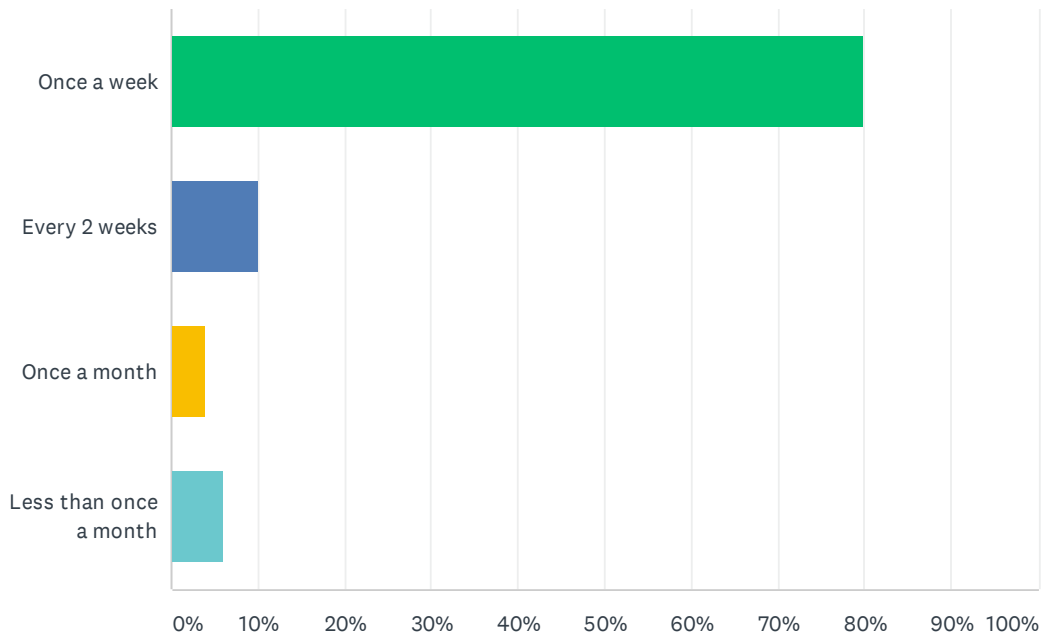


# Q1 In the past three months, how often did you attend a Grow group?

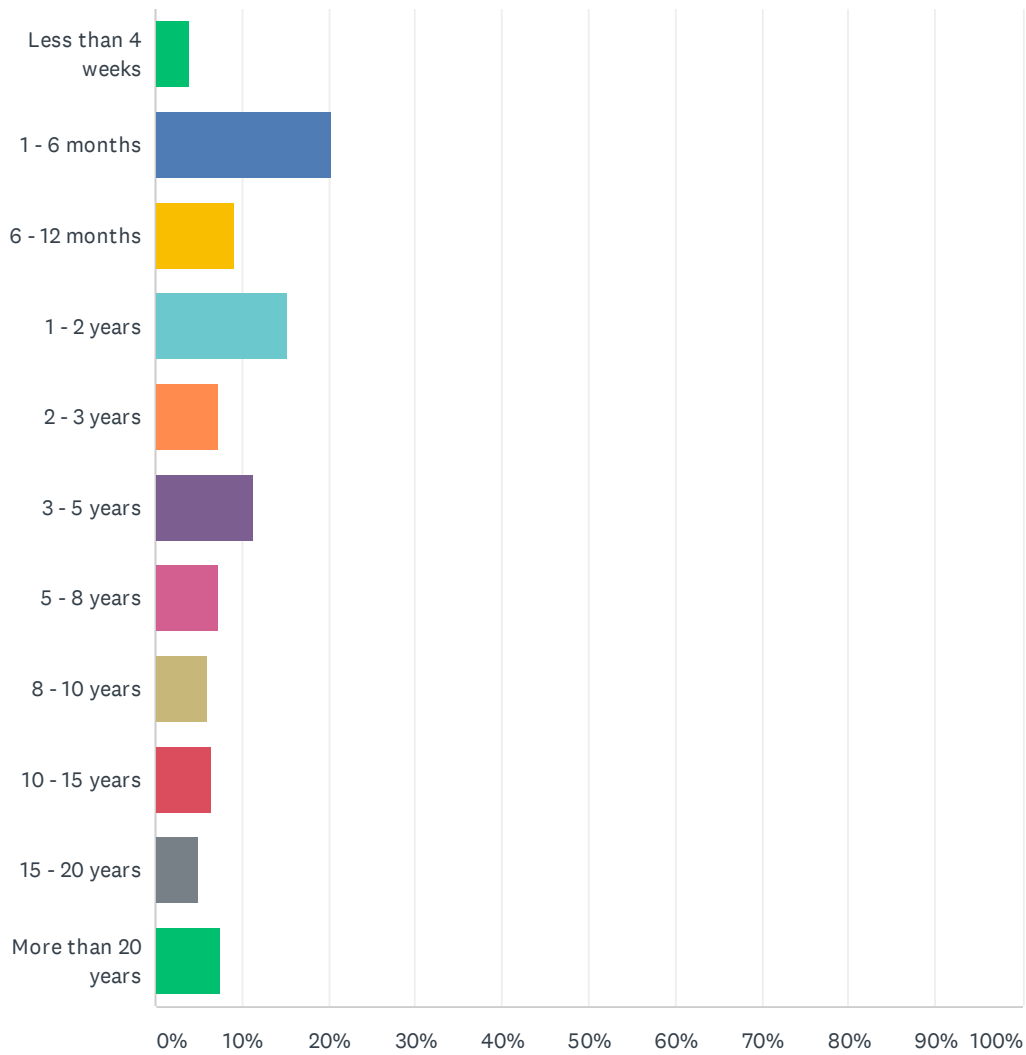
Answered: 380 Skipped: 0



ANSWER CHOICES	RESPONSES	
Once a week	80.00%	304
Every 2 weeks	10.00%	38
Once a month	3.95%	15
Less than once a month	6.05%	23
<b>TOTAL</b>		<b>380</b>

## Q2 How long have you been involved in the Grow Program?

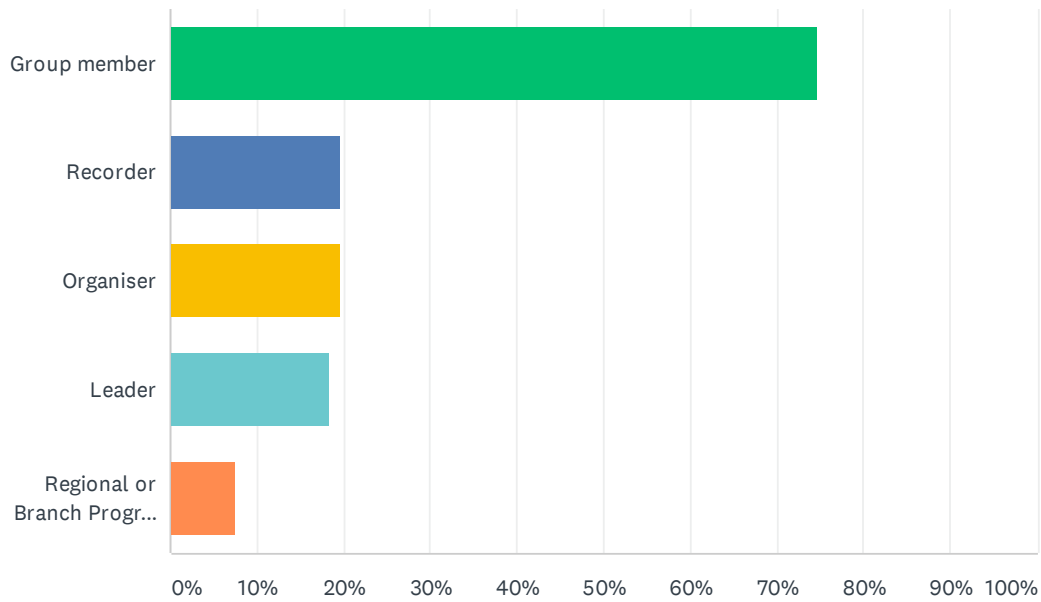
Answered: 380 Skipped: 0



ANSWER CHOICES	RESPONSES	
Less than 4 weeks	3.95%	15
1 - 6 months	20.26%	77
6 - 12 months	9.21%	35
1 - 2 years	15.26%	58
2 - 3 years	7.37%	28
3 - 5 years	11.32%	43
5 - 8 years	7.37%	28
8 - 10 years	6.05%	23
10 - 15 years	6.58%	25
15 - 20 years	5.00%	19
More than 20 years	7.63%	29
<b>TOTAL</b>		<b>380</b>

### Q3 What is your role in Grow? (tick as many as apply)

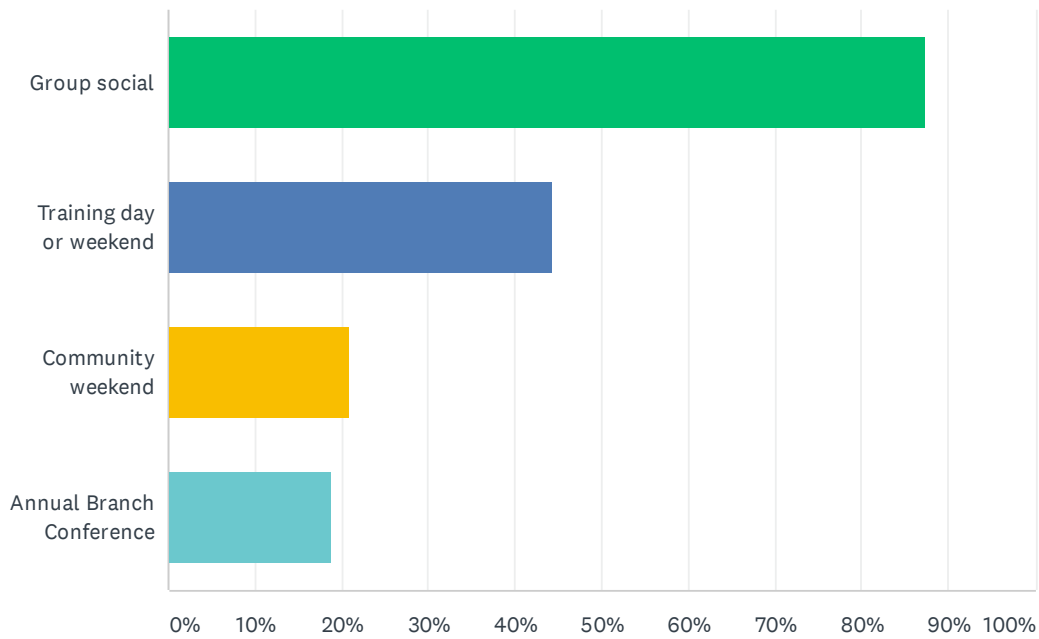
Answered: 380 Skipped: 0



ANSWER CHOICES	RESPONSES	
Group member	74.74%	284
Recorder	19.74%	75
Organiser	19.74%	75
Leader	18.42%	70
Regional or Branch Program Team member	7.63%	29
Total Respondents: 380		

### Q4 In the past 12 months did you attend any of the following Grow events? (tick as many as apply)

Answered: 350 Skipped: 30



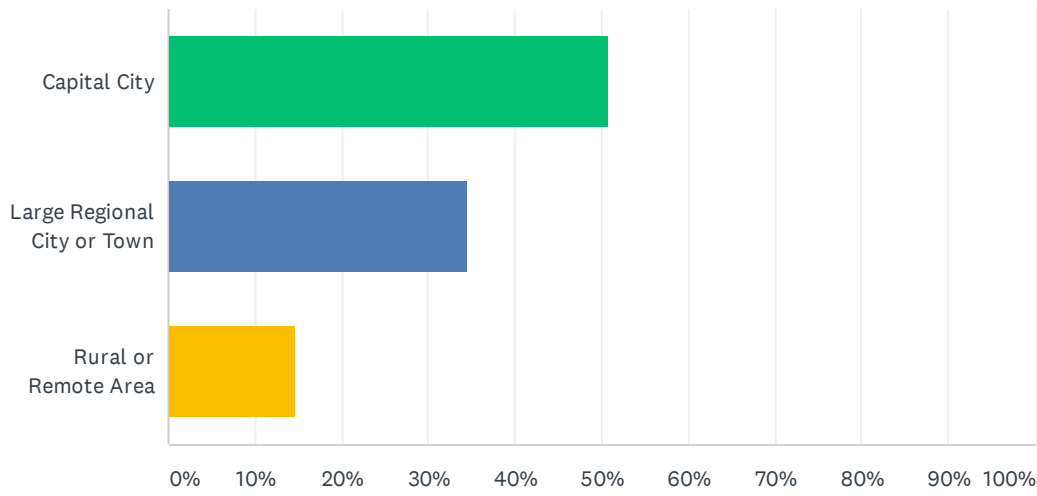
ANSWER CHOICES	RESPONSES	
Group social	87.43%	306
Training day or weekend	44.29%	155
Community weekend	20.86%	73
Annual Branch Conference	18.86%	66
Total Respondents: 350		

## Q5 Your postcode?

Answered: 380 Skipped: 0

## Q6 Do you live in a?

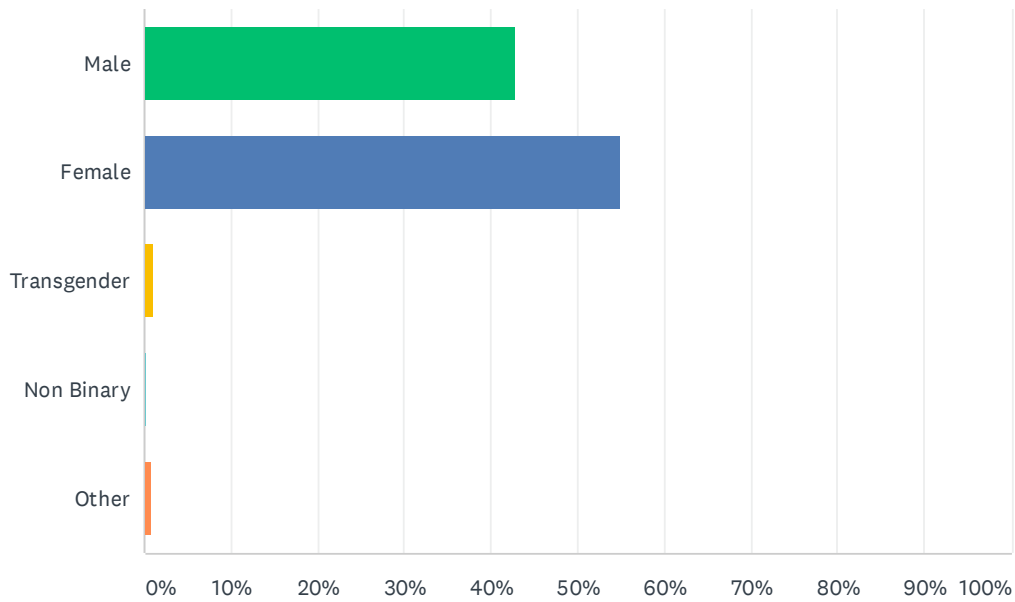
Answered: 380 Skipped: 0



ANSWER CHOICES	RESPONSES	
Capital City	50.79%	193
Large Regional City or Town	34.47%	131
Rural or Remote Area	14.74%	56
<b>TOTAL</b>		<b>380</b>

## Q7 Gender

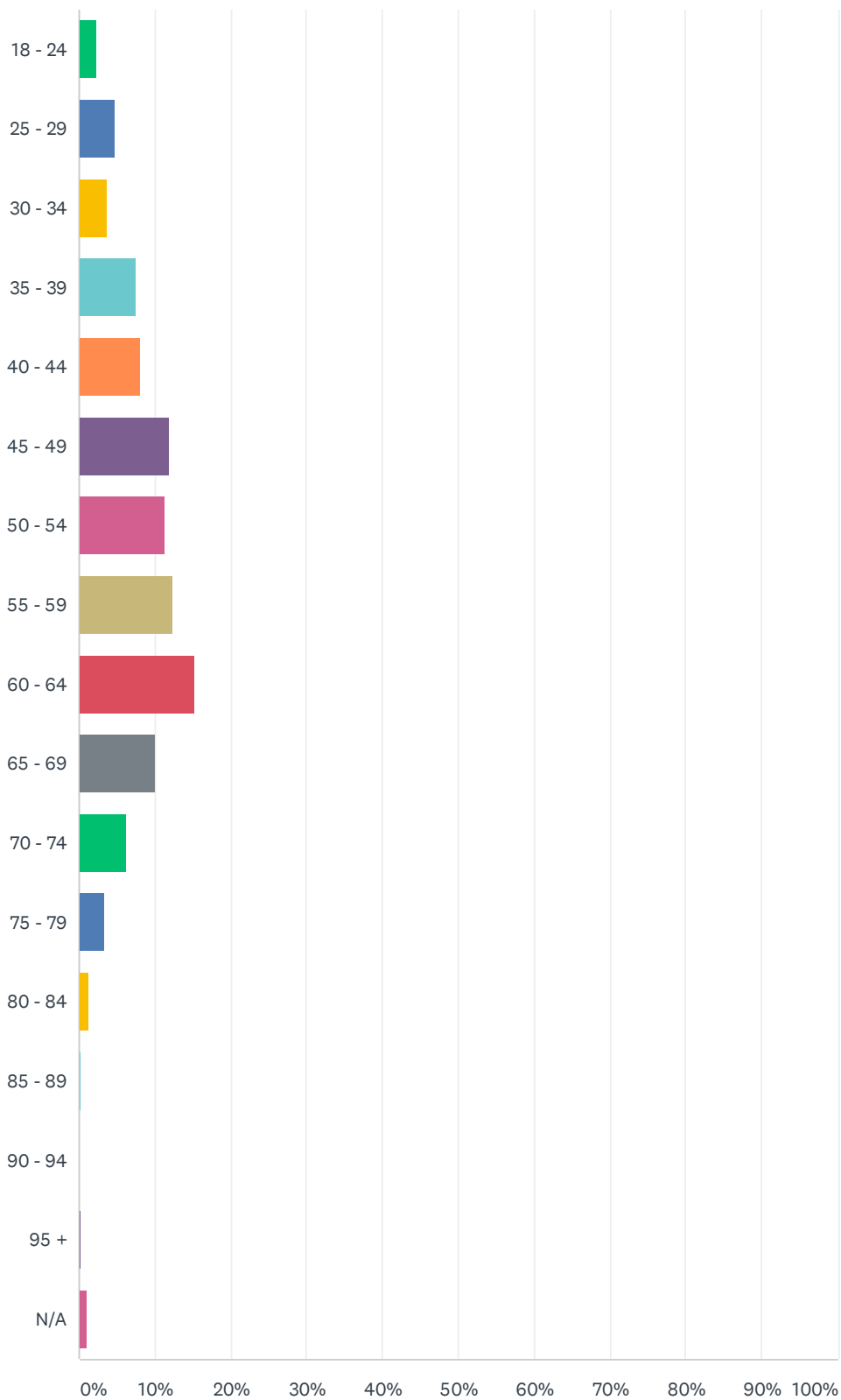
Answered: 380 Skipped: 0



ANSWER CHOICES	RESPONSES	
Male	42.89%	163
Female	55.00%	209
Transgender	1.05%	4
Non Binary	0.26%	1
Other	0.79%	3
<b>TOTAL</b>		<b>380</b>

### Q8 Age

Answered: 380 Skipped: 0



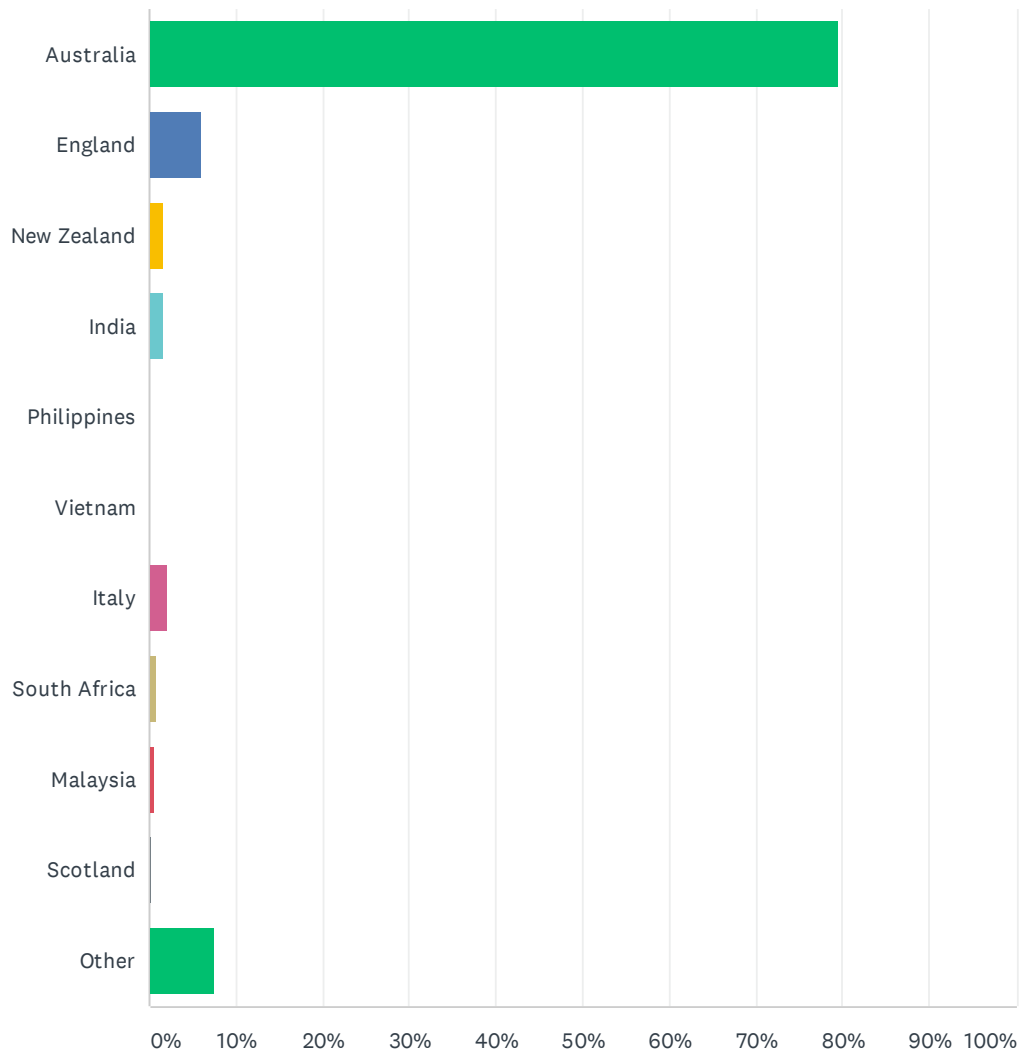


## Grow Annual Member Survey 2019

ANSWER CHOICES	RESPONSES	
18 - 24	2.37%	9
25 - 29	4.74%	18
30 - 34	3.68%	14
35 - 39	7.63%	29
40 - 44	8.16%	31
45 - 49	11.84%	45
50 - 54	11.32%	43
55 - 59	12.37%	47
60 - 64	15.26%	58
65 - 69	10.00%	38
70 - 74	6.32%	24
75 - 79	3.42%	13
80 - 84	1.32%	5
85 - 89	0.26%	1
90 - 94	0.00%	0
95 +	0.26%	1
N/A	1.05%	4
<b>TOTAL</b>		<b>380</b>

## Q9 Which country were you born in?

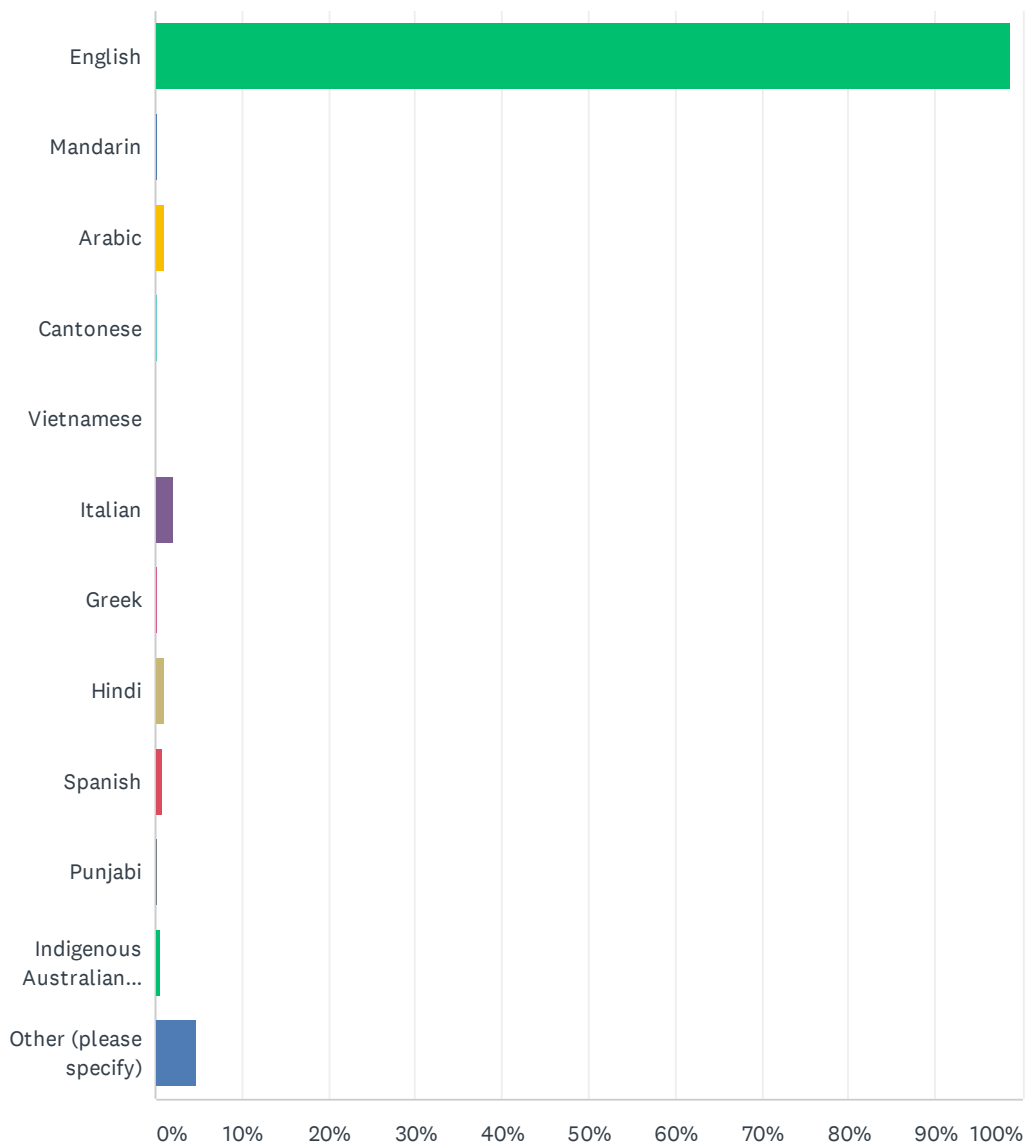
Answered: 380 Skipped: 0



ANSWER CHOICES	RESPONSES	
Australia	79.47%	302
England	6.05%	23
New Zealand	1.58%	6
India	1.58%	6
Philippines	0.00%	0
Vietnam	0.00%	0
Italy	2.11%	8
South Africa	0.79%	3
Malaysia	0.53%	2
Scotland	0.26%	1
Other	7.63%	29
<b>TOTAL</b>		<b>380</b>

### Q10 What is the main language spoken at home?

Answered: 380 Skipped: 0

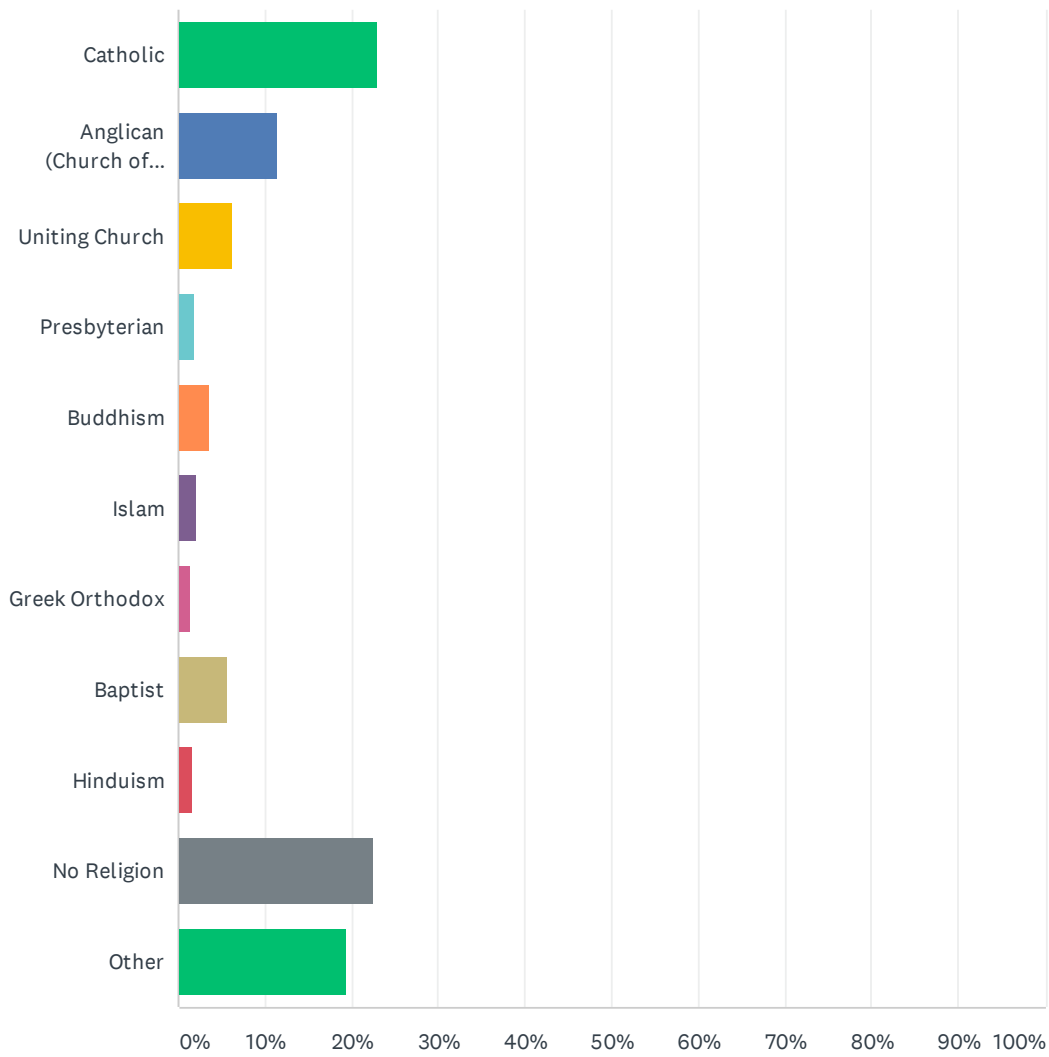


## Grow Annual Member Survey 2019

ANSWER CHOICES	RESPONSES	
English	98.68%	375
Mandarin	0.26%	1
Arabic	1.05%	4
Cantonese	0.26%	1
Vietnamese	0.00%	0
Italian	2.11%	8
Greek	0.26%	1
Hindi	1.05%	4
Spanish	0.79%	3
Punjabi	0.26%	1
Indigenous Australian language	0.53%	2
Other (please specify)	4.74%	18
Total Respondents: 380		

### Q11 If you have a religious belief please select from the following. Optional (If no religion click No Religion below)

Answered: 366 Skipped: 14

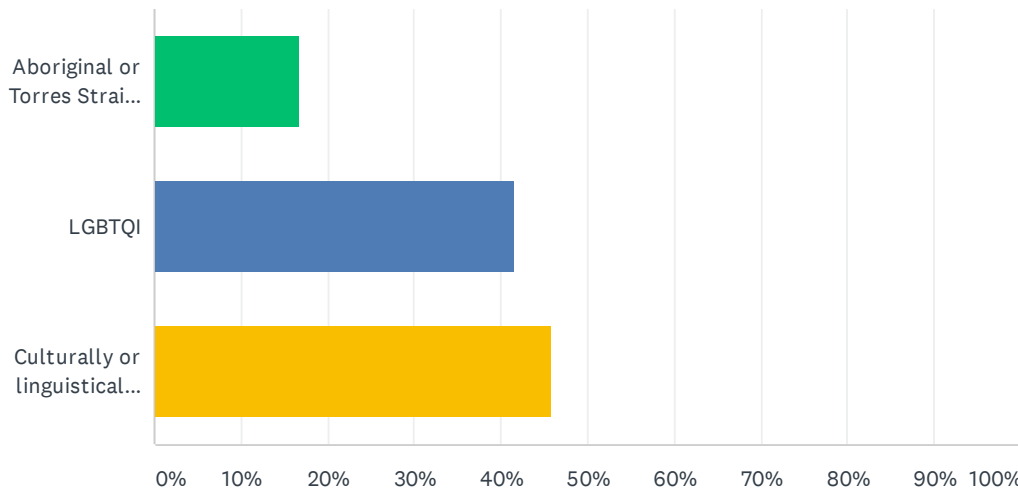


## Grow Annual Member Survey 2019

ANSWER CHOICES	RESPONSES	
Catholic	22.95%	84
Anglican (Church of England)	11.48%	42
Uniting Church	6.28%	23
Presbyterian	1.91%	7
Buddhism	3.55%	13
Islam	2.19%	8
Greek Orthodox	1.37%	5
Baptist	5.74%	21
Hinduism	1.64%	6
No Religion	22.68%	83
Other	19.40%	71
Total Respondents: 366		

## Q12 Do you identify as? (tick as many as apply)

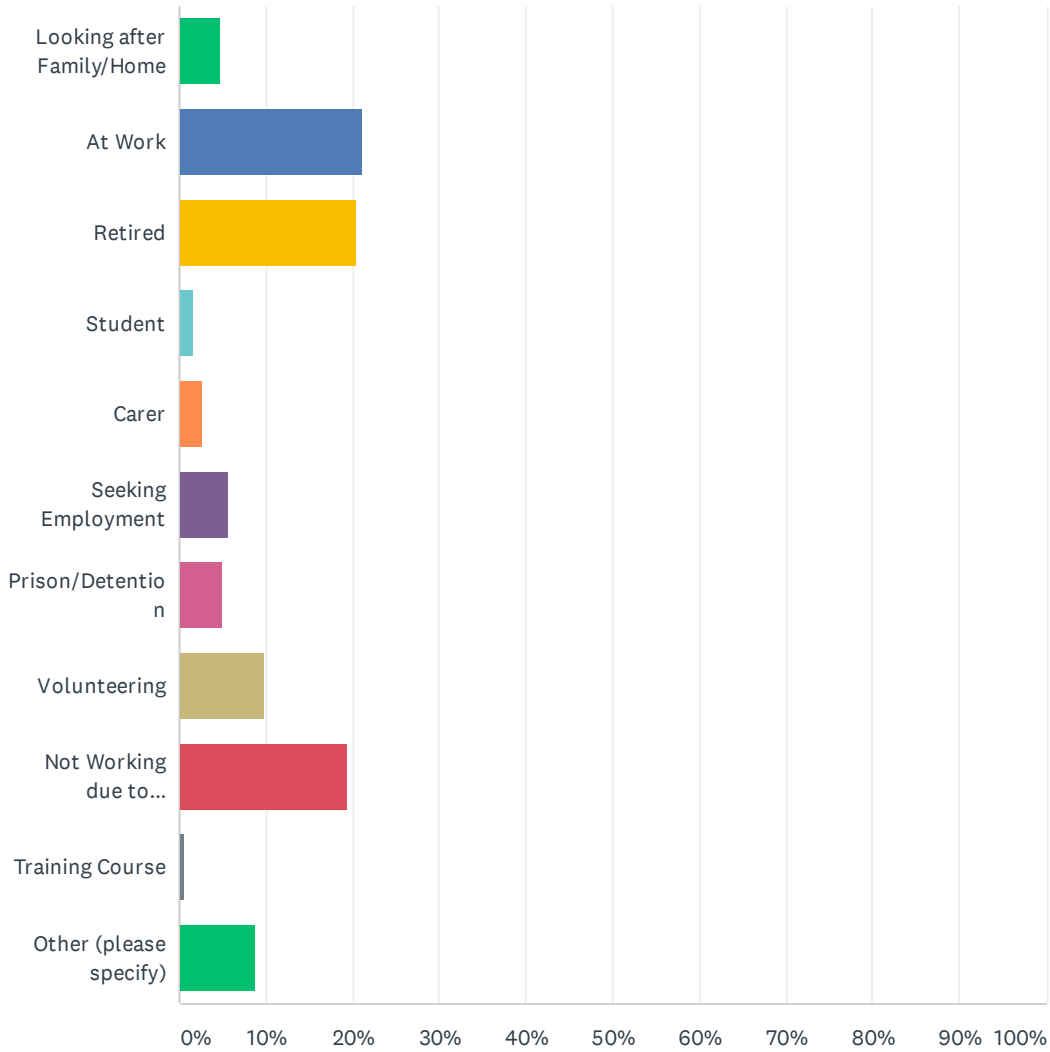
Answered: 72 Skipped: 308



ANSWER CHOICES	RESPONSES	
Aboriginal or Torres Strait Islander	16.67%	12
LGBTQI	41.67%	30
Culturally or linguistically diverse CALD	45.83%	33
Total Respondents: 72		

## Q13 What is your current status?

Answered: 375 Skipped: 5

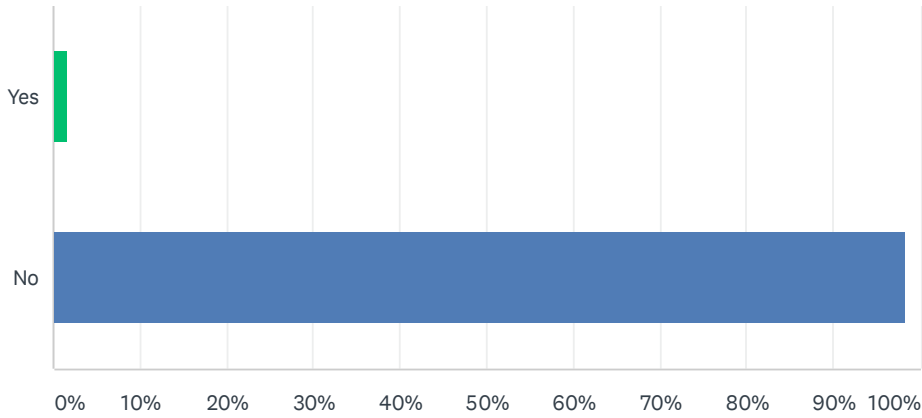


ANSWER CHOICES	RESPONSES	
Looking after Family/Home	4.80%	18
At Work	21.07%	79
Retired	20.53%	77
Student	1.60%	6
Carer	2.67%	10
Seeking Employment	5.60%	21
Prison/Detention	5.07%	19
Volunteering	9.87%	37
Not Working due to Illness/Disability	19.47%	73
Training Course	0.53%	2
Other (please specify)	8.80%	33
<b>TOTAL</b>		<b>375</b>



## Q14 Are you currently homeless?

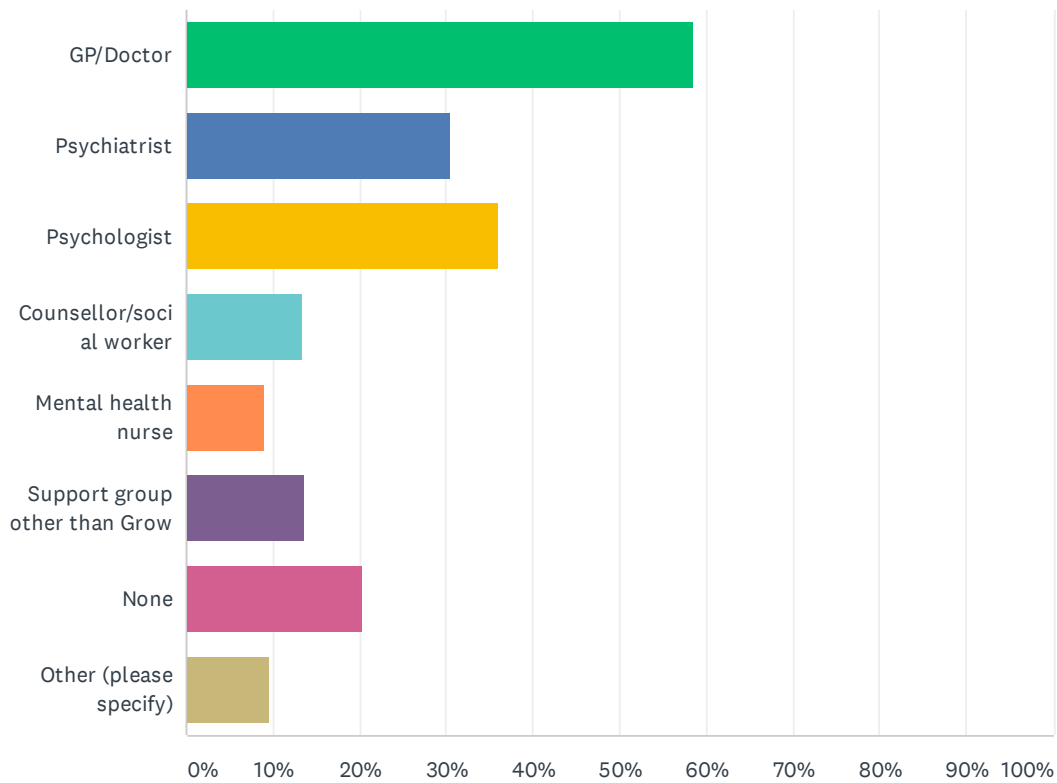
Answered: 377 Skipped: 3



ANSWER CHOICES	RESPONSES	
Yes	1.59%	6
No	98.41%	371
TOTAL		377

## Q15 At the moment are your engaging with any of the following for your mental health?

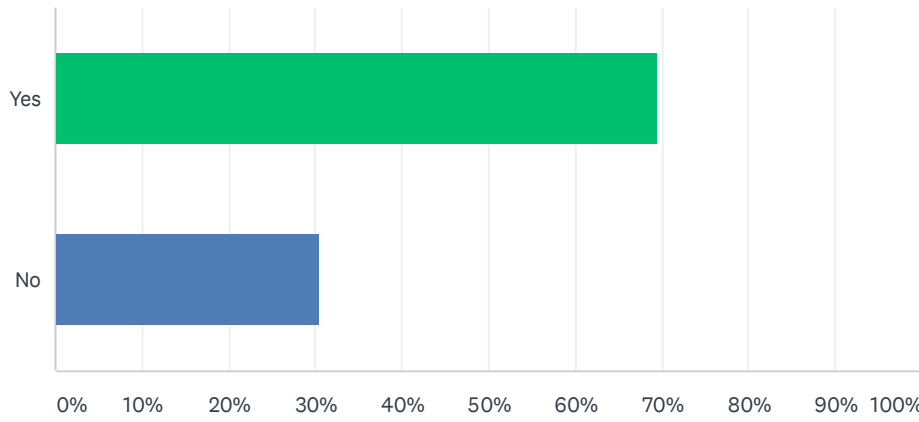
Answered: 376 Skipped: 4



ANSWER CHOICES	RESPONSES	
GP/Doctor	58.51%	220
Psychiatrist	30.59%	115
Psychologist	35.90%	135
Counsellor/social worker	13.30%	50
Mental health nurse	9.04%	34
Support group other than Grow	13.56%	51
None	20.21%	76
Other (please specify)	9.57%	36
Total Respondents: 376		

### Q16 At the moment are you currently prescribed any medication for a mental health condition?

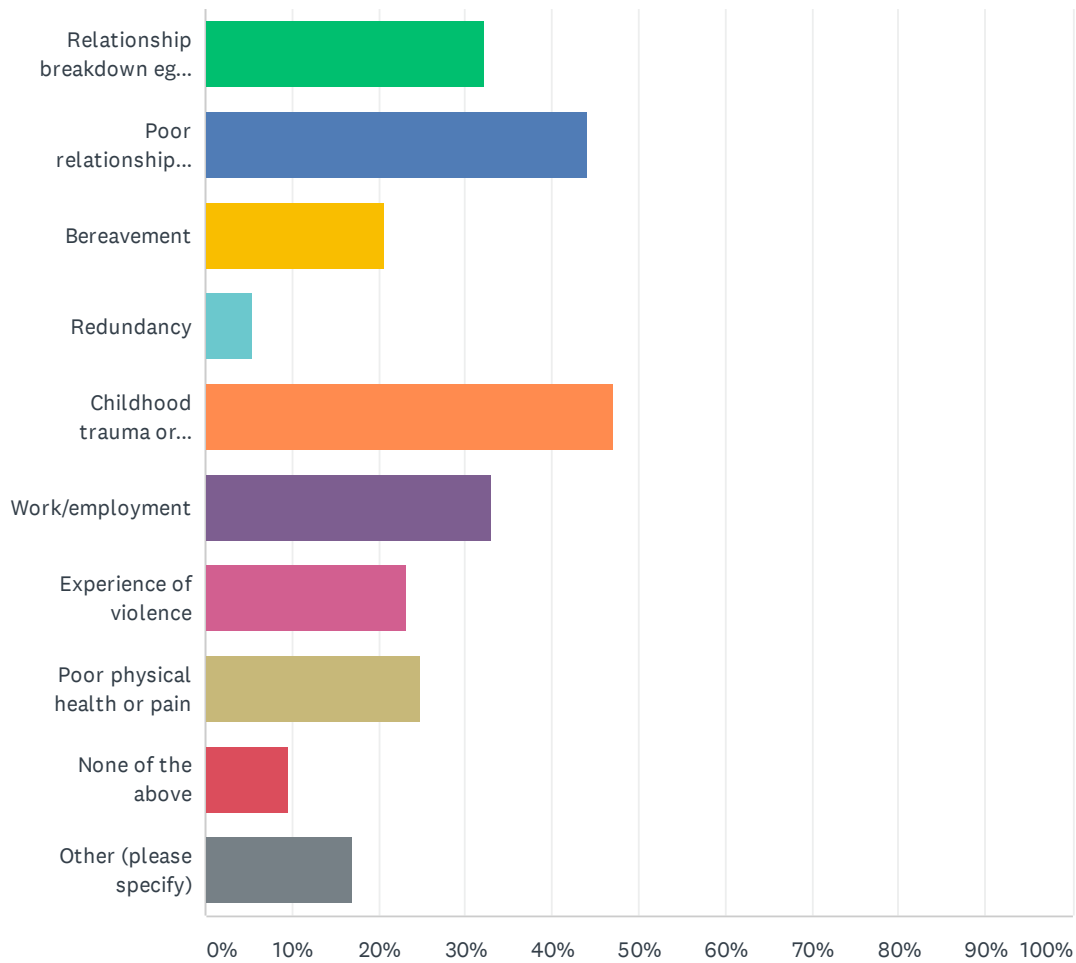
Answered: 369 Skipped: 11



ANSWER CHOICES	RESPONSES	
Yes	69.38%	256
No	30.62%	113
TOTAL		369

## Q17 Did any of the following contribute to your mental health issues?

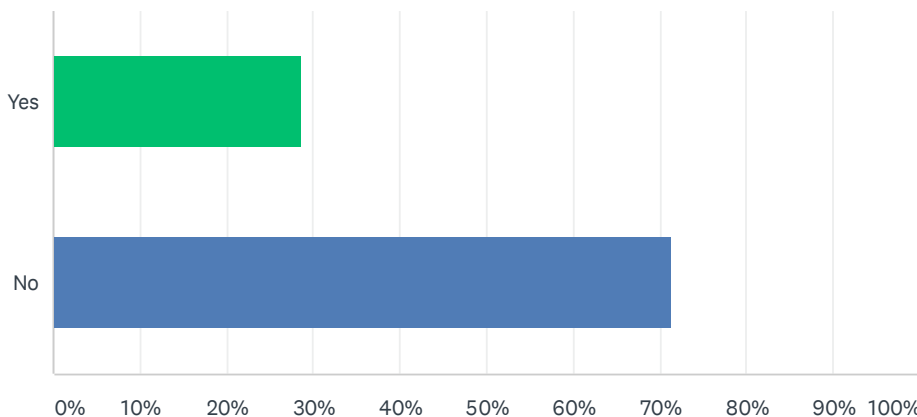
Answered: 367 Skipped: 13



ANSWER CHOICES	RESPONSES	
Relationship breakdown eg. separation	32.15%	118
Poor relationships with family	44.14%	162
Bereavement	20.71%	76
Redundancy	5.45%	20
Childhood trauma or experience	47.14%	173
Work/employment	32.97%	121
Experience of violence	23.16%	85
Poor physical health or pain	24.80%	91
None of the above	9.54%	35
Other (please specify)	16.89%	62
Total Respondents: 367		

## Q18 Have you ever had a problem with drug or alcohol use?

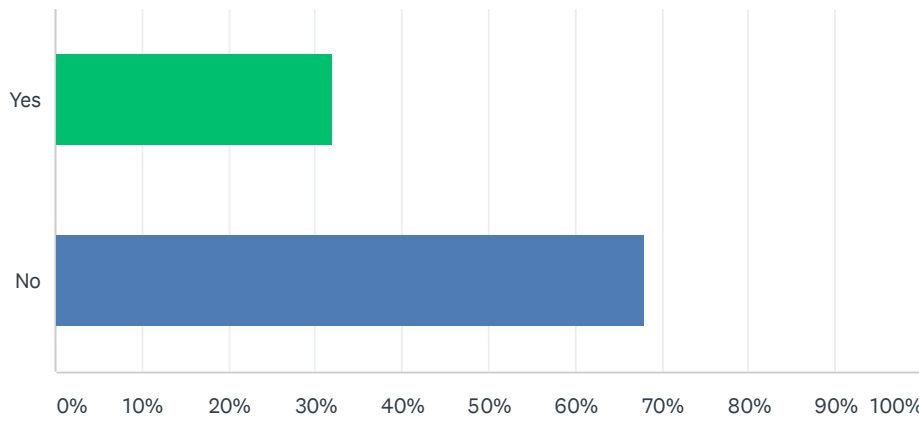
Answered: 370 Skipped: 10



ANSWER CHOICES	RESPONSES	
Yes	28.65%	106
No	71.35%	264
TOTAL		370

## Q19 Have you ever self harmed?

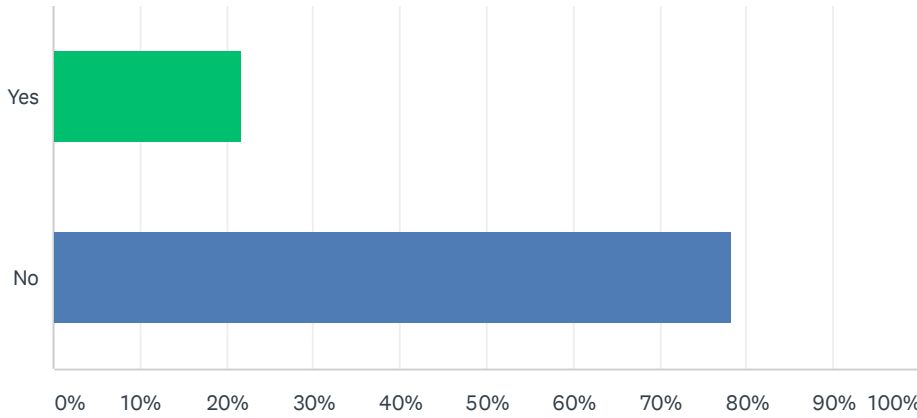
Answered: 372 Skipped: 8



ANSWER CHOICES	RESPONSES	
Yes	31.99%	119
No	68.01%	253
TOTAL		372

## Q20 Have you experienced homelessness?

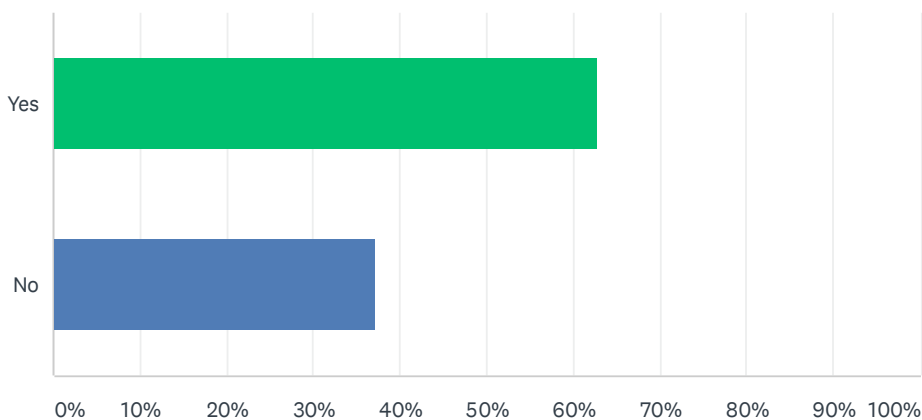
Answered: 371 Skipped: 9



ANSWER CHOICES	RESPONSES	
Yes	21.83%	81
No	78.17%	290
TOTAL		371

## Q21 Have you been hospitalised for mental illness coping or other emotional problems?

Answered: 43 Skipped: 337

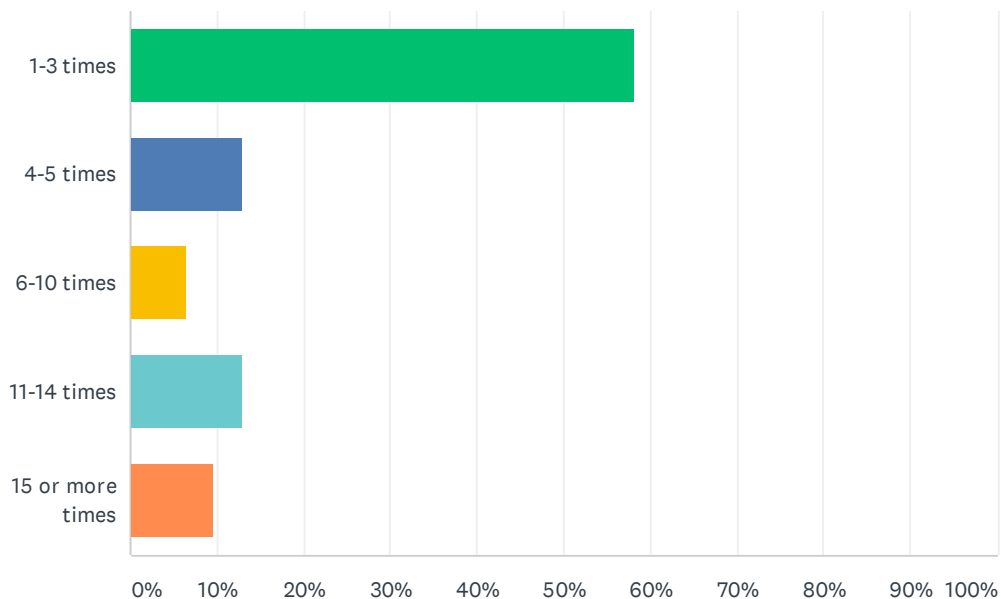


ANSWER CHOICES	RESPONSES	
Yes	62.79%	27
No	37.21%	16
TOTAL		43



## Q22 If you have been hospitalised, select the number of times:

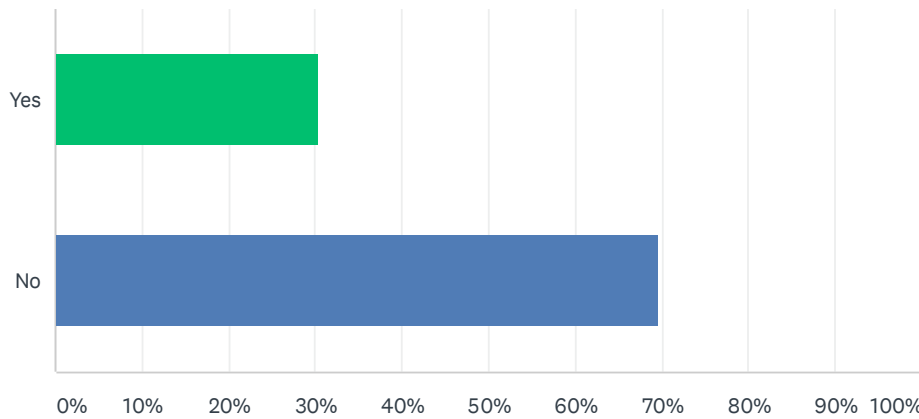
Answered: 31 Skipped: 349



ANSWER CHOICES	RESPONSES	
1-3 times	58.06%	18
4-5 times	12.90%	4
6-10 times	6.45%	2
11-14 times	12.90%	4
15 or more times	9.68%	3
Total Respondents: 31		

## Q23 Have you been hospitalised for mental illness since joining Grow?

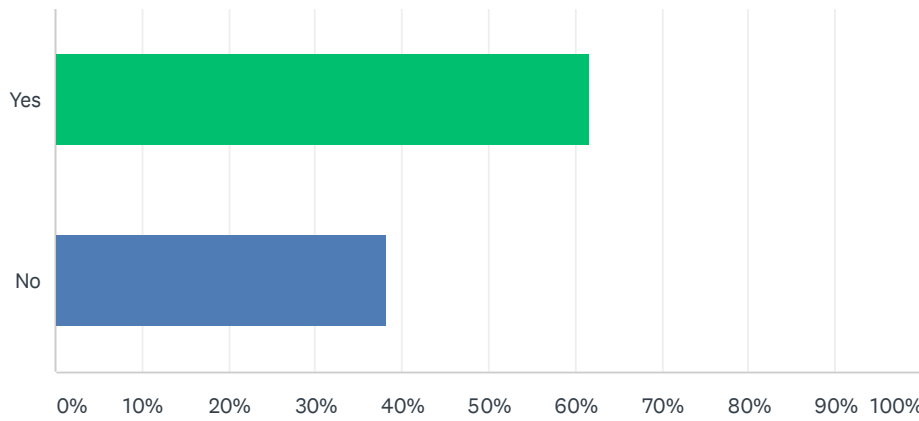
Answered: 43 Skipped: 337



ANSWER CHOICES	RESPONSES	
Yes	30.23%	13
No	69.77%	30
TOTAL		43

## Q24 Have you had thoughts about attempting suicide?

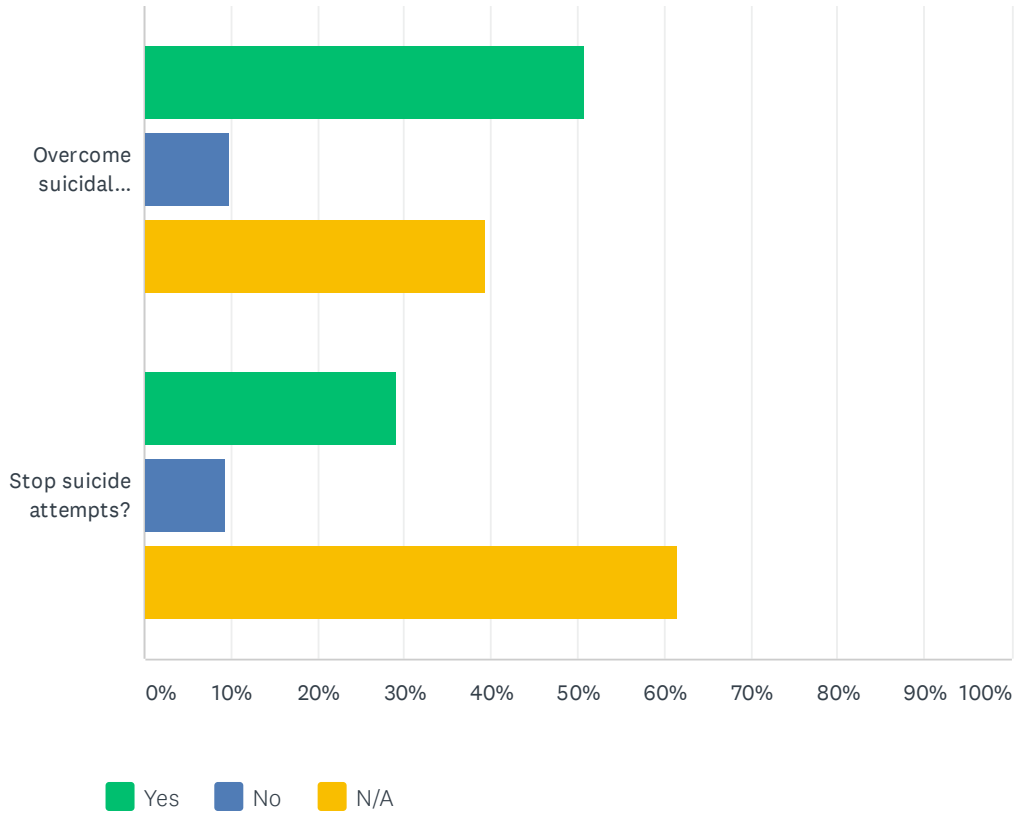
Answered: 342 Skipped: 38



ANSWER CHOICES	RESPONSES	
Yes	61.70%	211
No	38.30%	131
TOTAL		342

## Q25 Has Grow helped you:

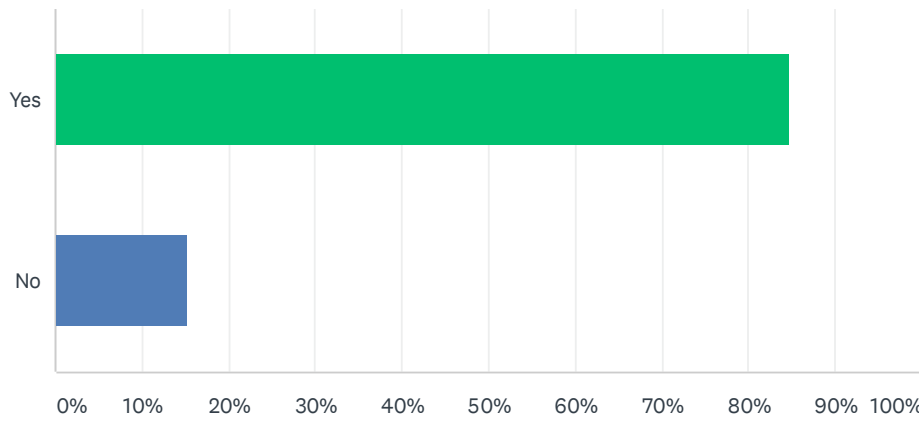
Answered: 335 Skipped: 45



	YES	NO	N/A	TOTAL	WEIGHTED AVERAGE
Overcome suicidal thoughts?	50.75% 169	9.91% 33	39.34% 131	333	1.16
Stop suicide attempts?	29.02% 92	9.46% 30	61.51% 195	317	1.25

## Q26 Have you been given a diagnosis of mental illness?

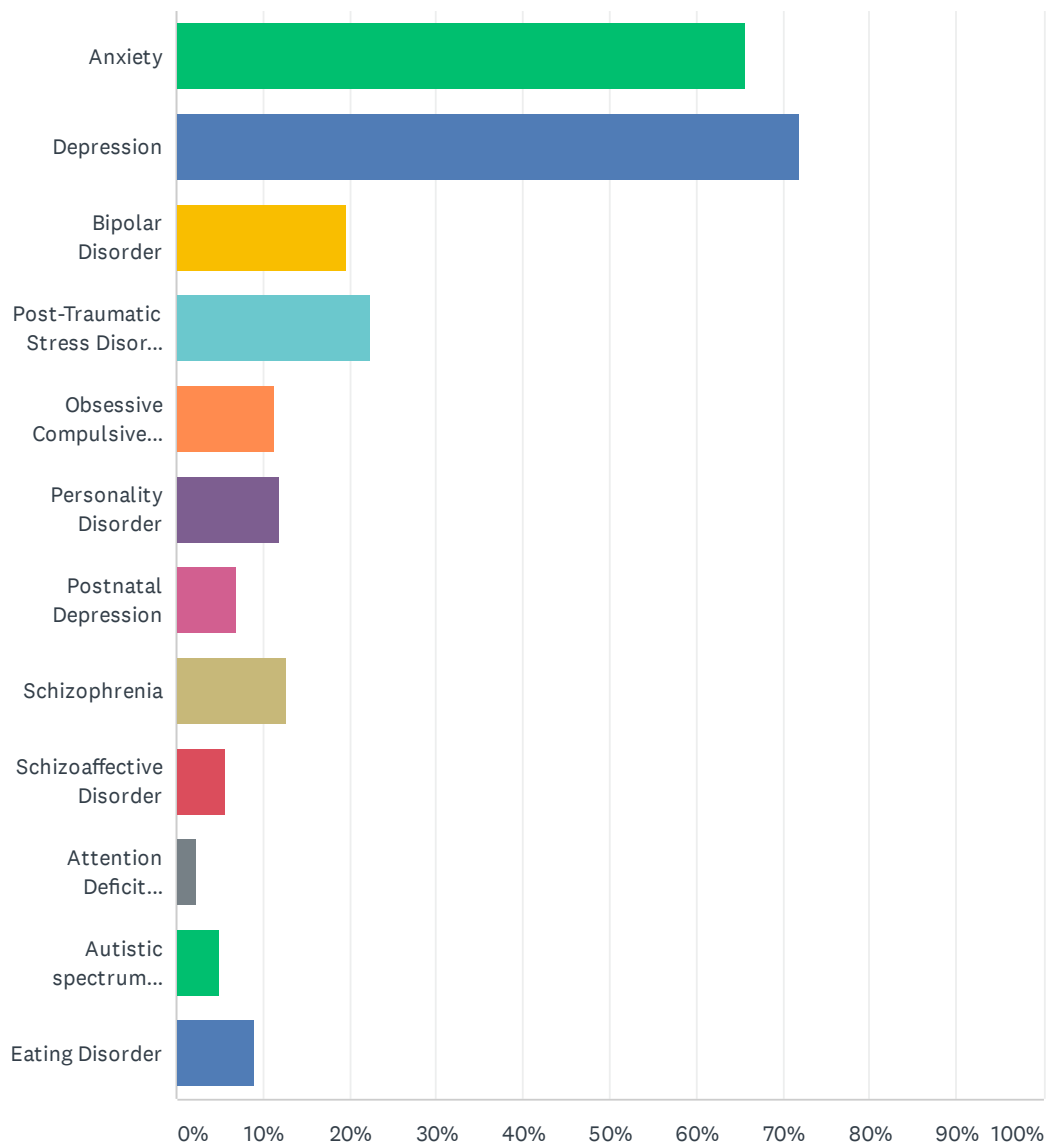
Answered: 368 Skipped: 12



ANSWER CHOICES	RESPONSES	
Yes	84.78%	312
No	15.22%	56
<b>TOTAL</b>		<b>368</b>

### Q27 Please specify:

Answered: 336 Skipped: 44



## Grow Annual Member Survey 2019

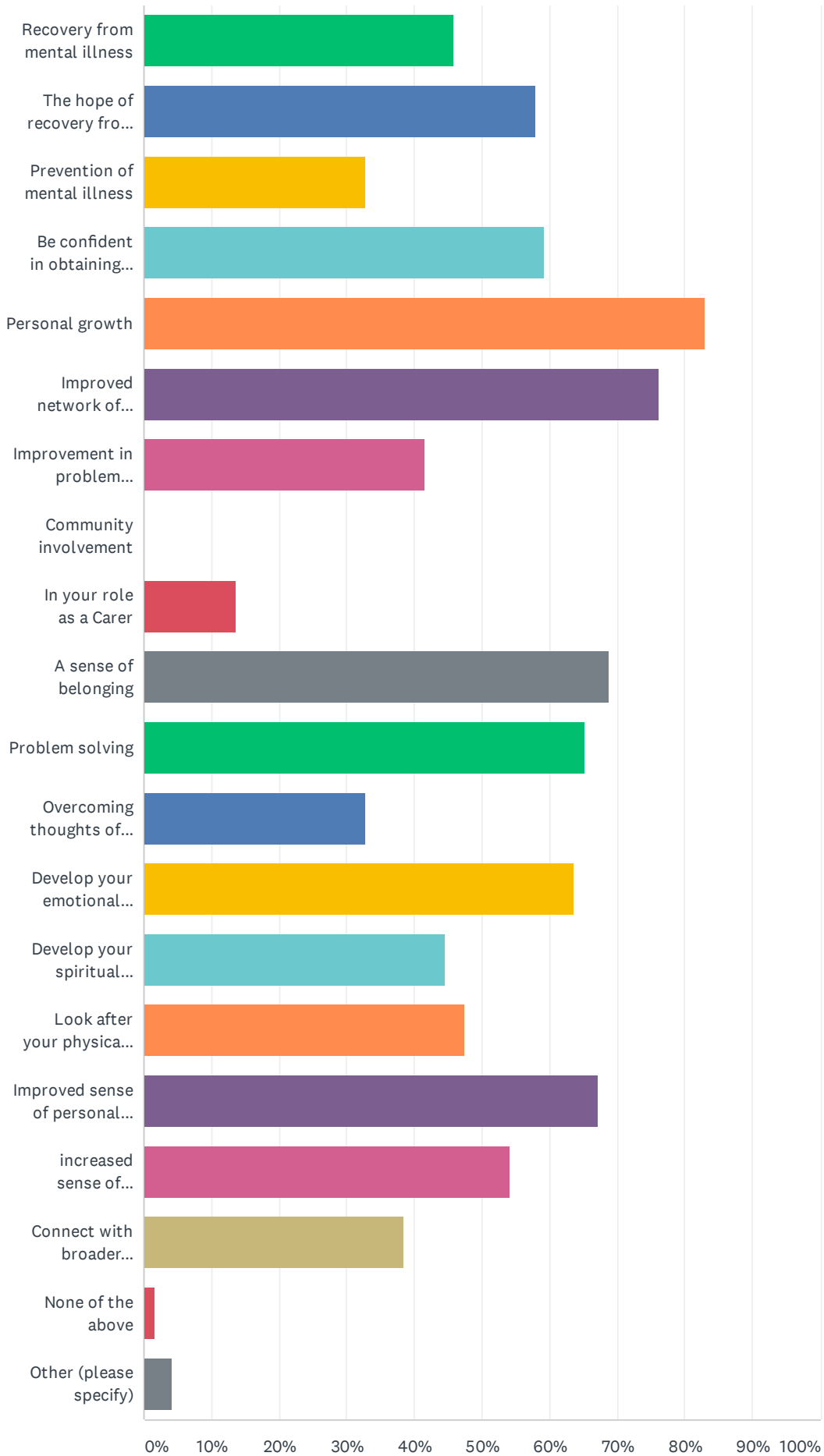
ANSWER CHOICES	RESPONSES	
Anxiety	65.77%	221
Depression	72.02%	242
Bipolar Disorder	19.64%	66
Post-Traumatic Stress Disorder (PTSD)	22.32%	75
Obsessive Compulsive Disorder (OCD)	11.31%	38
Personality Disorder	11.90%	40
Postnatal Depression	6.85%	23
Schizophrenia	12.80%	43
Schizoaffective Disorder	5.65%	19
Attention Deficit Disorder	2.38%	8
Autistic spectrum disorder	5.06%	17
Eating Disorder	8.93%	30
Total Respondents: 336		

**Q28 Has Grow helped you with any of the following? Add all or one of the suggested answer options**

Answered: 362 Skipped: 18



# Grow Annual Member Survey 2019

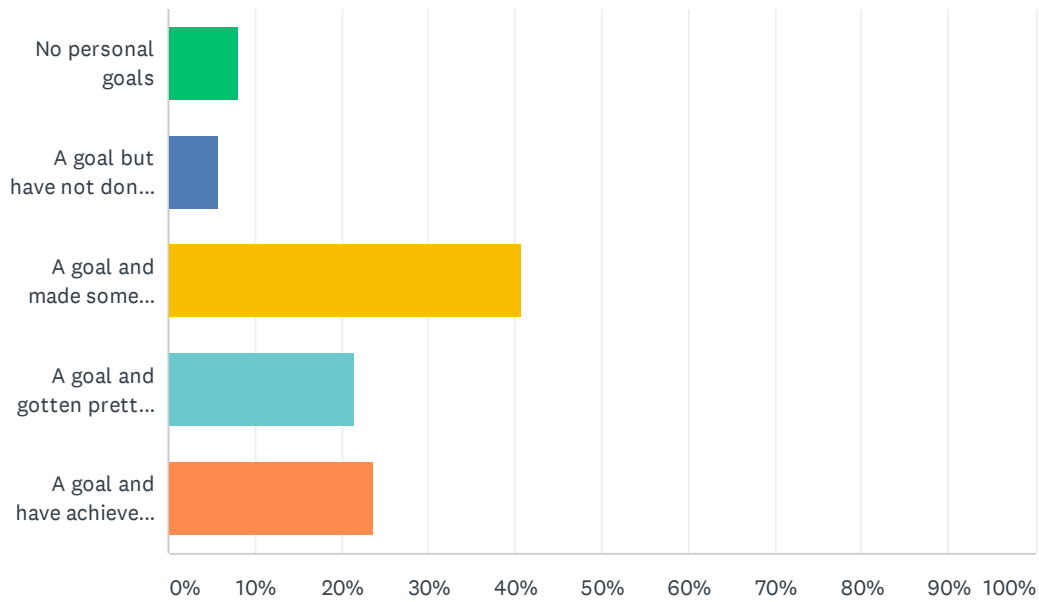


## Grow Annual Member Survey 2019

ANSWER CHOICES	RESPONSES	
Recovery from mental illness	45.86%	166
The hope of recovery from mental illness	58.01%	210
Prevention of mental illness	32.87%	119
Be confident in obtaining good mental health	59.12%	214
Personal growth	83.15%	301
Improved network of friendship and support	76.24%	276
Improvement in problem relationships	41.71%	151
Community involvement	0.00%	0
In your role as a Carer	13.54%	49
A sense of belonging	68.78%	249
Problem solving	65.19%	236
Overcoming thoughts of suicide or self harm	32.87%	119
Develop your emotional maturity	63.54%	230
Develop your spiritual maturity	44.48%	161
Look after your physical health	47.51%	172
Improved sense of personal value	67.13%	243
increased sense of happiness in life	54.14%	196
Connect with broader community outside of Grow	38.40%	139
None of the above	1.66%	6
Other (please specify)	4.14%	15
Total Respondents: 362		

## Q29 In the past 3 months I have come up with:

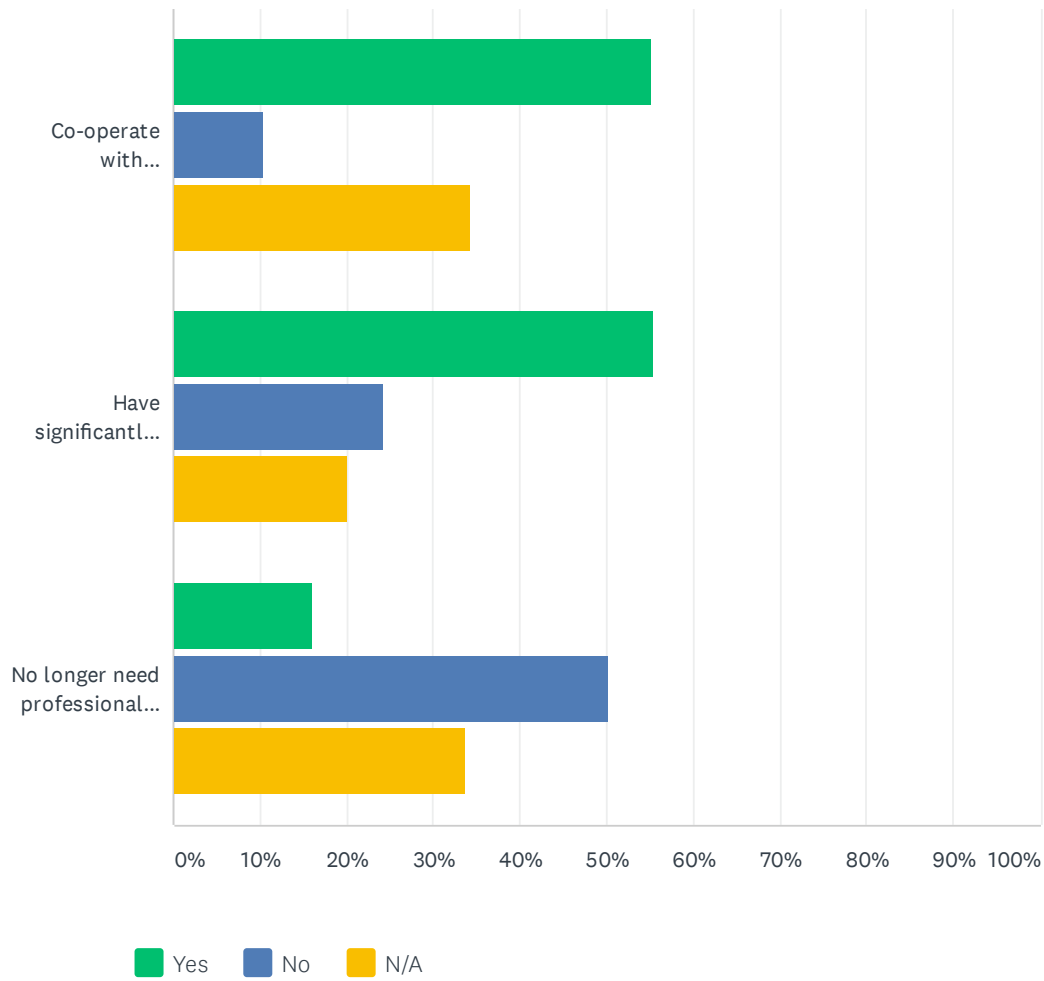
Answered: 358 Skipped: 22



ANSWER CHOICES	RESPONSES	
No personal goals	8.10%	29
A goal but have not done anything to achieve it	5.87%	21
A goal and made some little way towards achieving it	40.78%	146
A goal and gotten pretty far with achieving it	21.51%	77
A goal and have achieved it	23.74%	85
<b>TOTAL</b>		<b>358</b>

### Q30 Has the Grow Program helped you to:

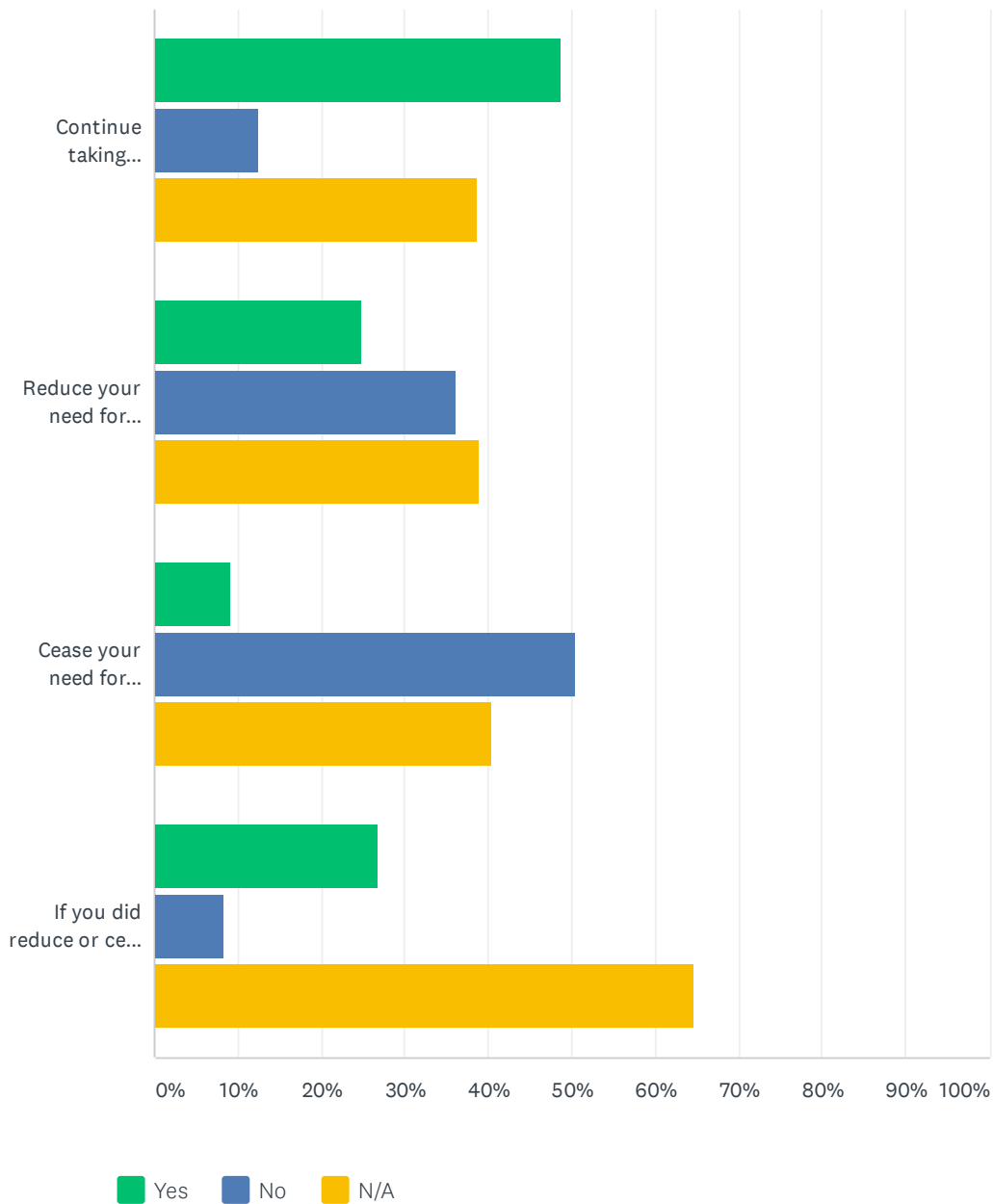
Answered: 352 Skipped: 28



	YES	NO	N/A	TOTAL	WEIGHTED AVERAGE
Co-operate with professional help while under treatment?	55.23% 190	10.47% 36	34.30% 118	344	1.16
Have significantly less need of professional help?	55.49% 187	24.33% 82	20.18% 68	337	1.30
No longer need professional help?	16.10% 52	50.15% 162	33.75% 109	323	1.76

### Q31 If you take medication for mental health, has the Grow Program helped you to:

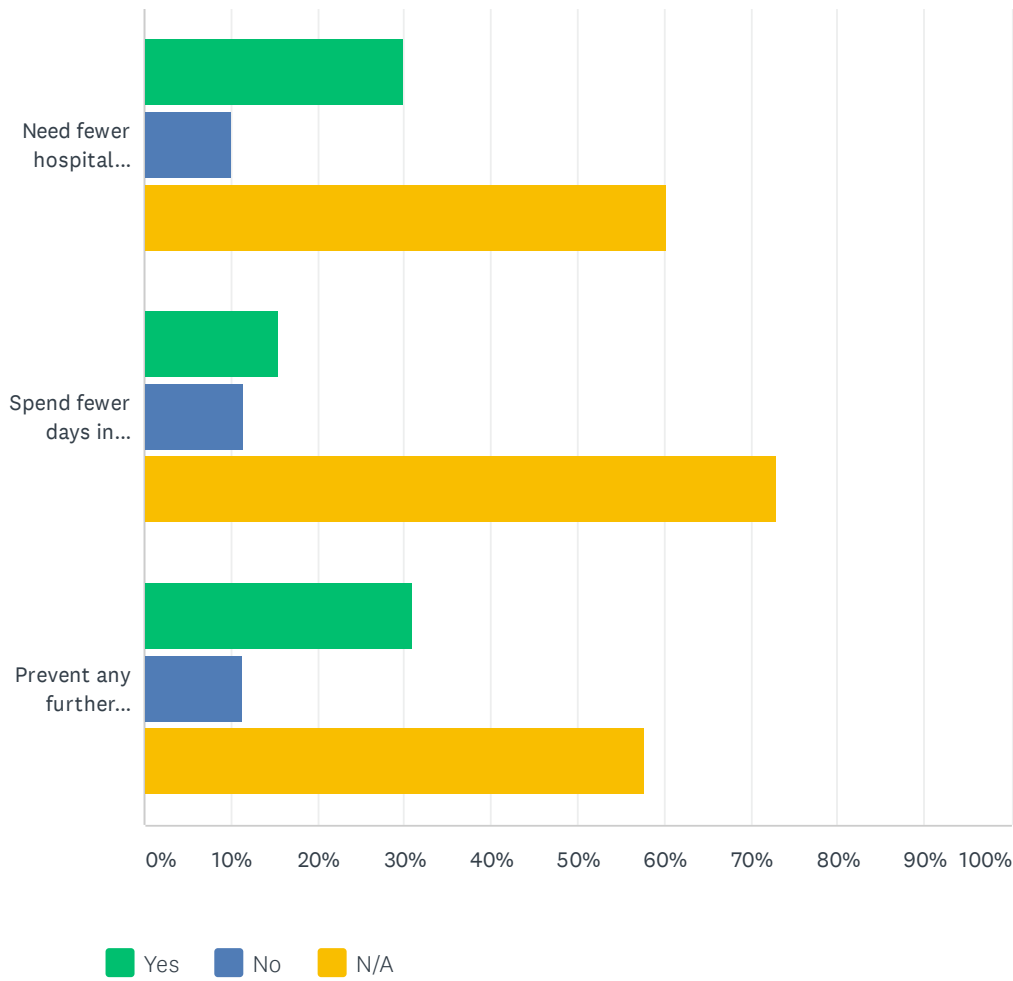
Answered: 348 Skipped: 32



	YES	NO	N/A	TOTAL	WEIGHTED AVERAGE
Continue taking medication as prescribed?	48.66% 163	12.54% 42	38.81% 130	335	1.20
Reduce your need for prescribed medication?	24.85% 81	36.20% 118	38.96% 127	326	1.59
Cease your need for prescribed medication?	9.24% 29	50.32% 158	40.45% 127	314	1.84
If you did reduce or cease medication, did you do so in consultation with your doctor?	26.88% 86	8.44% 27	64.69% 207	320	1.24

### Q32 Has the Grow Program helped you to:

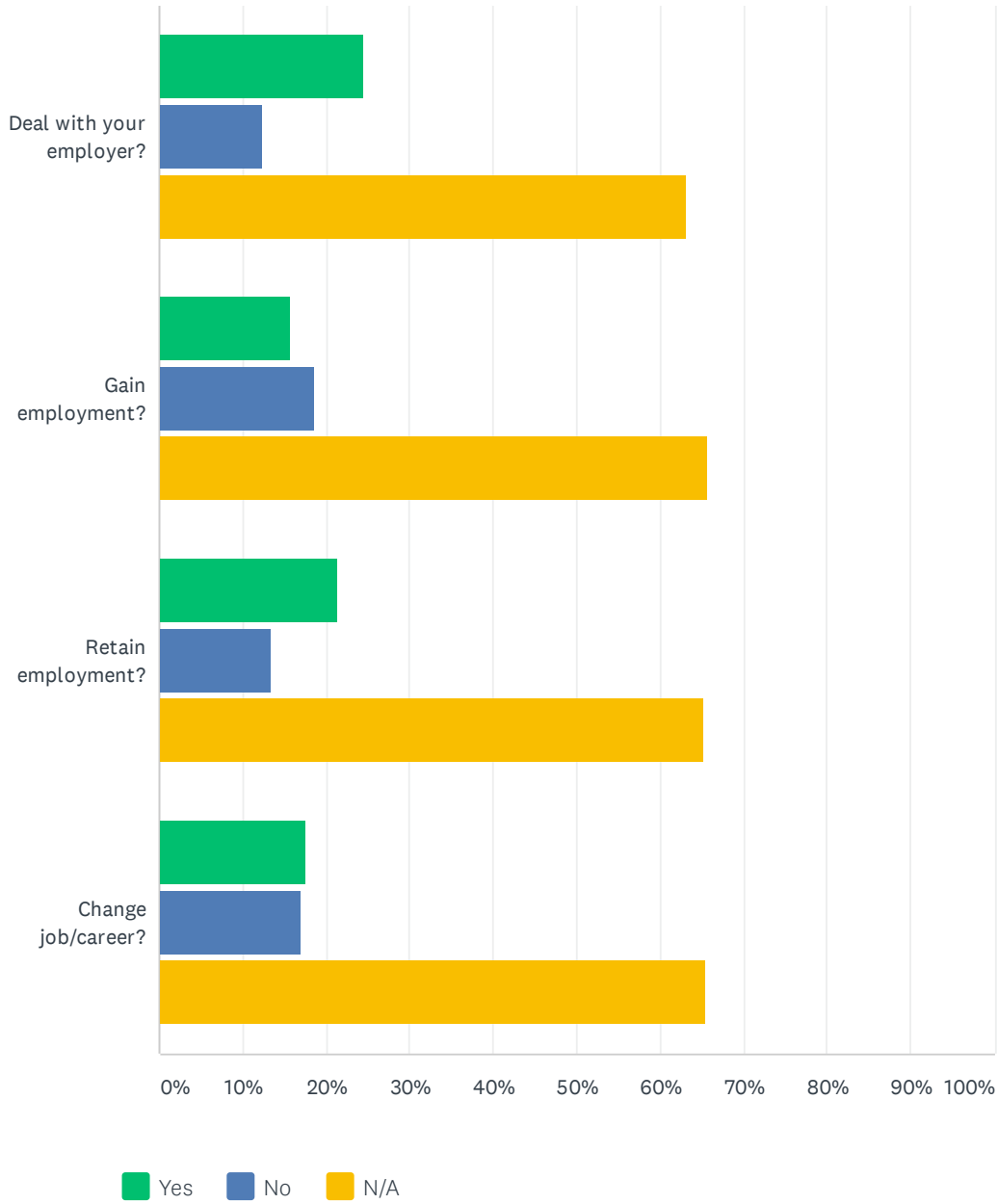
Answered: 352 Skipped: 28



	YES	NO	N/A	TOTAL	WEIGHTED AVERAGE
Need fewer hospital admissions?	29.82% 102	9.94% 34	60.23% 206	342	1.25
Spend fewer days in Hospital when admitted?	15.41% 51	11.48% 38	73.11% 242	331	1.43
Prevent any further hospitalisation?	30.97% 105	11.21% 38	57.82% 196	339	1.27

### Q33 Has the Grow Program helped you to:

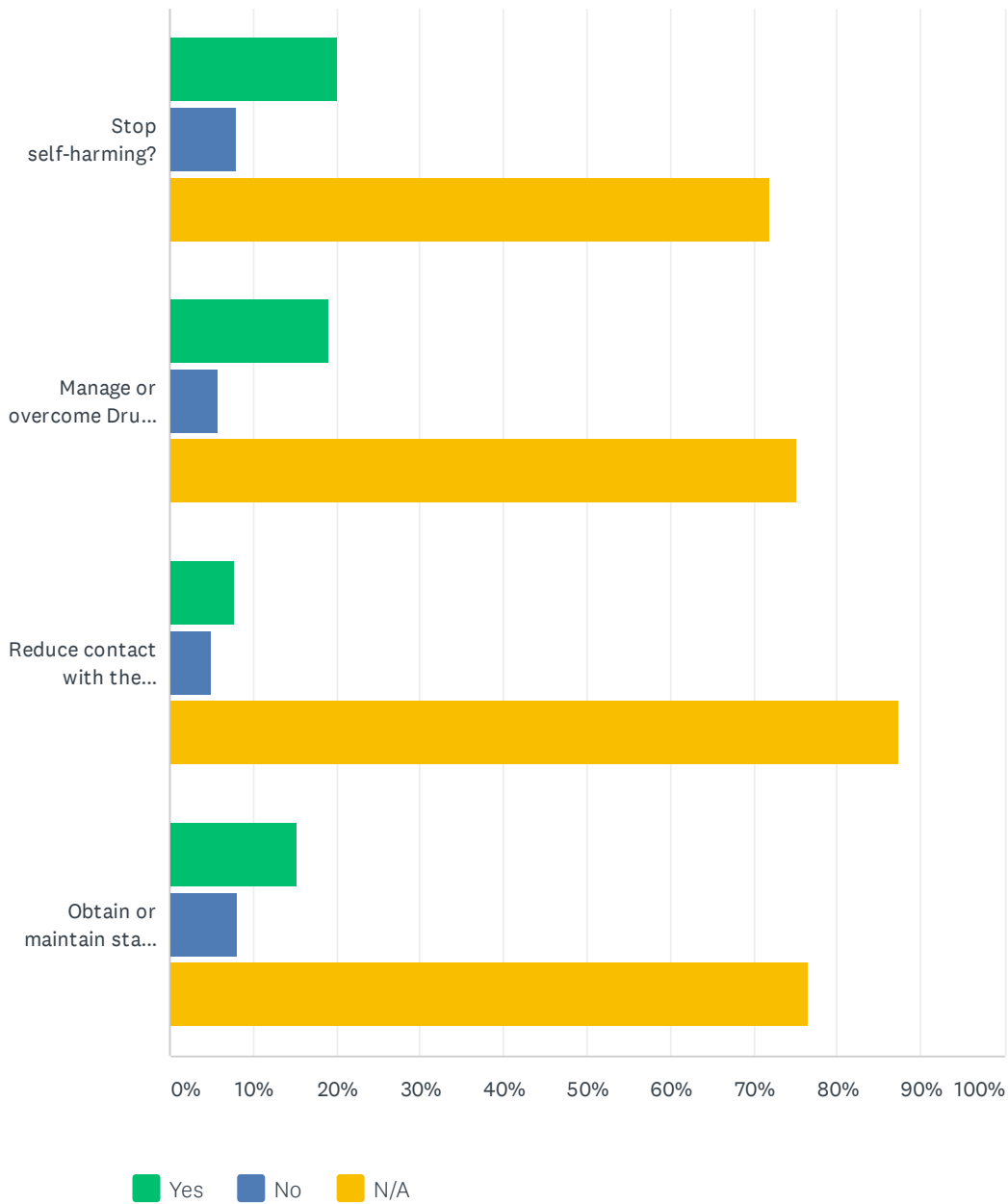
Answered: 348 Skipped: 32



	YES	NO	N/A	TOTAL	WEIGHTED AVERAGE
Deal with your employer?	24.41% 83	12.35% 42	63.24% 215	340	1.34
Gain employment?	15.63% 53	18.58% 63	65.78% 223	339	1.54
Retain employment?	21.36% 72	13.35% 45	65.28% 220	337	1.38
Change job/career?	17.56% 59	16.96% 57	65.48% 220	336	1.49

### Q34 Has the Grow Program helped you to:

Answered: 351 Skipped: 29

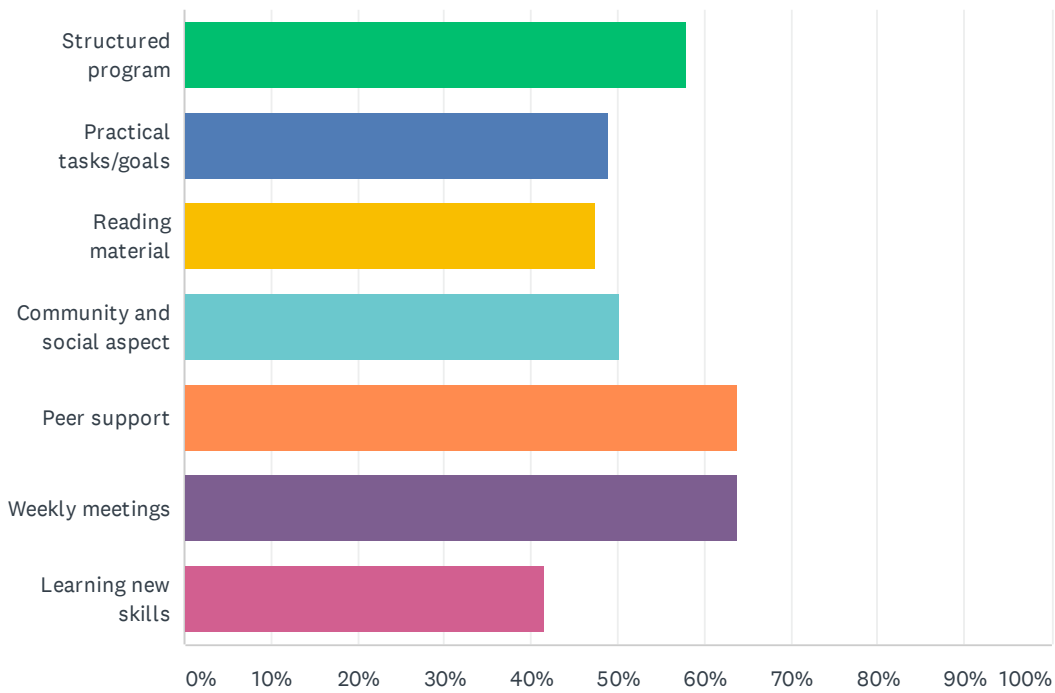


	YES	NO	N/A	TOTAL	WEIGHTED AVERAGE
Stop self-harming?	20.12% 69	7.87% 27	72.01% 247	343	1.28
Manage or overcome Drug and Alcohol problems?	19.01% 65	5.85% 20	75.15% 257	342	1.24
Reduce contact with the justice system?	7.65% 26	5.00% 17	87.35% 297	340	1.40
Obtain or maintain stable housing?	15.20% 52	8.19% 28	76.61% 262	342	1.35



### Q35 What do you find most beneficial or helpful about Grow? (tick up to three)

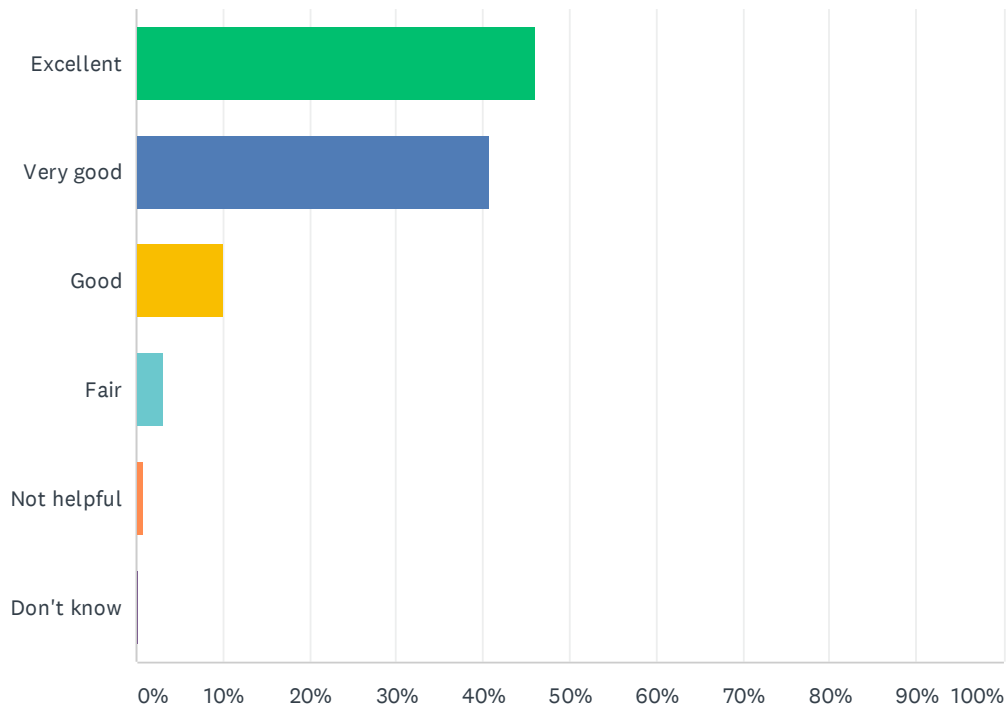
Answered: 343 Skipped: 37



ANSWER CHOICES	RESPONSES	
Structured program	58.02%	199
Practical tasks/goals	48.98%	168
Reading material	47.52%	163
Community and social aspect	50.15%	172
Peer support	63.85%	219
Weekly meetings	63.85%	219
Learning new skills	41.69%	143
Total Respondents: 343		

### Q36 How do you rate the help you have received from Grow?

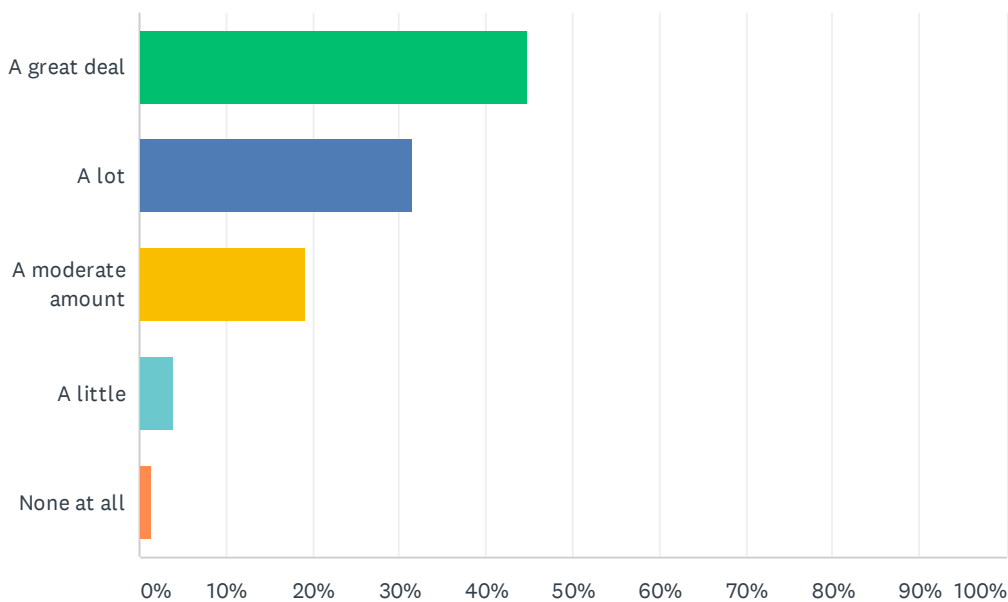
Answered: 346 Skipped: 34



ANSWER CHOICES	RESPONSES	
Excellent	45.95%	159
Very good	40.75%	141
Good	10.12%	35
Fair	3.18%	11
Not helpful	0.87%	3
Don't know	0.29%	1
Total Respondents: 346		

### Q37 To what extent has going to Grow meetings contributed to coping with day to day life?

Answered: 344 Skipped: 36



ANSWER CHOICES	RESPONSES	
A great deal	44.77%	154
A lot	31.69%	109
A moderate amount	19.19%	66
A little	4.07%	14
None at all	1.45%	5
Total Respondents: 344		

## Q38 What keeps you coming back to Grow?

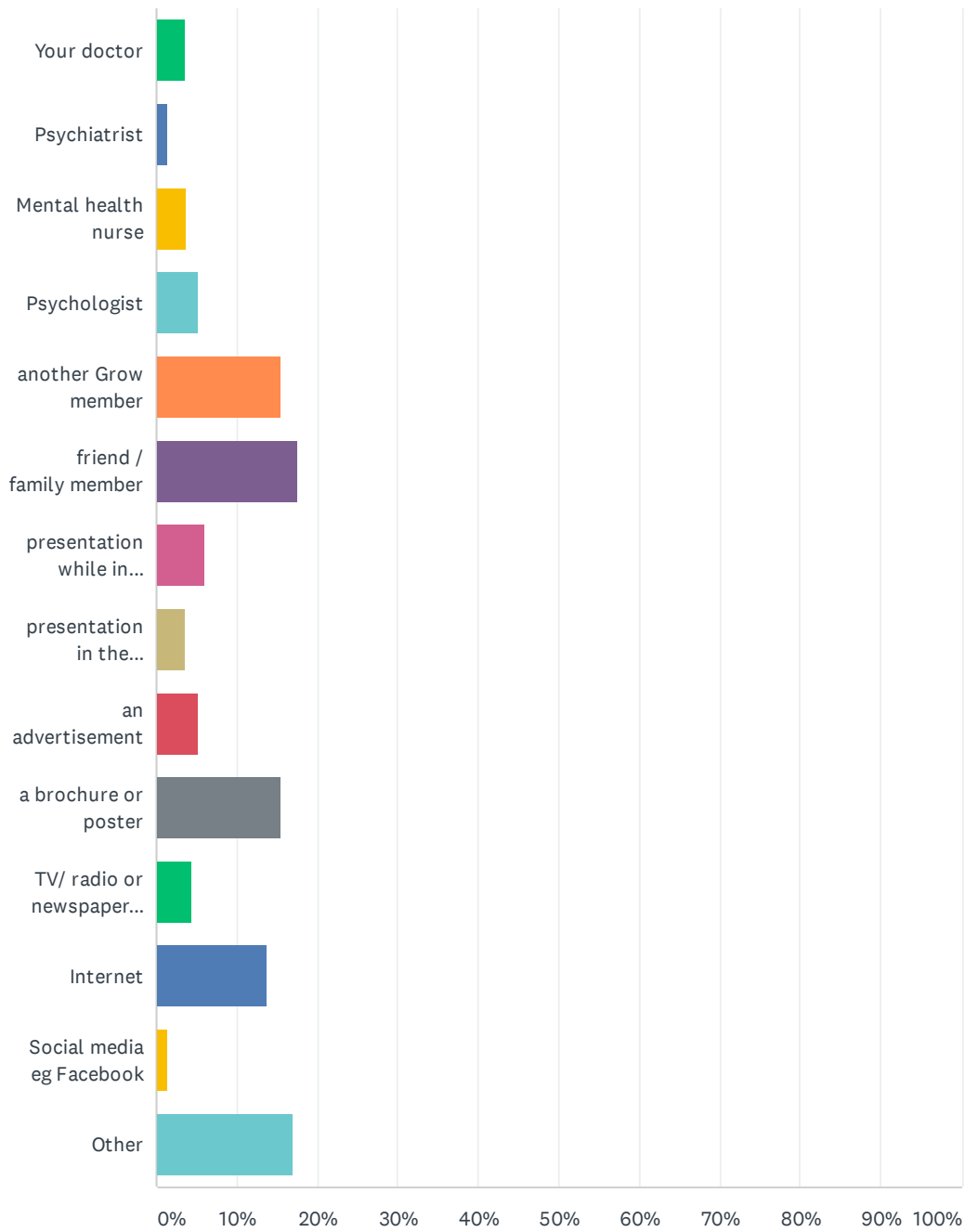
Answered: 305 Skipped: 75

## Q39 Are there any other ways Grow helped you?

Answered: 235 Skipped: 145

## Q40 How did you find out about Grow?

Answered: 342 Skipped: 38



## Grow Annual Member Survey 2019

ANSWER CHOICES	RESPONSES	
Your doctor	3.51%	12
Psychiatrist	1.46%	5
Mental health nurse	3.80%	13
Psychologist	5.26%	18
another Grow member	15.50%	53
friend / family member	17.54%	60
presentation while in hospital	6.14%	21
presentation in the community	3.51%	12
an advertisement	5.26%	18
a brochure or poster	15.50%	53
TV/ radio or newspaper article	4.39%	15
Internet	13.74%	47
Social media eg Facebook	1.46%	5
Other	16.96%	58
Total Respondents: 342		

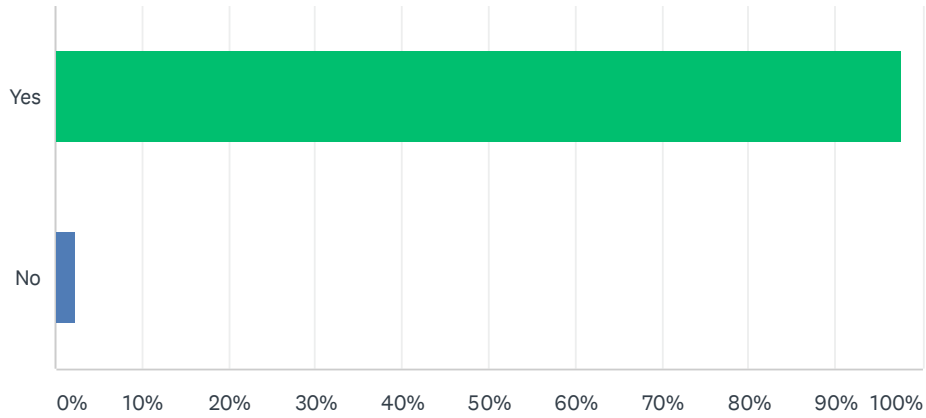
## Q41 What can Grow do to reach more people who need us?

Answered: 270 Skipped: 110



## Q42 Would you refer others to Grow?

Answered: 342 Skipped: 38



ANSWER CHOICES	RESPONSES	
Yes	97.66%	334
No	2.34%	8
<b>TOTAL</b>		<b>342</b>

## Q43 How could we improve your experience with Grow?

Answered: 224 Skipped: 156