What is QUIMHS and why do we need it?

The Queensland Urban-Indigenous Mental Health Survey (QUIMHS) is a mental health survey that is helping us find out how many of our mob are living with mental disorders, what mental health services they use, and what are the barriers to accessing care.

We are also calling it the ‘Staying Deadly Survey’ as that is easier for people to remember. The survey is a collaboration between the Department of Health, Queensland Centre for Mental Health Research, the Institute for Urban Indigenous Health and its member services.

Why do we need a mental health survey?

Although there have been several national studies on mental health, none of these have looked specifically at Aboriginal and/or Torres Strait Islander mental health. This is the first time this kind of research has been done with Aboriginal and/or Torres Strait Islander people living in an urban community in South East Queensland.

Am I eligible to participate?

We are looking to complete the survey with Aboriginal and/or Torres Strait Islander members of the community over the age of 18 who live in South East Queensland. There are no other restrictions on who can participate; we want to recruit people from all walks of life, with or without mental illness.

If you agree to participate, a QUIMHS team member will talk you through the study consent form. This is our way of making sure you understand what the survey is about and are happy to participate.

What will the survey be like?

Participants will complete the survey in two parts.

First, participants will complete a face-to-face survey with a trained Indigenous survey interviewer. The interviewer will ask you questions about your mental health and wellbeing. The interview can be done at a local participating Aboriginal Medical Centre, or the comfort of your own home. The survey will take approximately 1 hour to complete, but will be done at your pace so may take longer if you need more time. You are welcome to take breaks or have a cup of tea to make the interview process comfortable for you.

Second, participants will attend a second face-to-face interview with a social health practitioner at the participating Aboriginal Medical Centre. They will ask you questions about your mental health and wellbeing and speak with you about how you are feeling.

Doing the survey in two parts is our way of testing the survey and making sure it is asking the right questions. We want your feedback on how you found the process, so that we can get it right for other people.

What happens if I am upset by the questions, or what they bring up for me?
We understand that it can be difficult to speak about your experiences with mental health. Your safety and wellbeing is our priority. You can choose not to answer any question, or choose to stop participating at any time, and that is ok. Our interviewers are trained to support you. Our team will also follow up with you a few days after the survey to check in on how you are feeling, and link you in with support services if you need them.

**Participant Acknowledgement**

After you’ve completed each part of the survey interviews you’ll go home with a thank you gift from us. It’s our way of saying thank you for your time, for sharing your experience, and for helping learn more about mental health in our culture and our community. After completing the first part of the survey, participants will receive a Staying Deadly shirt with artwork designed by our project ambassador Preston Campbell. After completing the second part of the survey, participants will receive a $25 Coles Supermarket voucher.

**How will my information be used and kept safe?**

The responses you provide to us will be strictly confidential and de-identified. This means that your name will not be stored with your responses. Any information provided will be stored securely on a research data management system and only accessed by the research team. You can give permission for us to share the results of the survey with your health care professionals. If you’d rather the results be kept private, that’s ok too.

**Contact information**

If you are interested in participating, you can express your interest by filling out your details here and giving this form to a staff member. A representative from the QUIMHS team will be in contact with you as soon as possible.

Name: ____________________________________

Best contact number: ______________________

Email address: ____________________________

If you would like to know more or would like to discuss this project further, please get in touch via:

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