



Assisting young people with, or at risk of, mental illness: a longitudinal study of NSW Youth Health Services

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AIMS

There have been few attempts to look comprehensively at the impact of NSW Youth Health Services on young people with, or at risk of, mental illness. This project aims to address this gap, by investigating the impact of NSW Youth Health Service programs for young people with, or at risk of, mental illness.

By exploring the impact of Youth Health Service programs, important information will be gathered about the kinds of programs that bring about positive changes in young people. The outcome/s of this research will provide a starting point for future research investigating targeted service delivery for marginalised young people. The outcome/s will help inform decision makers with regard to future service planning and funding in relation to youth mental health in NSW.

This research project is led by the NSW Association for Youth Health in partnership with the Brain & Mind Research Institute, The University of Sydney. The study is also sponsored by *beyondblue: the national depression initiative*

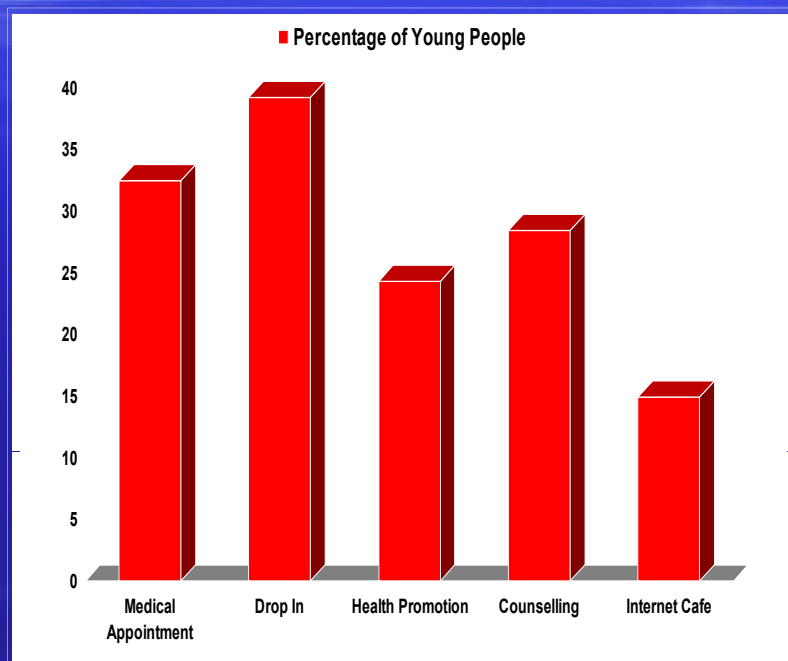
METHODOLGY

This project incorporates both quantitative and qualitative methodologies. Young people attending selected NSW Youth Health Services are surveyed at three different time points over a six month period. They are assessed on measures designed to measure psychological distress and related functioning.

Potential benefits to the community

By exploring the impact of Youth Health Service programs, important information will be gathered about the kinds of programs that young people experience as effective, and the kinds of programs that bring about positive changes in the young person over time. The outcome/s of this research will provide a starting point for future research investigating targeted service delivery for marginalised young people in NSW. In addition, the outcome/s will help inform decision makers with regard to future service planning and funding as it relates to youth mental health in NSW.

Figure 1: Type of program accessed by young people



RESULTS

Figure 2: Level of psychological distress as measured by the K10



Table 1: Self reported reason for attending a Youth Service and for seeing a GP

Reason	Overall percentage	Percentage seeking help from a GP	Percentage who found GP helpful
Mental health problem	52.7%	60.6%	60%
Drug and alcohol problem	37%	52.4%	9.1%
Relationship problem	63%	51.9%	21.4%
Physical health problem	28.8%	70.6%	75%

Want more information?

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