

future work and study aspirations for young people aged 15+

March 2023

The latest headspace National Youth Mental Health Survey found only half of young people feel confident succeeding in the next stage of their career.

The results found:

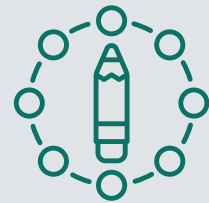
Only one in two young people feel confident:



54%
applying for a job



52%
that they have the necessary skills to succeed



Only 39% young people



had high confidence

in their ability to achieve their future goals

Career development ranked in the top 3 things young people are looking forward to.

Career development



54%

International travel



49%

Living independently



40%

headspace Work & Study Online support

The headspace Work & Study Online support is tailored to your needs and can support you in developing the skills and confidence to reach your work or study goals. It's all online - we use webchat, video, email, or phone – so you don't need to travel and it's totally free!

We can help you with:

- Looking for & applying for jobs
- Writing a resume and cover letter
- Preparing for a job interview
- Exploring your study options
- Enrolling in study
- Understanding your workplace rights
- Balancing your mental health and wellbeing with work or study.

