2018 Grow Annual Survey Summary

Introduction
Grow undertakes an annual national survey to establish a clear picture of our membership and to understand the impact in the Grow program has in their lives.

Who comes to Grow?
Demographics of members

Age Profile
- 18-34 years: 14%
- 35-64 years: 65%
- 65-90+ years: 21%

Time Involved
- Below 2 years: 43%
- 2-10 years: 36%
- 10 years+: 12%

Health Profile
- Depression: 78%
- Anxiety: 73%
- Post-Traumatic Stress Disorder: 22%
- Bipolar Disorder: 21%
- Personality Disorder: 15%
- Schizophrenia: 14%

Religion Profile
- Combined Christian: 42%
- No Religion: 33%
- Buddhism: 2%
- Islam: 0.5%
- Hinduism: 1%
- Other: 18%

- 83% of members were born in Australia
- 10% of Growers identify as LGBTIQ+
- 12% identify as culturally or linguistically diverse (CALD)
98% of people surveyed said they would refer Grow to other people.

**Impact of Grow**

**Hospitalisation**
- **44%** have been hospitalised for their mental illness
- **81%** state that Grow helped significantly reduce their need for hospitalisation
- **70%** have not required hospitalisation since commencing with Grow

**Medication**
- **84%** members have been prescribed medication to treat their mental illness
- **44%** members state that Grow has helped significantly reduce their need for medication
- **40%** ceased or reduced prescribed medication in accordance with the doctor

**Employment**
- **64%** received a benefit or pension
- **38%** employed
- **42%** Grow helped to attain employment or with job readiness

**Professional Help**
- **87%** Grow helped to co-operate with professional help under treatment
- **76%** reduced the need for professional help
- **40%** no longer need professional help