In the 2017 Youth Survey conducted by Mission Australia, respondents were asked how troubled they are by a series of topics, answering on a scale ranging from being 'extremely concerned' about an issue to 'not concerned at all'. Here are some of the survey results, which show a particular struggle with mental health.

Who were the survey respondents?

24,055 young respondents across Australia aged 15-19
1265 respondents identified as Aboriginal and/or Torres Strait Islander

Areas of concern for young people

Below are the percentages of respondents who said they were 'extremely' or 'very concerned' about the issue:

- Coping with stress: 45.3%
- School or study problems: 35.6%
- Body image: 31.1%
- Depression: 23.7%
- Family conflict: 20.0%
- Bullying/emotional abuse: 15.3%
- Personal safety: 15.3%
- Suicide: 12.9%
- Discrimination: 11.1%
- Drugs: 6.8%
- Alcohol: 6.0%
- Gambling: 3.3%

Some of the ways young people seek help:

- 84.4% friends
- 51.2% the internet
- 38.2% teacher
- 33.1% school counsellor