




OUR Member Survey 23-24

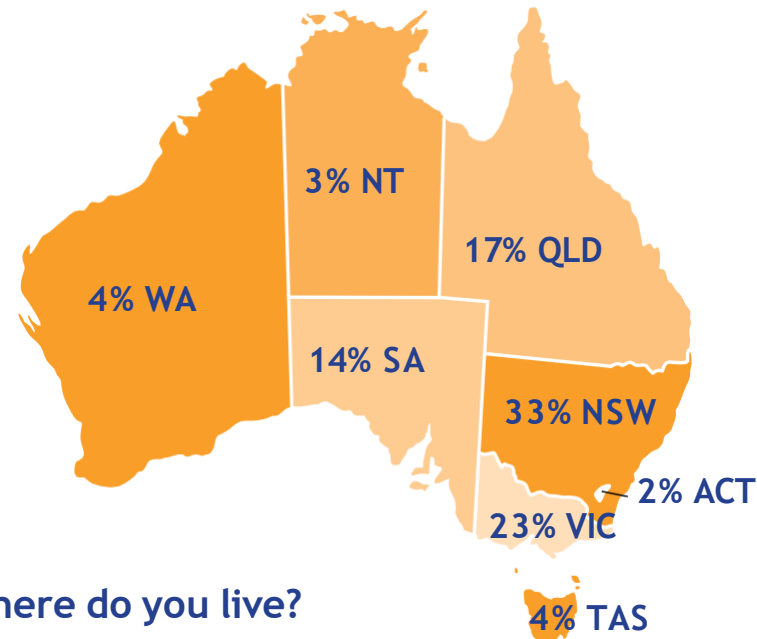


Our Mission is to enable people and communities to grow, recover and maintain good mental health.

Each year GROW reaches out to its members to get feedback on our GROW program and how we are supporting the mental health needs of those who attend our meetings. The information we gather provides rich data to help us support our members and look to better ways to help GROWERS recover and grow on their journey to mental wellness. Importantly our survey data helps inform the future strategy direction for GROW. Thankyou GROWERS for taking the time to provide us with these valuable insights.

SNAPSHOT OF OUR MEMBERS

| | |
|---|--|
|  | Age 9% 18 - 35 33% 35 - 55 57% 55+ |
|  | Gender 45% male 51% female 4% other |
|  | Current work status 29% Employed 21% Retired 49% Not working |



Where do you live?

50% Capital City
36% Large Regional City or Town
13% Rural or Remote Area

SNAPSHOT OF OUR MEMBERS



How do you identify?

(members could give more than one response)

- 9% Aboriginal or Torres Strait Islander
- 11% LGBTQI
- 20% Culturally and Linguistically Diverse
- 74% Having a disability



How did you find out about GROW?

(members could give more than one response)



39% Another GROW member/family or friend



34% In the media



16% Medical Professional



8% Presentation from a Grower



21% Other



Have you been given a diagnosis of mental illness?

82% Yes



Are you currently prescribed medication for a mental health condition?

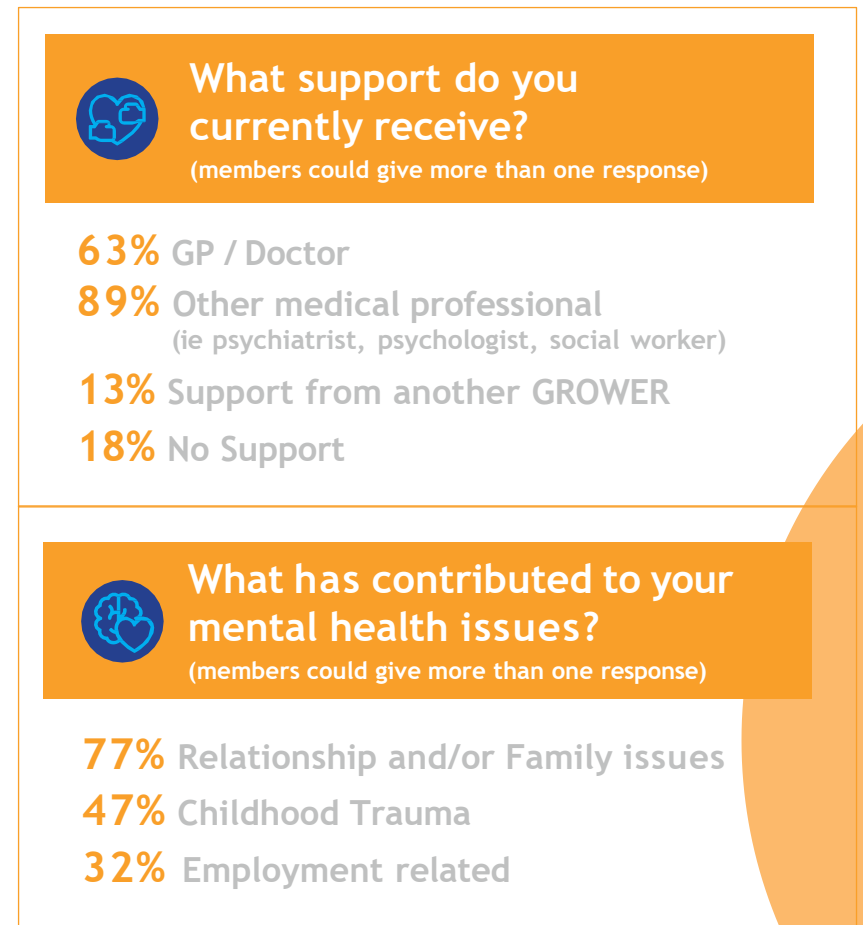
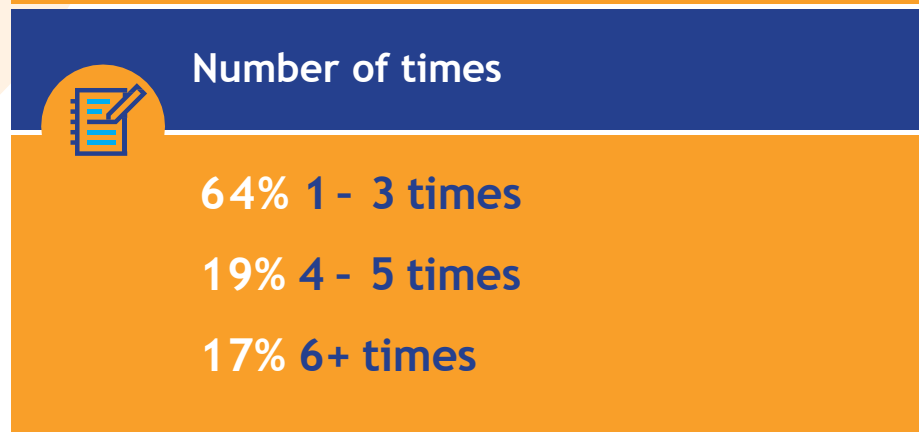
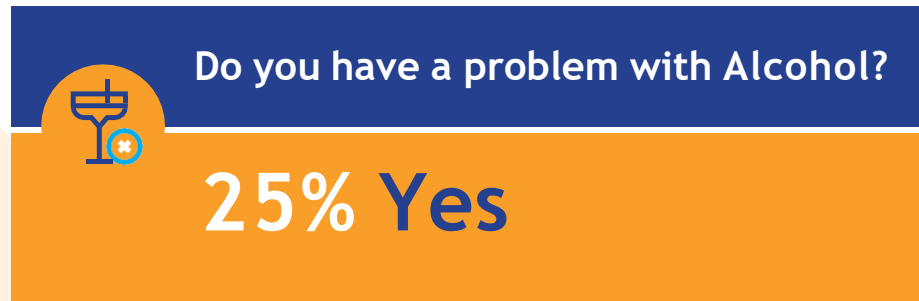
74% Yes



Have you ever self harmed?

35% Yes

UNDERSTANDING OUR MEMBERS



“ I always feel better within myself after the group. ”

OUR VALUE OF RESILIENCE

How often do you come to GROW?



77% attend weekly

How do you attend?



74% Face to Face Group

19% Online (eGrow) Group

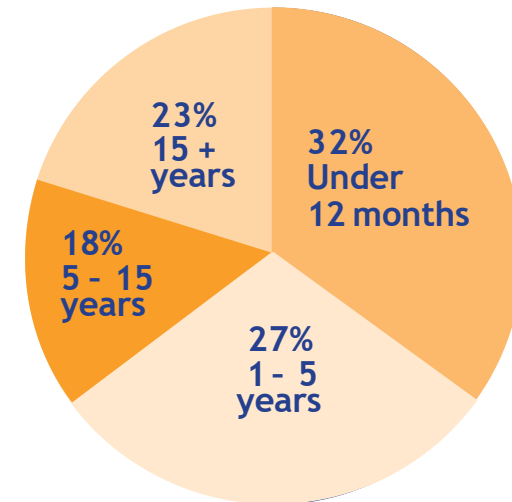
6% both

“ **Grow has supported me in realizing the help with which I needed to cooperate to regain my health and to rebuild a better life.**

”



How long have you been coming to GROW?



What events did you attend in the last 12 months?

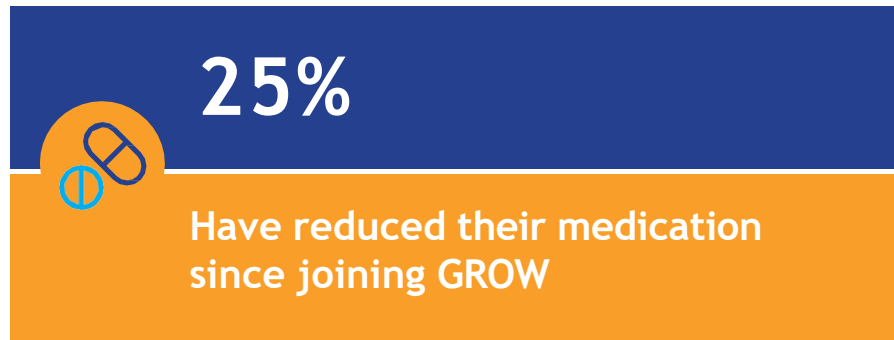
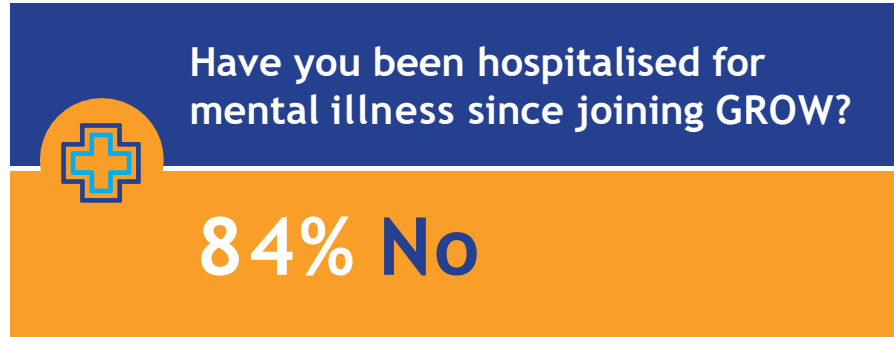
95% Group social

41% Training day or weekend

26% Community weekend

16% Annual Branch Conference

OUR VALUE OF PERSONAL RESPONSIBILITY



Ways in which GROW has helped you?

“ **Personal growth** A sense of belonging
Be confident in obtaining good mental health
The hope of recovery from mental illness
Problem Solving **Friendship** ”



SATISFACTION WITH THE GROW PROGRAM

How do you rate the help you have received from GROW?



86% Excellent / Very good

What keeps you coming back to GROW?



The hope I get and the friendship.
The friendship, group to listen and not be judged, help solve and deal with problems

Spirit of our group

Nice people. A sense of belonging. Assistance with problems. A chance to help other people. Friendship. A safe and understanding place to share

The support and encouragement with everyday life. The great friendships



What did you find the most helpful aspects of the GROW program?



Structured program

Practical tasks/goals

Community and social aspect

Reading material **Peer support**

Weekly meetings

Learning new skills



To what extent has going to Grow meetings contributed to coping with day to day life?



79% A great deal / A lot



On average, respondents rated **89.43%** on the scale recommending GROW to others