



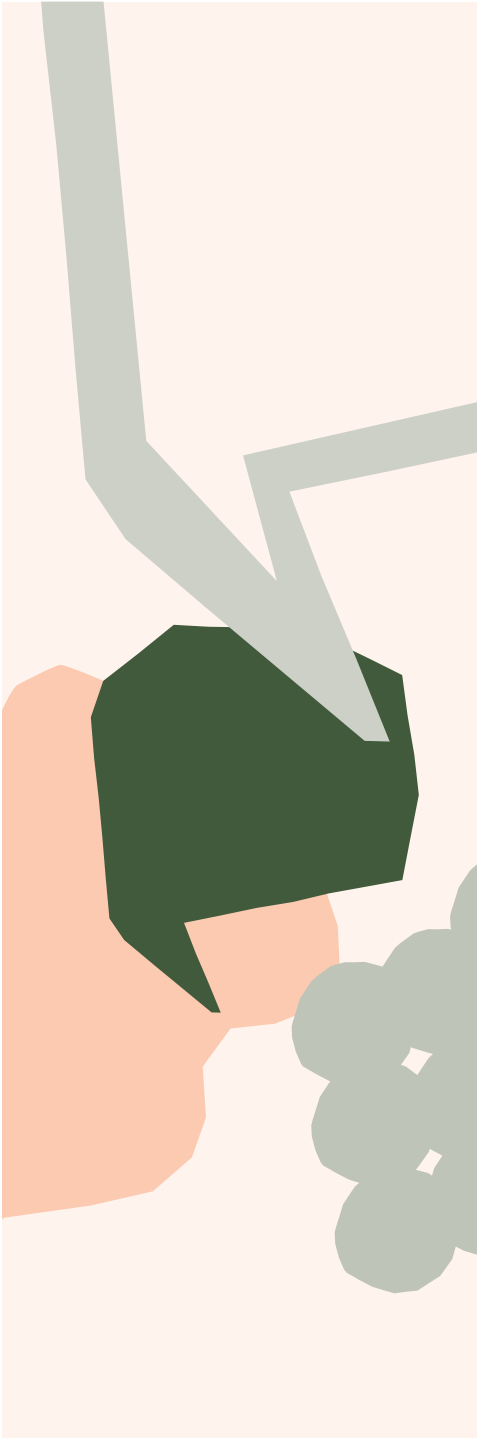
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# Youth mental health and climate distress

*RESULTS FROM A NATIONAL ORYGEN AND YOUNG GOV POLL*

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An Orygen Institute survey  
Conducted by YouGov



**This survey was commissioned by the Orygen Institute and conducted by YouGov.**

### **Methodology**

Fieldwork conducted online between 17 April and 1 May, 2023.

A sample of 1000 Australian citizens aged 16-25.

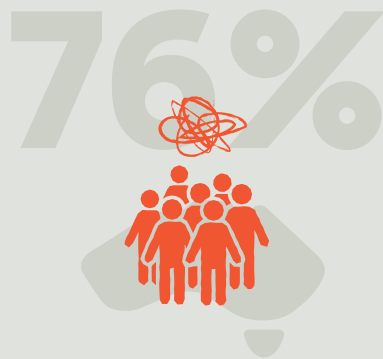
Weighted on age, gender, location, and education.

Weighting efficiency of 89%, effective sample size of 891.

Margin of error of  $\pm 3.1\%$  on a 50% figure with 95% confidence level.

# Key findings

More than three in four young people (76%) are concerned about climate change.



Nearly one-third (30%) say they are “very concerned”. Only 6% of young people surveyed said they were not concerned at all.

Two-thirds of young Australians (67%) say climate concerns are having a negative impact on youth mental health.



Young females are particularly aware of the impacts of climate concern on mental health, with 74% reporting a negative impact.

***DISTRESS*** is escalating, and they’re talking about it.

- Most young Australians with climate concerns (56%) say they have become more concerned about climate change in the past 12 months. Only 12% say they have become less concerned.
- Nearly **nine in ten** (88%) have discussed their concerns with others.

Young Australians want to see

***ACTION***

- Government inaction was the most frequently identified factor impacting young people’s mental health.
- 77% of young Australians believe seeing the government take strong action on climate change would be helpful to the mental health of those experiencing climate distress, and more than half (56%) say it would be ‘very helpful’

# Do you believe the following currently have a positive or negative impact on the mental health of young Australians?

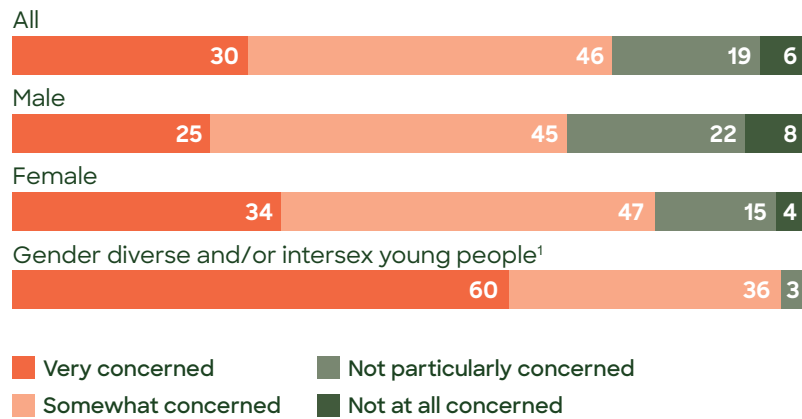


Very negative or somewhat negative  
Somewhat positive, very positive, no impact or don't know

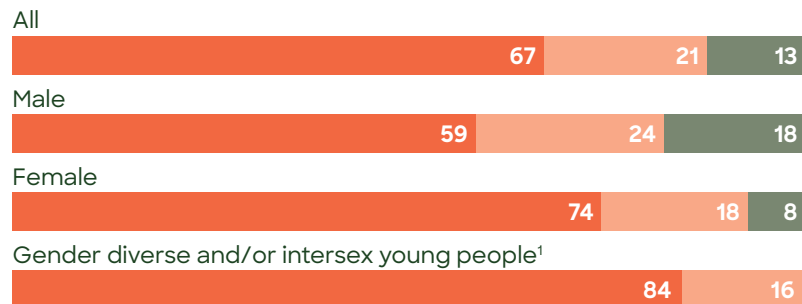
Note: answered by young people reporting concern about climate change (n=765).

# Summary of survey results

## How concerned are you about climate change?

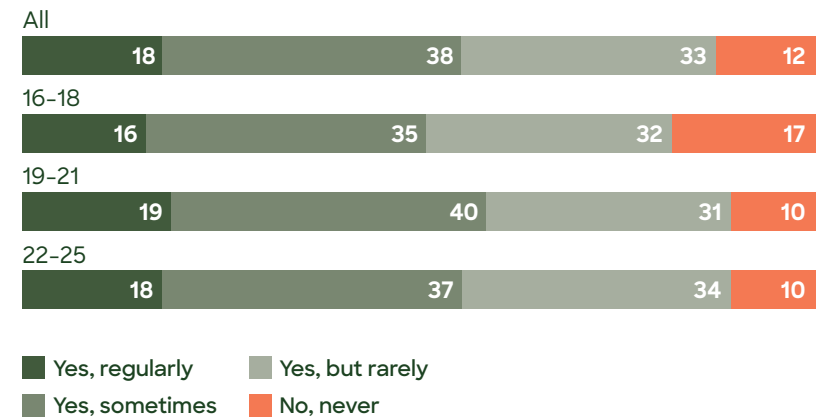


## Which of the following is closest to your point of view?



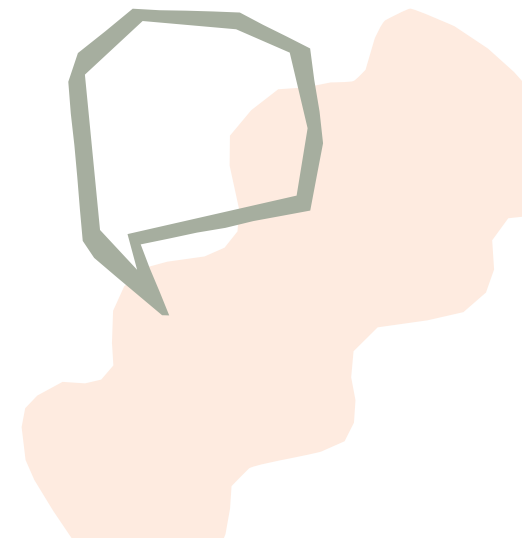
<sup>1</sup> Gender diverse and/or intersex data is based on a limited sample size (n=20) and should therefore be interpreted with care.

## Have you ever discussed your concerns about climate change with others?



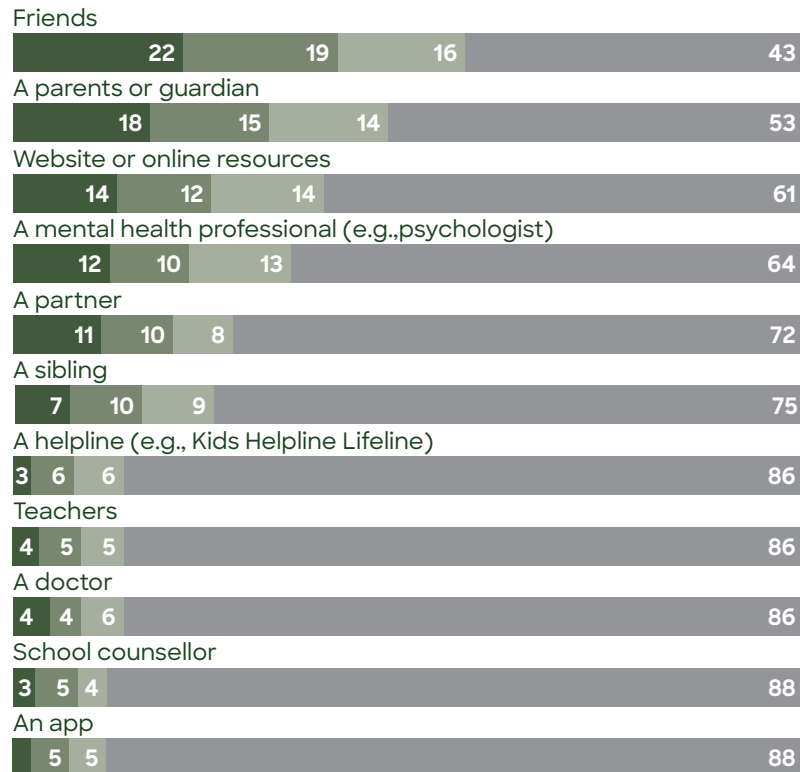
Note: answered by young people reporting concern about climate change (n=765).

- Concerns about climate change have a negative impact on the mental health of young Australians
- Concerns about climate change have no impact on the mental health of young Australians
- Concerns about climate change have a positive impact on the mental health of young Australians



## Summary of survey results

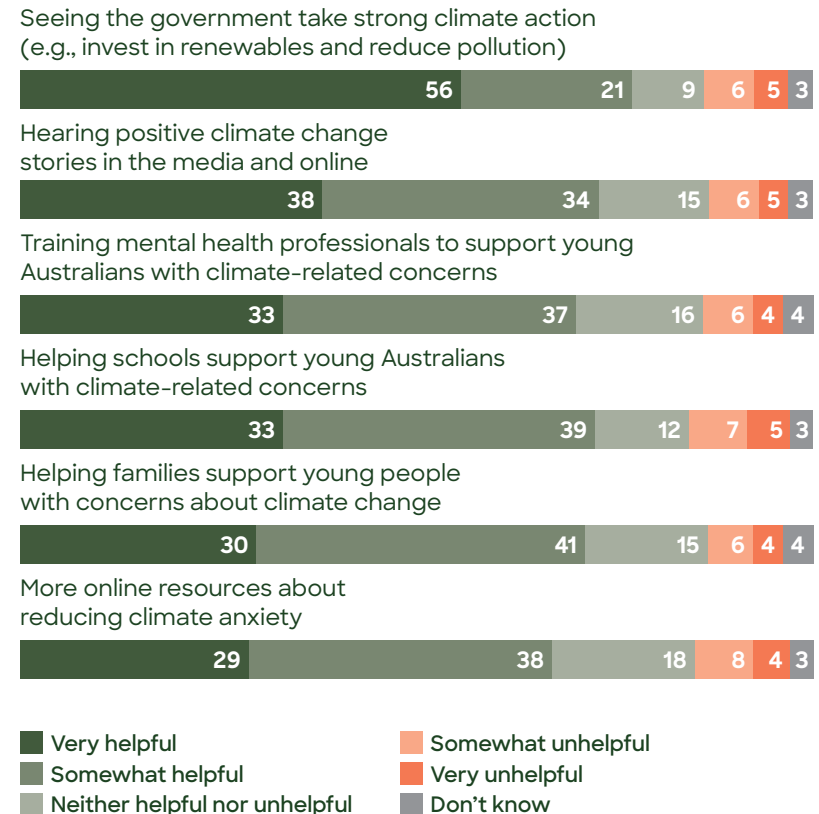
If you had concerns about climate change that were impacting your wellbeing, who are the first 3 people or organisations you would go to for support?



First person or organisation
  First 3 people or organisations  
 First 2 people or organisations
  Not in the first 3

Note: young people who indicated that they would talk to someone or that they were worried about climate change (n=873).

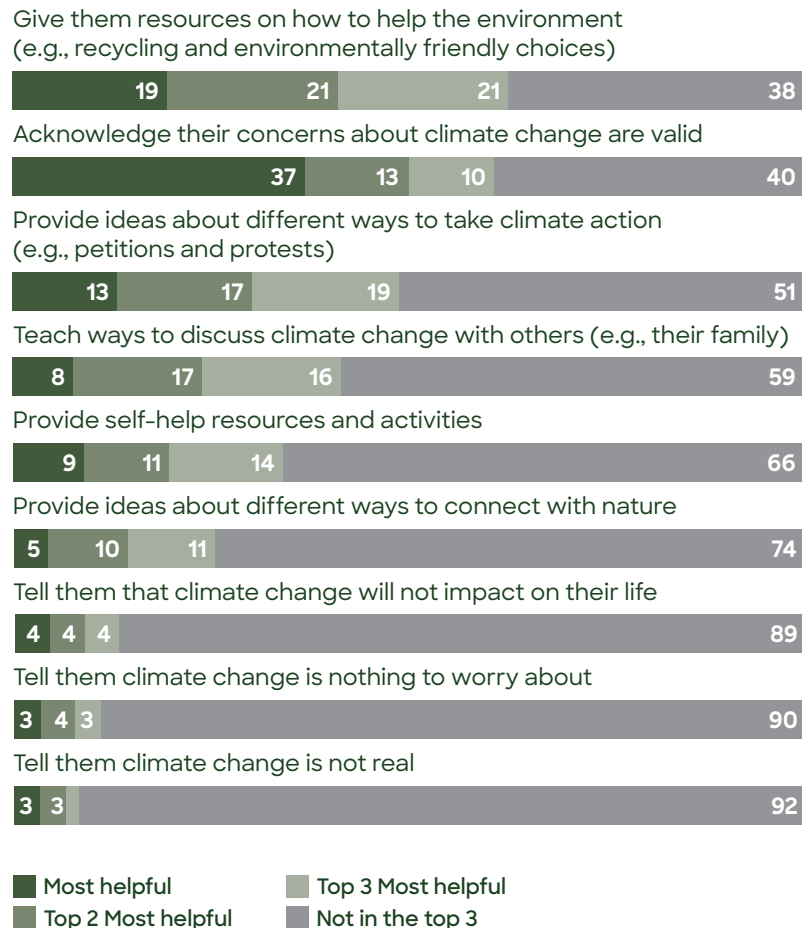
How helpful do you believe the following would be for young people who were experiencing anxiety about climate change?



Very helpful
  Somewhat helpful  
 Neither helpful nor unhelpful
  Somewhat unhelpful  
 Very unhelpful
  Don't know

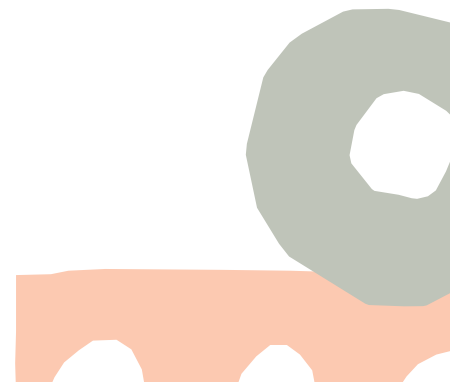
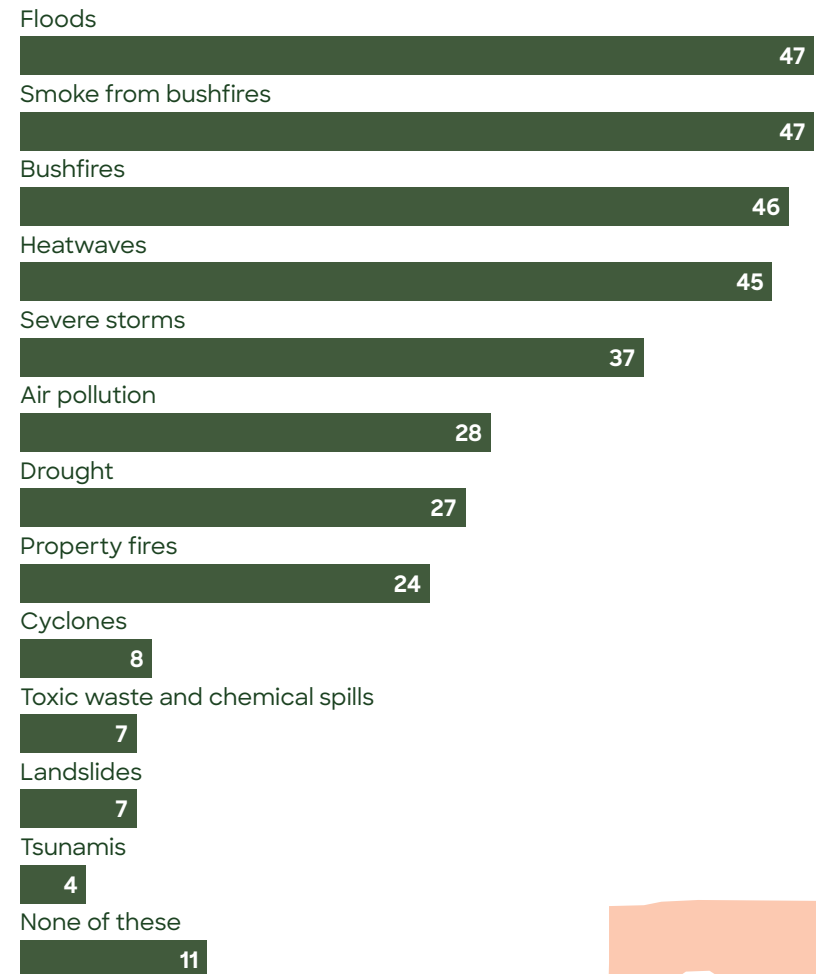
## Summary of survey results

If a young person approached a health care professional with anxiety about climate change, which of the following responses do you believe would be most helpful?



Note: young people who thought that at least one of these was the most helpful response (n=960).

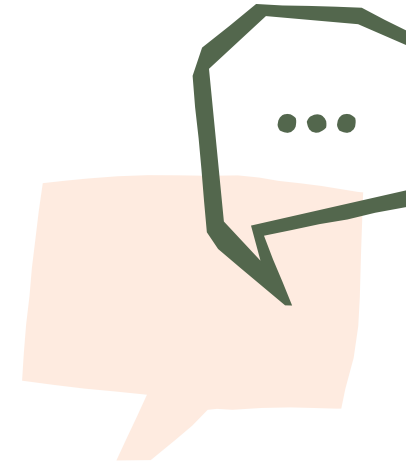
Which of these has the community you currently live in experienced in the past 5 years? Select all that apply.







**Orygen acknowledges** the Traditional Owners of the lands we are on and pays respect to their Elders past and present. Orygen recognises and respects their cultural heritage, beliefs and relationships to their Country, which continue to be important to First Nations people living today.



**REVOLUTION  
IN MIND** *ory  
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**FOR MORE INFORMATION**

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[ORYGEN.ORG.AU/ORYGEN-INSTITUTE](http://ORYGEN.ORG.AU/ORYGEN-INSTITUTE)

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