

survey says mums the top source of emotional support for Australian young people

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New research released on the eve of Mother's Day from headspace National Youth Mental Health Foundation has revealed mums are overwhelmingly the number one source of emotional support for Australian young people.

the National Youth Mental Health Survey found:



four in five (81%) young people aged 12-25 would seek support from their mothers

if they were experiencing a personal or emotional problem.

the next preferred groups to approach for emotional support among young people are:



friends (74%)



intimate partners (73%)



fathers (60%)

Young people aged 12 to 25, as well as their family and friends, can visit headspace for support. Help is also available via phone and online counselling service, eheadspace, seven days a week between 9am-1am (AEST). The number is 1800 650 890.