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 it's 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





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% LGBTOI

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



Do you have a problem with Alcohol?

25% Yes



Have you been hospitalised for your mental health in the past?

53% Yes



Number of times

64% 1 - 3 times

19% 4 - 5 times

17% 6+ times



What support do you currently receive?

(members could give more than one response)

63% GP / Doctor

89% Other medical professional (ie psychiatrist, psychologist, social worker)

13% Support from another GROWER

18% No Support



What has contributed to your mental health issues?

(members could give more than one response)

77% Relationship and/or Family issues

47% Childhood Trauma

32% Employment related

66

I always feel better within myself after the group.

77



OUR VALUE OF RESILIENCE



How often do you come to GROW?

77% attend weekly



How do you attend?

74% Face to Face Group

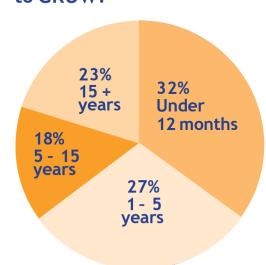
19% Online (eGrow) Group

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



Have you been hospitalised for mental illness since joining GROW?

84% No

8

25%

Have reduced their medication since joining GROW

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



The GROW Program has helped...

53% Co-operate with professional help

31% Need fewer hospital admissions

29% Deal with employer

19% Manage or overcome drug and/or alcohol problems



How has GROW helped support your mental health?

73% Overcome suicidal thoughts

60% Stop suicide attempts

56% Overcome self-harm



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 surport and encouagement 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







