

Mental Health: Talk to the Experts

- ① Nearly 50% of the population will experience a mental disorder at some stage in their lives.
- ① Almost one in five Australians (20%) will experience a mental illness in a 12-month period.
- ① During a one-year period, anxiety disorders will affect 14% of the population and depression will affect 6%.
- ① Depression is one of the most common conditions in young people and increases during adolescence.
- ① At least one third of young people have had an episode of mental illness by the time they are 25 years old.
- ① 3% of Australians are affected by psychotic disorders at some stage in their lives, such as schizophrenia and bipolar mood disorder where there is a loss of contact with reality during episodes of illness.
- ① Research indicates that people receiving treatment for a mental illness are no more violent or dangerous than the general population.
- ① People living with a mental illness are more likely to be victims of violence, especially self-harm.
- ① Mental illnesses are not purely 'psychological' and can have many physical features.
- ① Anyone can develop a mental illness and no one is immune to mental health problems.
- ① Most people with mental illness recover well and are able to lead fulfilling lives in the community when they receive appropriate ongoing treatment and support.
- ① Women were more likely than men to use services for mental health problems. Approximately two-thirds of people with a mental illness do not receive treatment in a 12-month period.
- ① It is estimated that up to 85% of homeless people have a mental illness.
- ① Up to 15% of people seriously affected by mental illness eventually die by suicide (compared to an approximate figure of 1% of the whole population).

The SANE Media Centre

The SANE Media Centre is supported by Mindframe to work with, advise and support media professionals to portray mental illness and suicide accurately and responsibly. Contact 03 9682 5933 or visit [SANE Media Centre](http://www.sane.org).

The SANE Media Centre

When reporting on mental illness and suicide, the SANE Media Centre can provide:
| background information, current statistics, and referral to experts for comment | people with a mental illness and family carers for interview (where possible) | advice to the film, TV and advertising industries on representation of mental illness and suicide.

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*The SANE Media Centre is a program of SANE Australia,
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www.sane.org

Visit the SANE website for information about mental illness and related issues.

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