



WHAT YOUNG TASMANIANS SAID ABOUT HEALTH AND WELLBEING

THIS IS WHAT YOU TOLD THE TASMANIAN YOUTH FORUM

YOU SAID THAT HEALTH AND WELLBEING IS VERY IMPORTANT TO YOU.

- HEALTH AND WELLBEING MEANS;**
- HAVING SUPPORT FROM PEOPLE/ GOOD RELATIONSHIPS
 - HAVING A HEALTHY BODY AND MIND
 - A POSITIVE MINDSET. FEELING HAPPY.
 - BEING YOURSELF
 - BEING PHYSICALLY AND SOCIALLY ACTIVE
 - HAVING BALANCE IN LIFE



YOUR IDEAS. YOU WANT MORE

- LOCAL, COMMUNITY ACTIVITIES
- SAFE SPACES AND PLACES
- EDUCATION OR AWARENESS ABOUT ALL SORTS OF HEALTH ISSUES
- FREE SERVICES – MEDICAL, MENTAL HEALTH AND ALSO EXERCISE ACTIVITIES
- ACCESS TO MENTAL HEALTH SERVICES AND EVENTS



THE TOP TWO HEALTH AND WELLBEING ISSUES FOR YOUNG PEOPLE ARE

- #1 MENTAL HEALTH
- #2 ACCESSIBILITY TO SERVICES

YOU ARE CONCERNED THAT STIGMA AND STEREOTYPES AFFECT A YOUNG PERSON'S HEALTH.

ANXIETY, BULLYING, AND ISSUES AT HOME OR WITH FRIENDS, ARE BARRIERS TO WELLBEING.



YOU KNOW ABOUT ALL SORTS OF SUPPORTS FOR YOUNG PEOPLE INCLUDING;

- PLACES LIKE HEADSPACE, BEYOND BLUE AND KIDSHELPLINE
- PROFESSIONAL SUPPORT FROM GP'S, SOCIAL WORKERS, PSYCHOLOGISTS
- COMMUNITY GROUPS INCLUDING YOUTH AND CHURCH GROUPS, COMMUNITY CENTRES, YOUTH CENTRES AND SUPPORT GROUPS

BUT ARE CONCERNED THESE CAN BE HARD TO ACCESS DUE TO TIME, COST, TRANSPORT, & LOCATION.



YOU KNOW THAT EXERCISE, GOOD FOOD AND SLEEP HELP KEEP YOU WELL. SO DO FAMILY AND FRIENDS.