

Share your caregiving wisdom



Have you supported a young adult experiencing mental health problems?

Researchers at the University of Sydney want to find out what strategies parents use to support young people who experience mental health problems, and which they find most helpful. Your experience can help support other parents.

If you are, or have been, a parent or guardian of a young person aged 15-24 who has experienced mental health problems, you are invited to complete an anonymous online survey. This survey should take around 30-45 minutes.

As a token of our appreciation, you can go into a draw to win a \$100 gift voucher of your choice.

(We will give 1 gift card per 25 respondents. The email address you can provide for this draw is not linked to your survey answers.)

Further information and the survey are at:

<https://redcap.sydney.edu.au/surveys/?s=PDNWW8TPP8>

Or contact Andrea Mizzi or Dr Anne Honey on 93519370 or amiz2866@uni.sydney.edu.au