Figure 1. A Moderator analysis examining how self-stigma influences the relationship between help-seeking attitudes and behaviours. Self-stigma = SSOSH total score; Help-seeking Attitudes = IASMHS total score; and help-seeking behaviour =CCHS (*help-seeking professional source – modified)* total score.
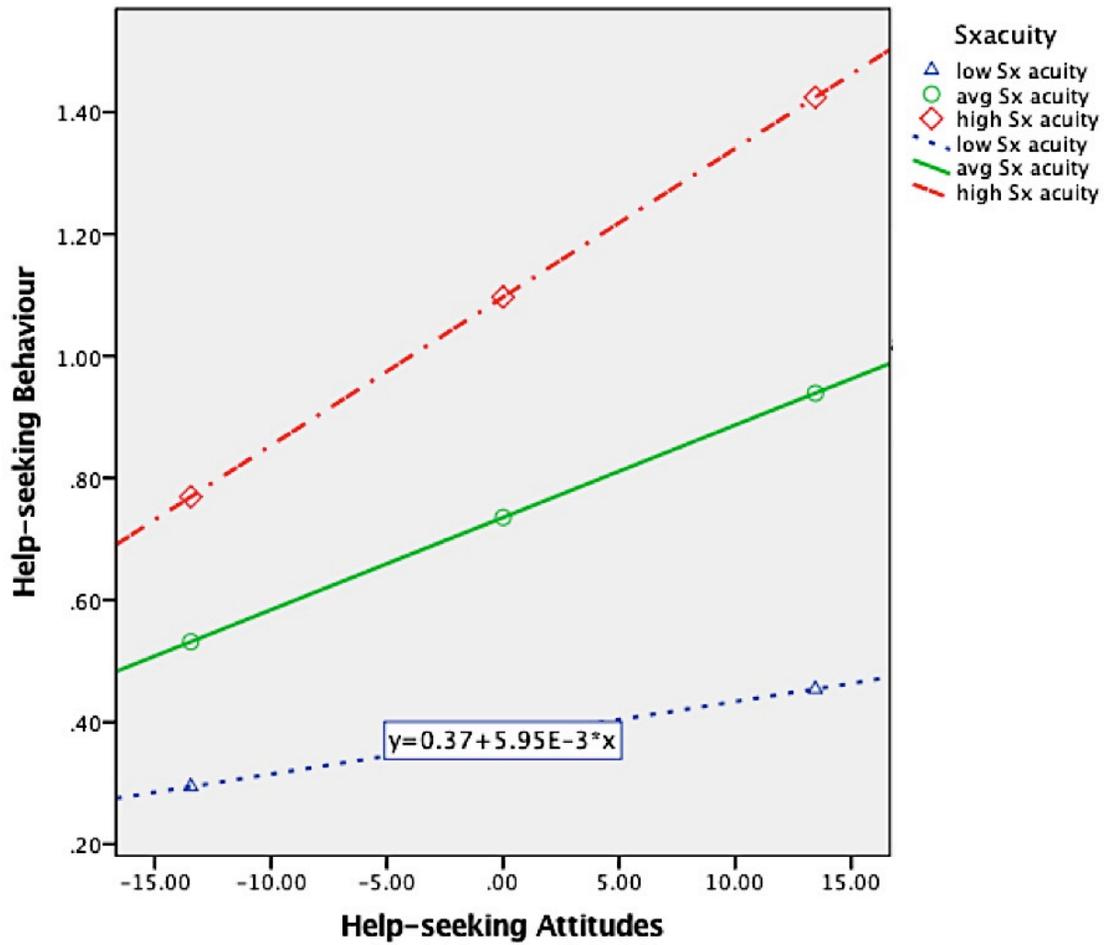
Figure 2. A Moderator analysis examining how symptom acuity influences the relationship between help-seeking attitudes and behaviours. Symptom acuity = K10 total score X DASS21 total score; Help-seeking Attitudes = IASMHS total score; and help-seeking behaviour =CCHS (*help-seeking professional source –modified)* total score.
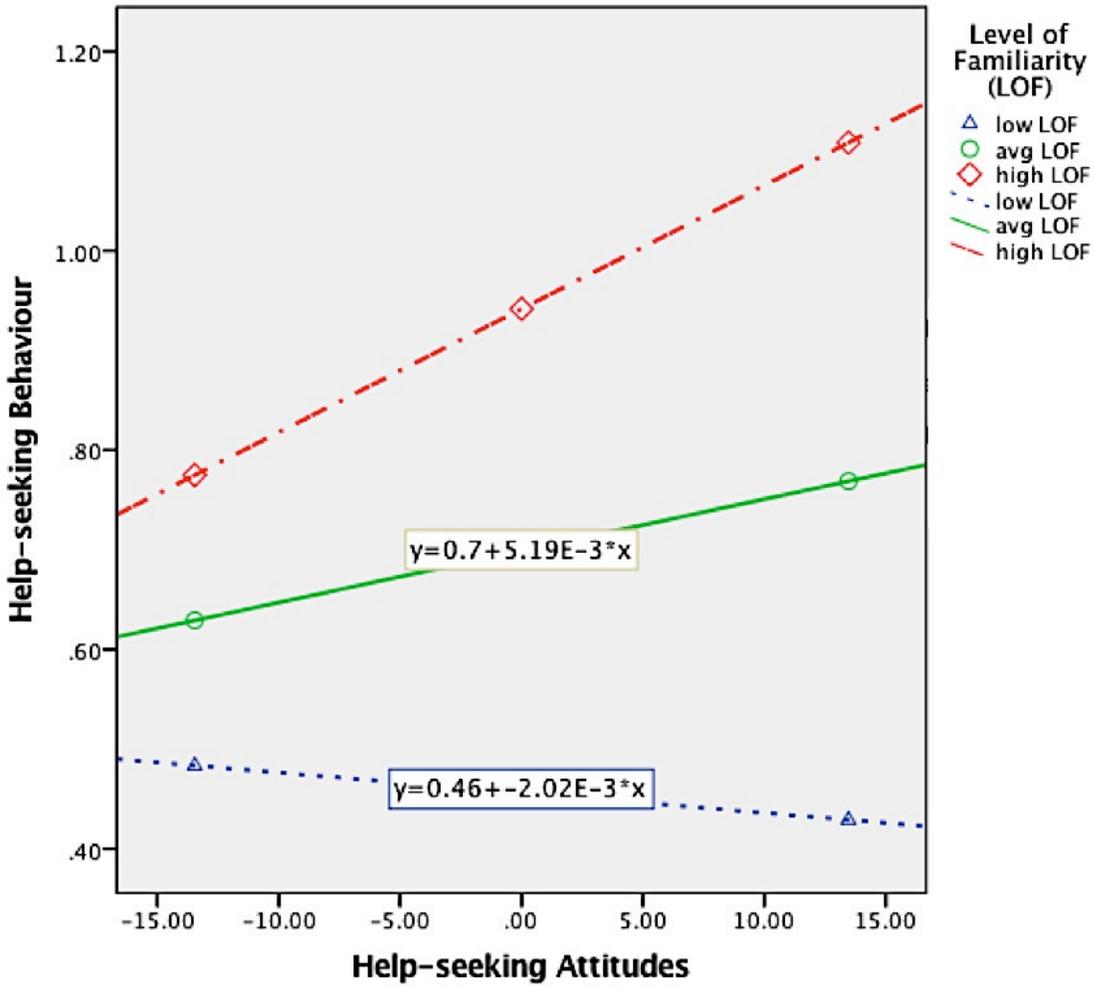
Figure 3. A Moderator analysis examining how level of familiarity with mental health problems influences the relationship between help-seeking attitudes and behaviours. Level of familiarity = LOF total score; Help-seeking Attitudes = IASMHS total score; and help-seeking behaviour =CCHS (*help-seeking professional source –modified)* total score.