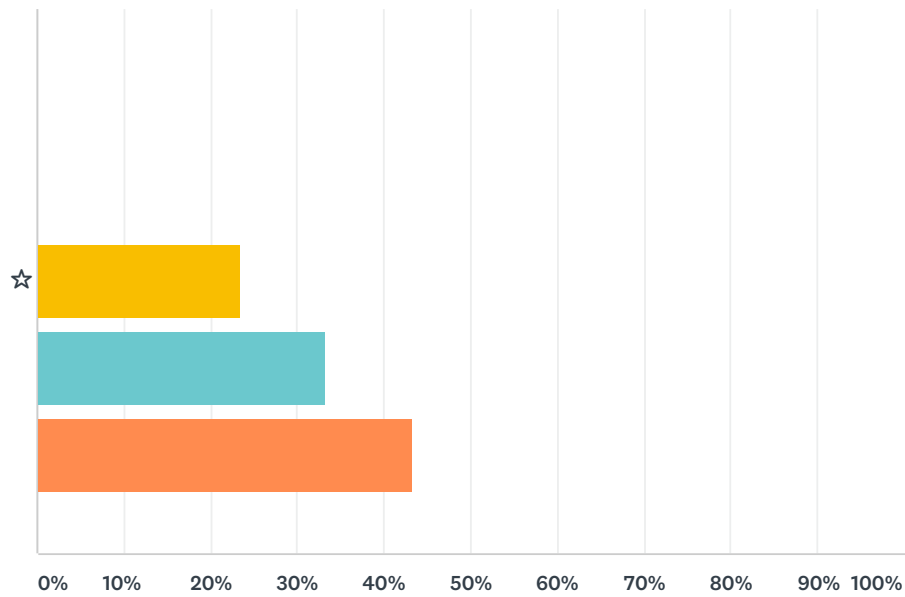


■ Strongly disagree
 ■ Disagree
 ■ Neutral
 ■ Agree
 ■ Strongly agree

	STRONGLY DISAGREE	DISAGREE	NEUTRAL	AGREE	STRONGLY AGREE	TOTAL	WEIGHTED AVERAGE
☆	0.00%	3.33%	10.00%	33.33%	53.33%	30	4.37
	0	1	3	10	16		

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

Answered: 30 Skipped: 0

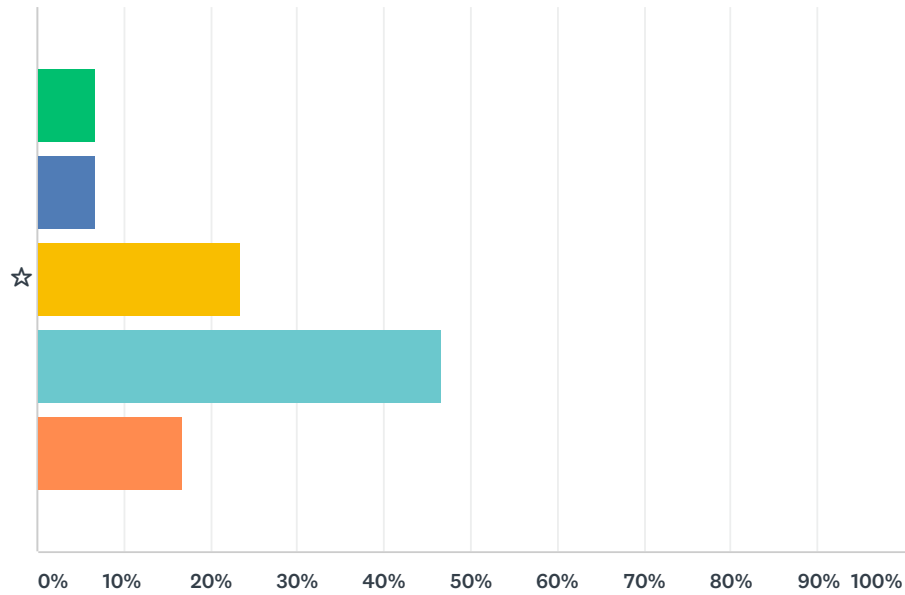


■ Strongly disagree
 ■ Disagree
 ■ Neutral
 ■ Agree
 ■ Strongly agree

	STRONGLY DISAGREE	DISAGREE	NEUTRAL	AGREE	STRONGLY AGREE	TOTAL	WEIGHTED AVERAGE
☆	0.00%	0.00%	23.33%	33.33%	43.33%	30	4.20
	0	0	7	10	13		

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

Answered: 30 Skipped: 0



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

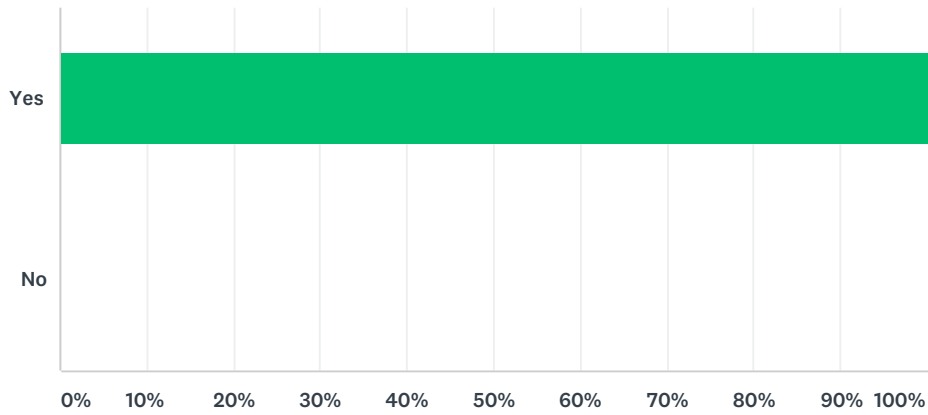
	STRONGLY DISAGREE	DISAGREE	NEUTRAL	AGREE	STRONGLY AGREE	TOTAL	WEIGHTED AVERAGE
☆	6.67%	6.67%	23.33%	46.67%	16.67%	30	3.60
	2	2	7	14	5		

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

Answered: 14 Skipped: 16

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: 30 Skipped: 0



ANSWER CHOICES	RESPONSES	
Yes	100.00%	30
No	0.00%	0
TOTAL		30