

Narembeen Health and Wellbeing Survey 2026

The Narembeen Community Wellbeing Plan is being updated and we'd love your input.

This survey will help guide how local organisations, services and community members can work together to support health, wellbeing, safety and connection in Narembeen. The survey is anonymous and takes approximately **5-10 minutes** to complete.

About You

Which age group do you belong to?

☐ Under 18 ☐ 18-24 ☐ 25-44 ☐ 45-64 ☐ 65+

How do you describe your gender?

☐ Female ☐ Male ☐ Non-binary ☐ Prefer not to say

Do you identify as any of the following? (Select all that apply)

☐ Aboriginal and/or Torres Strait Islander ☐ Culturally and Linguistically Diverse ☐ None

Community Concerns

Please select all concerns you have regarding your community.

Health & Wellbeing

- ☐ Mental health and wellbeing
- ☐ Youth mental health
- ☐ Suicide or self-harming behaviours
- ☐ Nutrition / Physical activity
- ☐ Alcohol use
- ☐ Other drug use (e.g. vaping, smoking cannabis, methamphetamine)

Community & Safety

- ☐ Social connection / community belonging
- ☐ Crime
- ☐ Cost of living
- ☐ Environmental Health (food safety, pests/mosquitoes, water quality, waste)
- ☐ Family and domestic violence
- ☐ Housing or homelessness
- ☐ Road Safety

Access & Services

- ☐ Access to healthy food
- ☐ Access to GPs or health / social services
- ☐ Transport

☐ Other (please specify): _____

Which groups in Narembeen may benefit from additional programs or support?

(Select all that apply)

- ☐ Young people
- ☐ Older adults
- ☐ Women
- ☐ Men
- ☐ People from different cultural or language backgrounds
- ☐ First responders (e.g. police, ambulance, fire)
- ☐ Farmers and agricultural workers
- ☐ People living with a disability
- ☐ LGBTQIA+ people
- ☐ Other (please specify) _____

How much do you agree with the following statements?

Statement	Strongly Agree	Agree	Disagree	Strongly Disagree
People in my community look out for one another.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cost of living is affecting people's wellbeing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There are enough opportunities for people to connect socially.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
It's easy to access local health and support services.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel safe in my community.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Safety & Access to Support

What are the barriers for people in your community accessing support?

(Select all that apply)

- ☐ No barriers
- ☐ Cost
- ☐ Transport / distance
- ☐ Lack of local services
- ☐ Lack of awareness of outreach, phone and online services
- ☐ Stigma or shame
- ☐ Lack of privacy / small-town concerns
- ☐ Cultural or language barriers
- ☐ Other (please specify): _____

What safety resources or responses could be strengthened in Narembeen?

(Select all that apply)

- ☐ Alcohol or drug related behaviour response
- ☐ CCTV in public spaces
- ☐ Information about how to report concerns or seek help
- ☐ Responses to Family and Domestic Violence
- ☐ Support of vulnerable people
- ☐ I believe current safety resources are adequate
- ☐ Other (please specify): _____

Mental Health & Wellbeing

In your view, what factors most impact people's mental health and wellbeing in Narembeen? *(Select all that apply)*

- ☐ Cost of living or financial stress
- ☐ Social isolation or loneliness
- ☐ Lack of local mental health services
- ☐ Relationship or family issues
- ☐ Stigma or fear of judgement
- ☐ Work-related stress
- ☐ Alcohol or other drug use
- ☐ Limited activities or social outlets
- ☐ Other (please specify): _____

What activities or initiatives would you like to see to support mental health and wellbeing? *(Select all that apply)*

- ☐ Community connection events or “get-togethers”
- ☐ Workshops on managing stress, sleep, or resilience
- ☐ Promotion of national and state community awareness campaigns
- ☐ Mental health and suicide awareness training or education sessions
- ☐ Peer or men’s/women’s support groups
- ☐ Activities that promote belonging and social inclusion
- ☐ Workplace wellbeing or self-care training
- ☐ Promotion of local support services and helplines
- ☐ Other ideas: _____

Alcohol and Other Drugs

What alcohol or drug-related issues do you think are most concerning in your community? *(Select all that apply)*

- ☐ Risky levels of alcohol consumption (“binge drinking”)
- ☐ Drink or drug driving
- ☐ Underage drinking
- ☐ Methamphetamine use (“ice”)
- ☐ Cannabis use
- ☐ Vaping / Smoking
- ☐ Prescription medication misuse
- ☐ Mental health
- ☐ Drug-related crime or safety issues
- ☐ Domestic Violence
- ☐ Other (please specify): _____

What types of alcohol and drug prevention or harm-reduction activities would you like to see? *(Select all that apply)*

- ☐ Local education sessions or awareness events
- ☐ More alcohol-free / low alcohol options at community events
- ☐ Increase in alcohol and other drug harm minimisation within sporting clubs
- ☐ Promotion of national and state awareness campaigns
- ☐ Workshops for parents and young people
- ☐ Training for community and service providers on how to recognise and respond to AOD-related harm
- ☐ Information on where to get help or support
- ☐ Other ideas: _____

Final Thoughts

Please share any other ideas or suggestions that could improve the health, wellbeing or safety of individuals and families living or working in the Shire of Narembeen:

Due Date: Friday, 6th of March to the Narembeen CRC