

2021 GROW Member Survey Results Summary

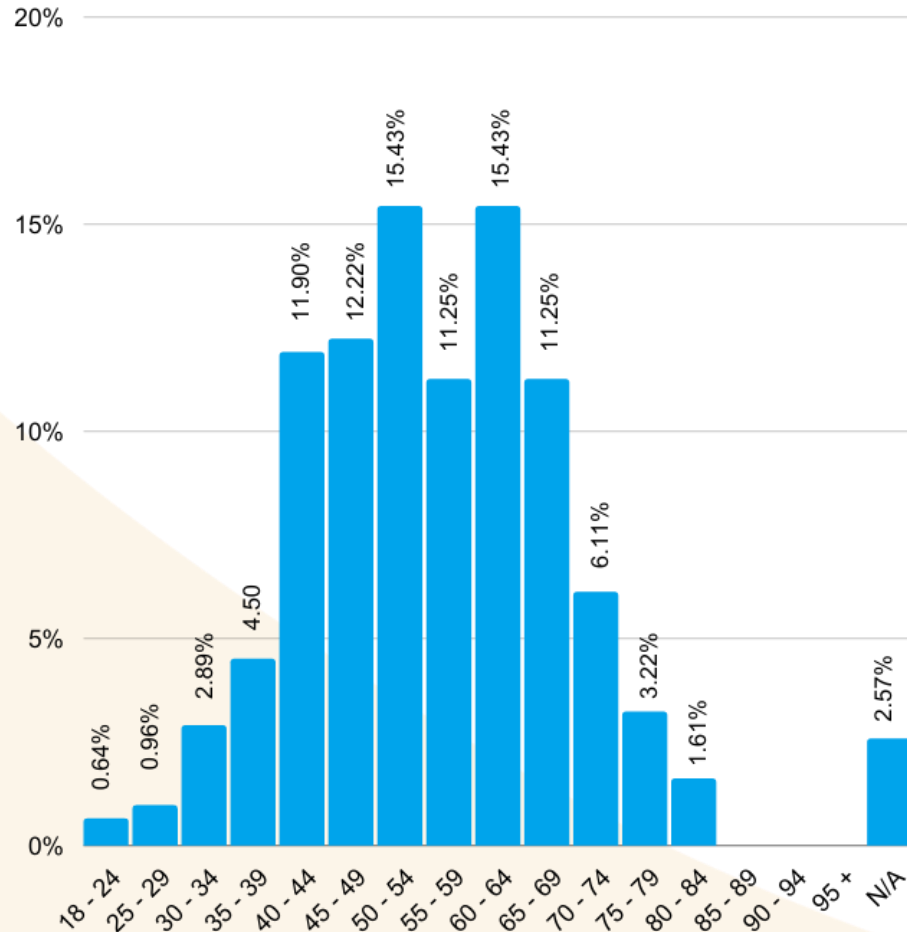
Who comes to GROW?

In 2021, we surveyed our members and received more than 300 responses:

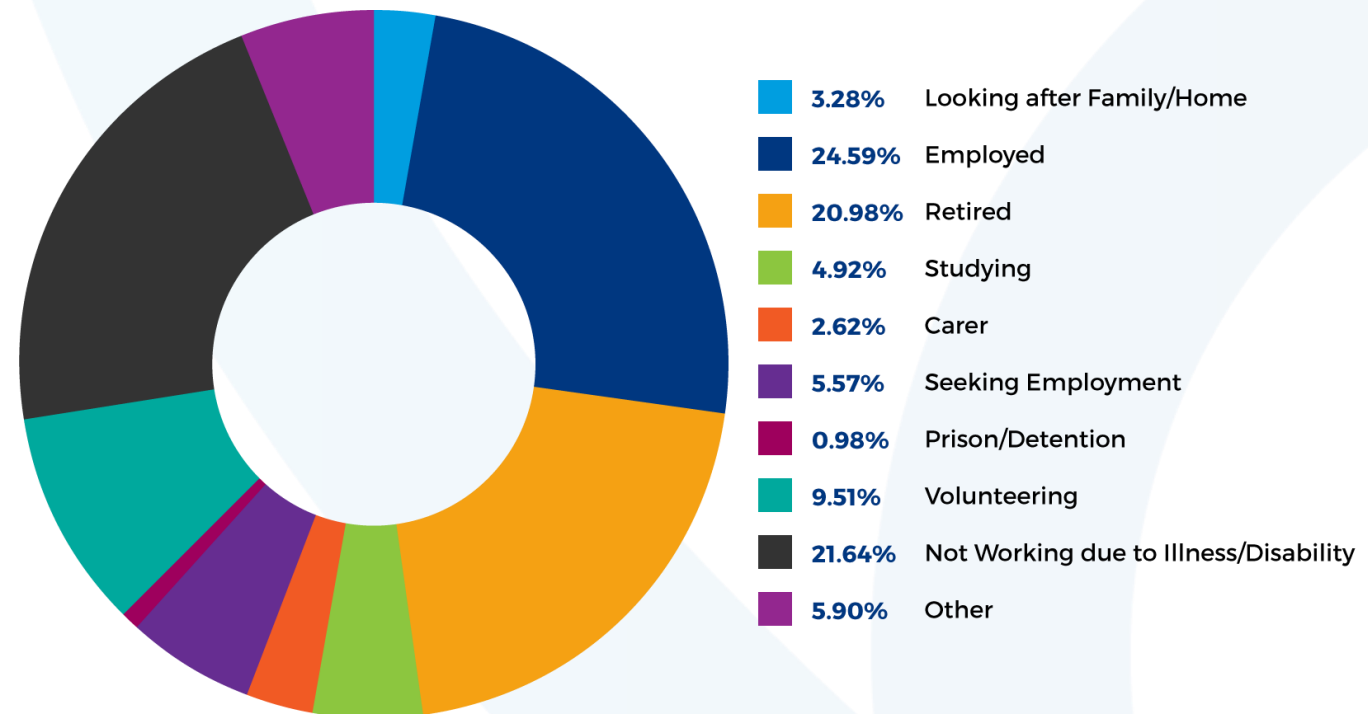
- Women represent 58%, men 38% and non binary represent 1% of respondents
- 82% of respondents were born in Australia
- 9% of respondents identify as LGBTIQ+
- 2% identify as Aboriginal or Torres Strait Islander
- 10% identify as CaLD
- 30% of respondents have attended Grow Groups for less than 2 years
- 76% of respondents attend a Grow Group weekly

Who comes to GROW?

Participant ages

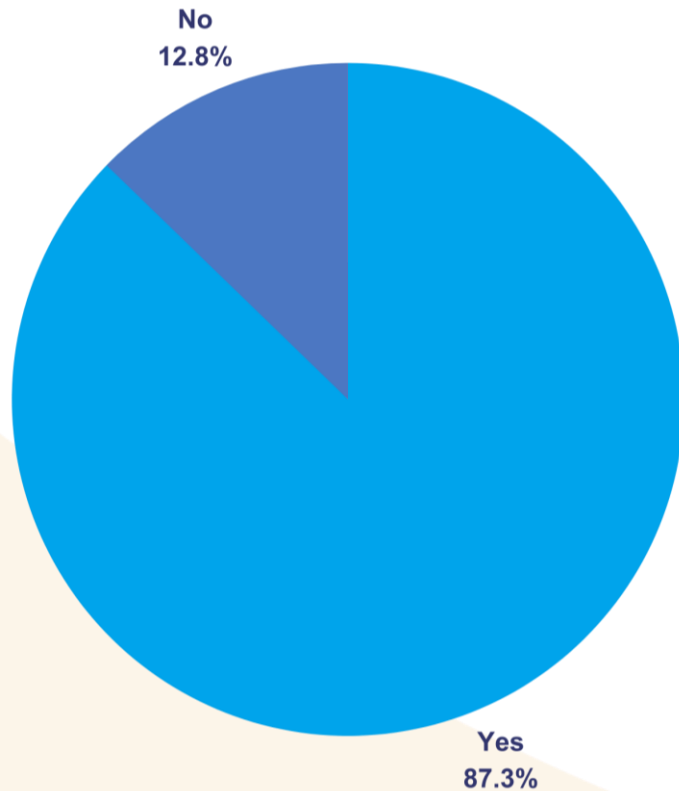


What is your current status?

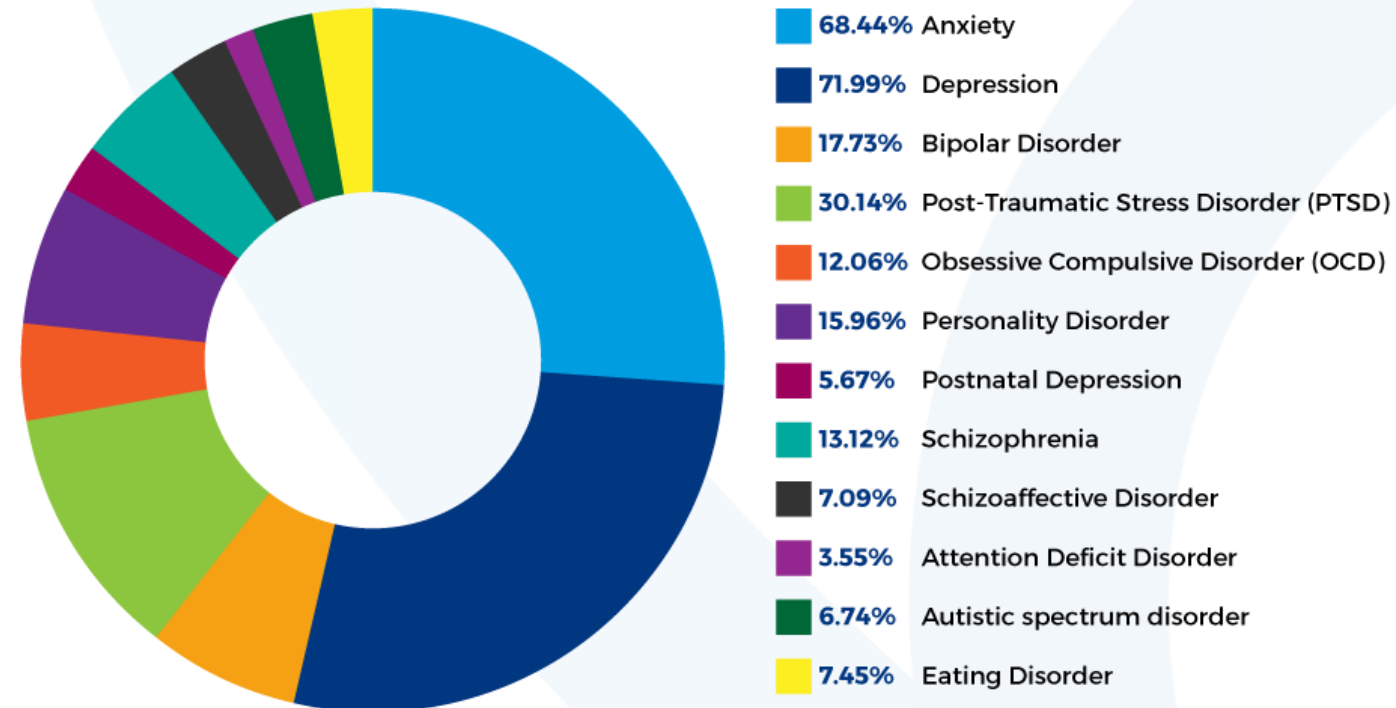


Who comes to GROW?

Have you been diagnosed with a mental illness?

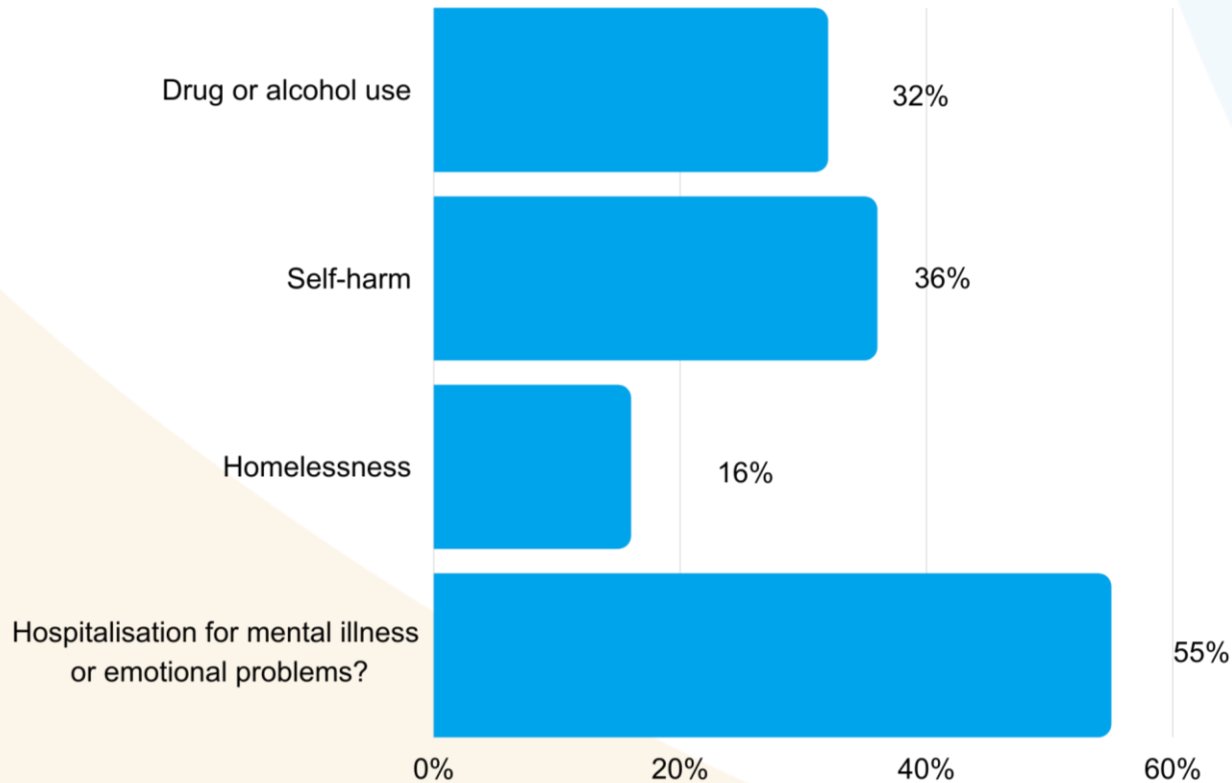


What was your diagnosis?



Who comes to GROW?

Contributing factors to poor mental health



Top four issues identified as major contributors to participants mental ill-health

Childhood trauma

Relationship breakdown

Poor relationships with family

Work / employment

Use of other mental health services

What services are participants engaging with?

68% Attend a GP

34% Psychiatrist

44% Psychologist

18% Counsellor/social worker

7% Mental health nurse

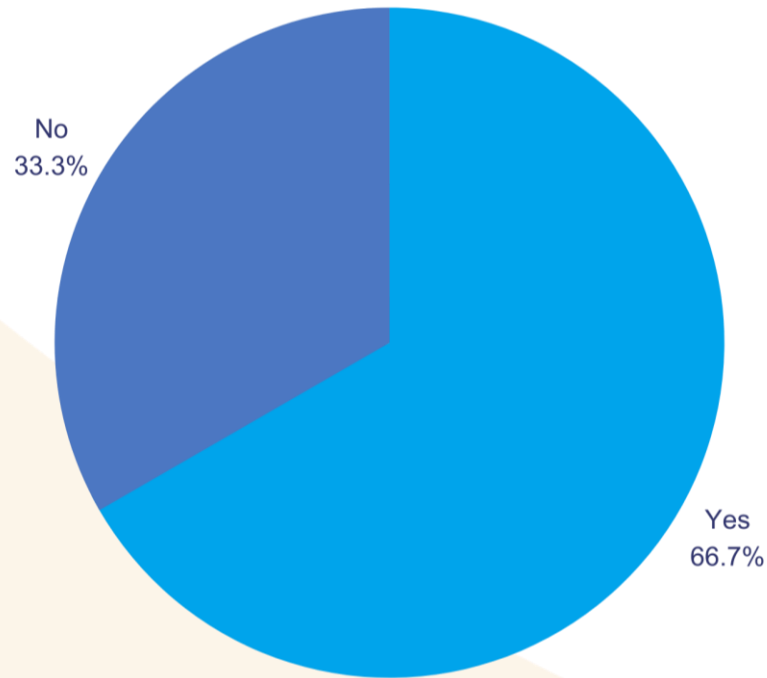
17% Other support group

14% None

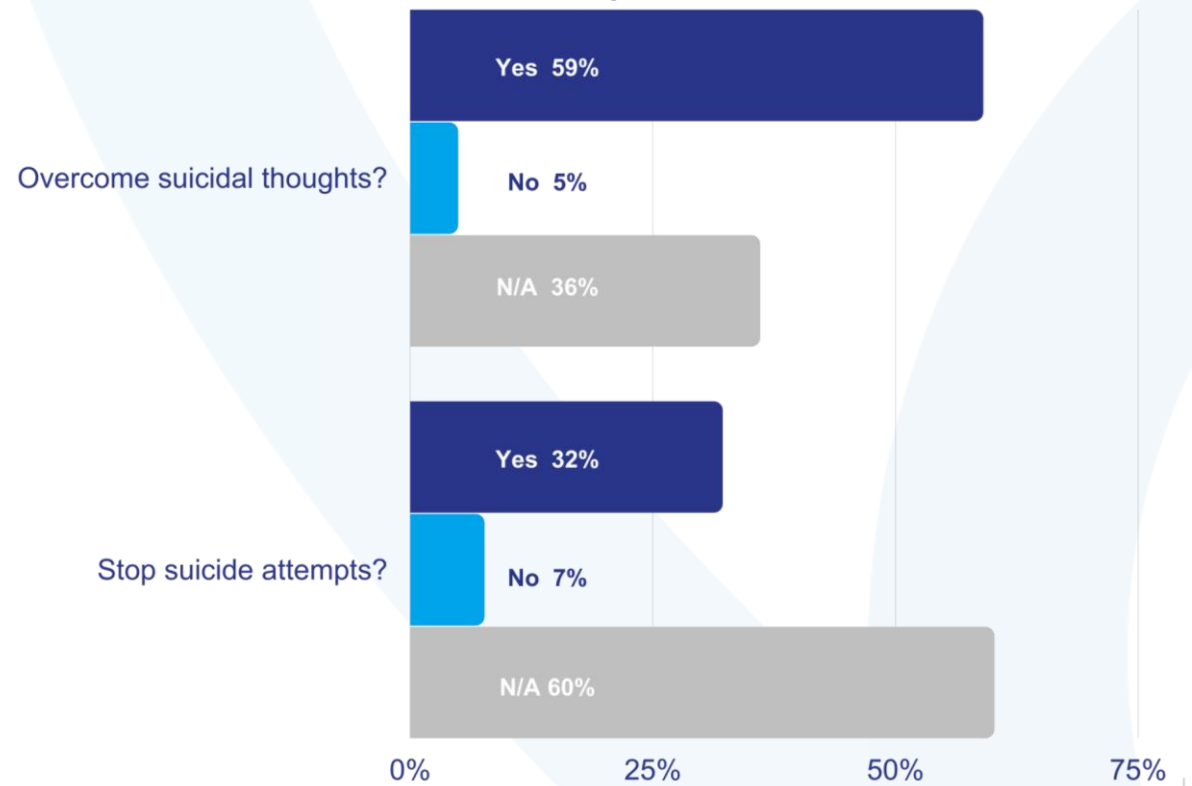
Work / e

Effectiveness of peer-to-peer in suicide prevention

Have you experienced thoughts about attempting suicide?



Has GROW helped you overcome thoughts of suicide?



Impact of GROW Groups



91%

GROW Program has helped you to co-operate with professional help while under treatment



69%

reduced the need of professional help



28%

No longer need professional help



86%

Members have been prescribed medication for a mental health condition

Impact of GROW Groups



43%

Members state that GROW has helped reduce their need for prescribed medication



55%

Members have been hospitalised for their mental illness



83%

Members report that the Grow Program has reduced their need for hospital admission



79%

Members report that the Grow Program has prevented the need for further hospitalisation

Impact of GROW Groups



51%

Members report that the Grow Program helped them gain employment



74%

Members report that the Grow Program helped them deal with their employer

96%

of respondents said they would refer GROW to others

Value of peer-to-peer Grow Groups

What keeps members coming back to GROW?

“

The constant support and friendship of the group. The program is helpful to overcome everyday problems. It gives structure to my week.

“

I feel that people listen to what I have to offer. I may not be the most open person about my issues, but I do try to have input into helping others with theirs.

“

Grow is a supportive lifeline for me. I grabbed hold of it and held on.

Value of peer-to-peer Grow Groups

What keeps members coming back to GROW?

“

I keep learning new ways of understanding, learn from other member's experiences

“

The improvements I have experienced in myself.

“

The social aspect of connecting with people like me who have mental illness.

Value of peer-to-peer Grow Groups

What keeps members coming back to GROW?

“

A feeling of community.
Excellent program to challenge negative self talk. Kind but firm setting of practical tasks and program to overcome challenges.

“

Maintain my emotional and mental health and to keep on growing to maturity, wholeness and happiness

“

Knowing there are people with a lived experience that will listen and not judge and offer support and advice. And knowing I can help others too.

GROW



mental wellbeing programs

www.grow.org.au