

TALK ABOUT

TALK ABOUT is a way for Darling Downs and West Moreton PHN to ask you about your experience with healthcare in your community.

We want to know what you think is working well and what you think could be done better to improve your healthcare experiences. We want to hear from you, our latest TALK ABOUT survey is open from 3 September to 15 October 2025.

Let's TALK ABOUT...

WOMEN'S HEALTH

Women's health is about more than just physical wellbeing, it includes mental, emotional, and social health across every stage of life.

By understanding the needs and experiences of women in our community, we can improve health services, make care more accessible, and ensure women feel supported in every aspect of their health journey.

We want to hear from you!

Click [HERE](https://bit.ly/TAWomenHealth25) or Visit: bit.ly/TAWomenHealth25 or scan the QR code to take our short survey.



What do you think about...

Share your experience...

Did you know...

Have your say about ...

TALK ABOUT

WHAT WE HEARD

TALK ABOUT is a way for Darling Downs and West Moreton PHN to ask you about your experience with healthcare in your community.

From 8 October until 30 October 2025, you talked about women's health.

This is **WHAT WE HEARD**...

We received responses from...

250 were community members

49 were health professionals

63

Community participants in community-led discussions

3 out of **4** community members had seen a GP or health professional for women's health symptoms or conditions in the last 12 months.

The top health worries were

57% Physical health and weight management

52% mental health and wellbeing

51% perimenopause and menopause symptoms

39% improving sleep

Overall, you rated **health services for women's health** in our region with a score of **6 out of 10**.

What you thought worked well



- Feeling listened to and taken seriously was the most important thing to you (81% of community members). When your health provider showed care and empathy (27%), it made all the difference to your experience.
- Trusting relationships with providers mattered (62%). Seeing the same GP who understands your history created confidence in your care.
- Receiving a clear plan or next steps helped you feel supported (22%). Whether it was a referral, treatment plan, or practical advice.
- Your GP was your trusted source for women's health information (73%), followed by government health websites (34%), and friends and family members (26% and 24%).

What you thought could be done better



- Getting timely appointments was your biggest challenge (32%). This included long wait times, and having enough time to discuss complex issues and holistic care approaches.
- Receiving more information and clear explanations about your condition and treatment options (26%). You wanted providers to discuss options with you.
- Being heard and having your concerns acknowledged (23%). You had a positive experience of care when your health provider showed care and empathy (27%).
- Better provider knowledge about women's health was essential (17%). You wanted health services to have current information about perimenopause, endometriosis, and other women's health conditions.

What support you said you need



- Your health professionals saw similar priorities in health needs to your responses: mental health and wellbeing (54%), perimenopause and menopause (51%), and physical wellbeing and weight management (49%).
- They acknowledged gaps in local services: the availability of specialists, postnatal care services, wait lists, and expertise in conditions like chronic pelvic pain and prolapse.
- They also wanted upskilling opportunities in women's health (85%), particularly education about perimenopause, menopause, and chronic pelvic pain conditions.
- Digital health tools were used by providers to help you find timely appointments and manage your pathways through care. SMS reminders (65%), electronic referrals (54%), and online bookings (54%) were the most frequent used