

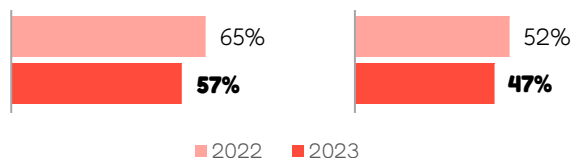


Cost of living pressures are impacting mental health

Fewer Australians are feeling...

Confident in their ability to meet normal monthly living expenses*

Financially secure*

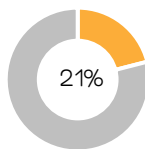
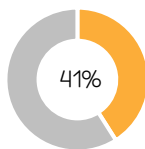
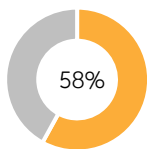


...with many Australians saying that

Rising cost of living is having a big impact on mental health*

Housing costs are having a big impact on mental health*

Cost is a barrier to receiving mental health support^



Half of Australians report experiencing a barrier to accessing mental health support in the last year

Common barriers are^...



People feeling they should be able to solve their situation on their own **24%**

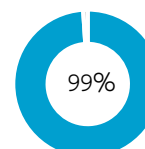
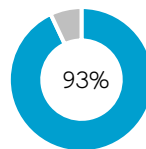
Cost or financial barrier **21%**

Long wait times for appointments **13%**

When people do access support, more than 9 in 10 say...

The support improved their mental health

They felt safe & respected receiving support

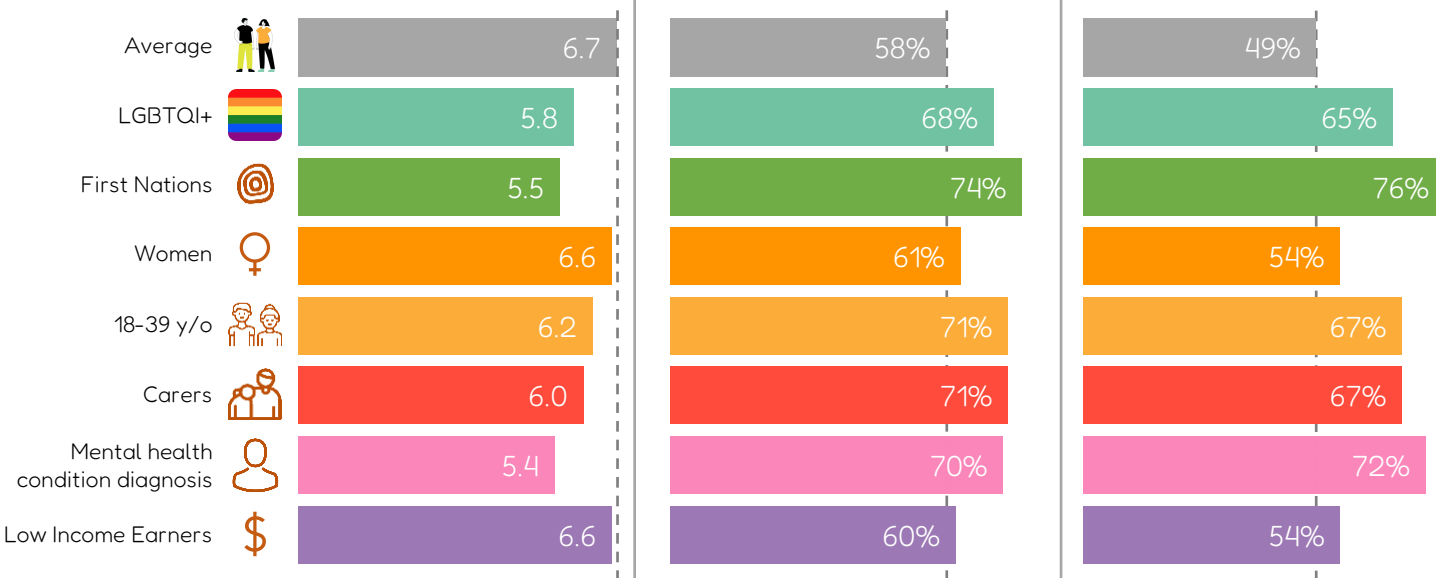


Particular population groups being hit hardest...

Overall adult (14+) mental health score

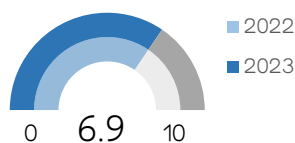
Rising cost of living is having a big impact on mental health*

Faced barriers to accessing mental health support^



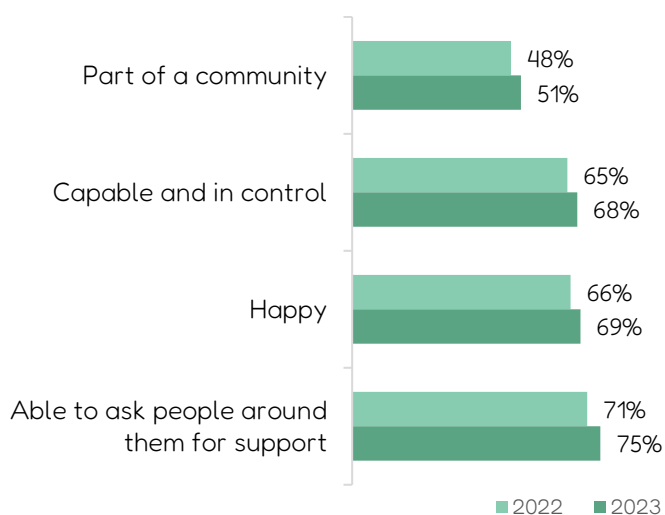


Overall mental health score remains the same as last year



But in 2023, Australians report feeling happier and more connected suggesting improvements as we move out of the COVID-19 crisis

More Australians reported feeling...

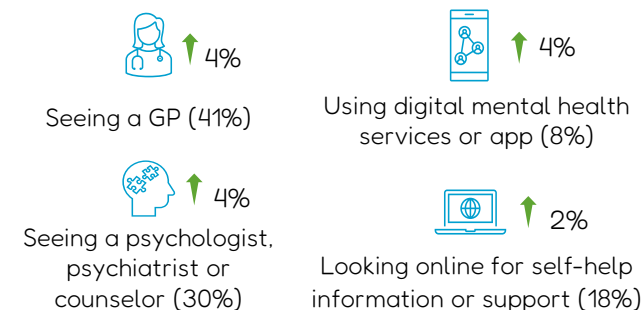


Changing supports

Speaking to colleagues, friends or family remains a common and significant support[^](39%)



In 2023, we have seen improvements amongst Australians accessing other support services[^]...



We need government action to address the cost-of-living crisis and increase access to affordable mental health support for all people in Australia.

We are calling on the Australian Government to **put mental health reform on the agenda**

by developing and funding implementation of a multi-year **mental health reform roadmap**, which is co-designed with people with lived experience and their family and carers, and the sector; includes improved regional commissioning; and is backed by outcomes data and strong accountability mechanisms.

Through the roadmap, the Australian Government should make sure all people in Australia:

- 1. Can get support for their mental health early, before problems snowball**
by increasing access to early intervention and digital mental health supports
- 2. Can access appropriate support regardless of their income or postcode**
by funding psychosocial services outside the NDIS to meet community need, and designing alternative support options for people with complex needs.
- 3. Have increased access to timely care by building the mental health workforce**
by releasing and funding delivery of the National Mental Health Workforce Strategy.



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