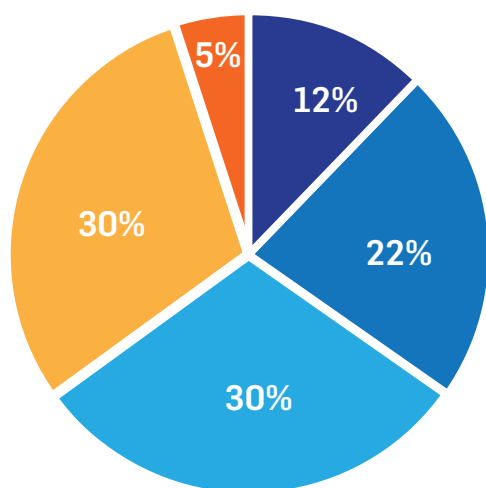


## Introduction

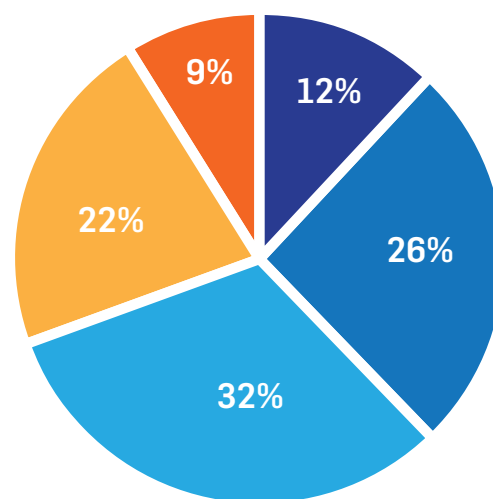
The eGrow survey was developed to gain understanding of the mental health impacts of COVID-19 on the GROW community and the effectiveness of the rapid shift from face-to-face to eGrow groups. The survey was live for two weeks and completed by 210 respondents.

### Impact of COVID-19 Pandemic on:

#### Mental Health



#### Relationships



### Breakdown of Impact on Mental Wellbeing

In the past six weeks, has social isolation increased you feeling:

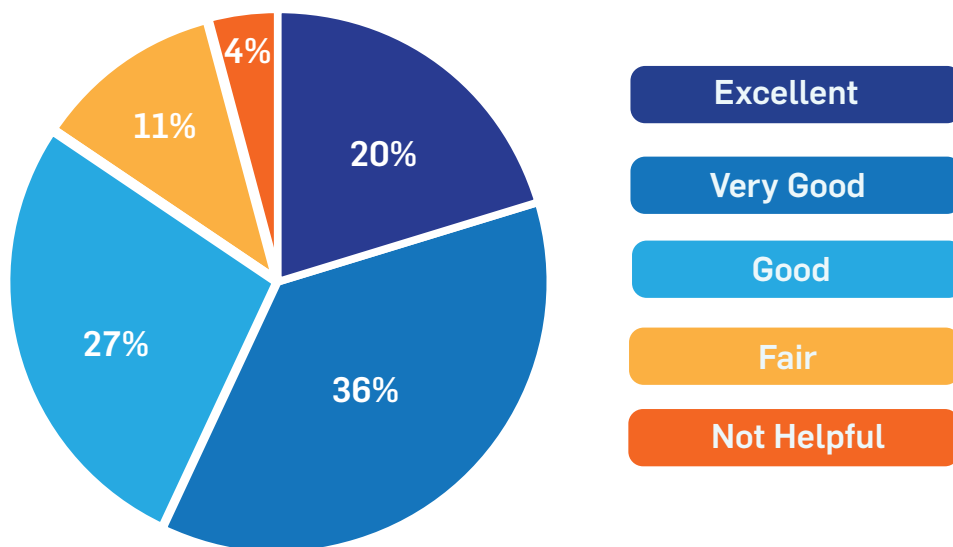
	A lot	To some degree	A little of the time	Not at all
Tired for no good reason	18.75%	36.54%	27.88%	16.83%
Nervous	23.30%	29.13%	30.58%	16.99%
Lonely	24.76%	29.13%	32.52%	13.59%
Uncertain	34.15%	25.85%	29.76%	10.24%
Overwhelmed	24.15%	30.92%	29.95%	14.98%
Loss	17.65%	31.86%	31.86%	18.63%
Anxious	31.25%	25.96%	32.21%	10.58%
Depressed	23.30%	29.13%	28.64%	18.93%

### Did you feel isolated prior to attending an eGrow meeting:

Answer Choices	Responses	
A great deal	8%	17
A lot	13%	28
A moderate amount	26%	54
A little	32%	66
Not at all	21%	43

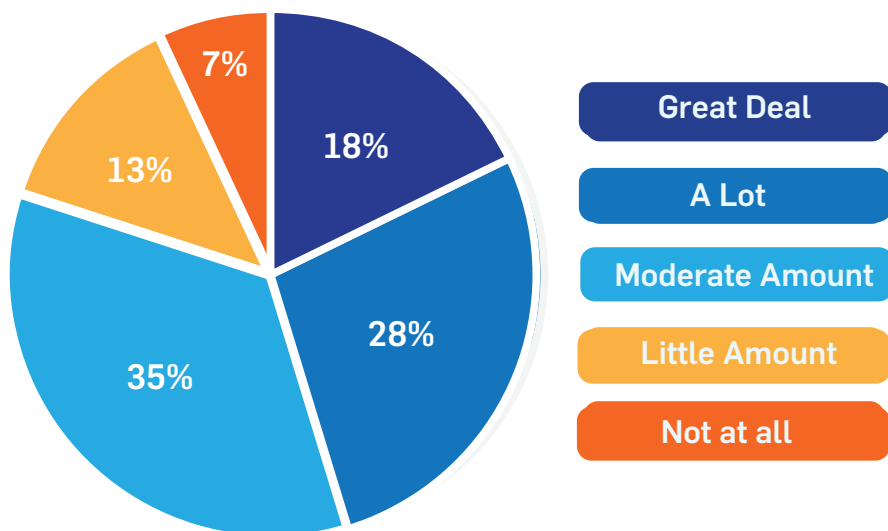
## Impact of eGrow Attendance

How do you rate the help you have received from eGrow:

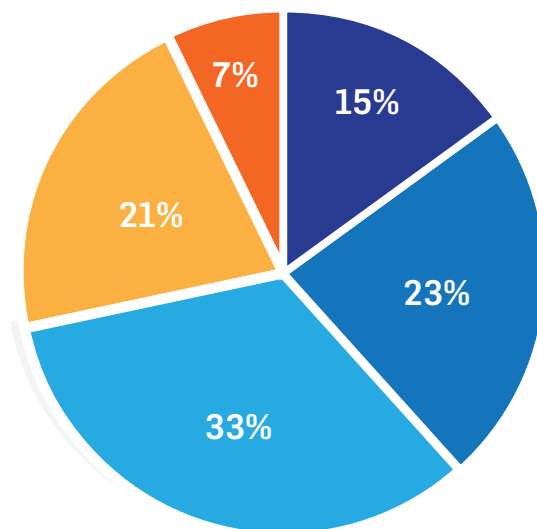


Has attending eGrow contributed to:

### Coping with life



### Reducing isolation



When face-to-face meetings return, how do you intend to participate?

Answer Choices	Responses	
Go back to face-to-face groups	60%	124
A mix of face-to-face and online groups	31%	64
Continue with online groups	9%	19

Source: 2020 Interim Grow Member Survey. Full results available at [www.grow.org.au](http://www.grow.org.au)