



Mental Health Australia

Mental health in Australia



1 in 2

Australians experience a mental health condition in their lifetime



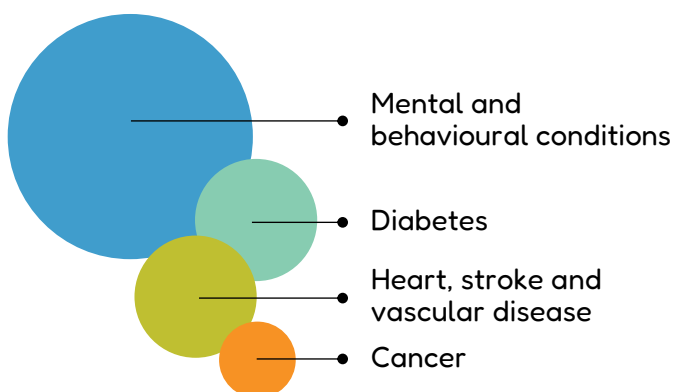
1 in 5

Australians experience a mental health condition/s in a given year¹

9 people
die by
suicide

in Australia each day
(on average)²

More Australians live with a mental health condition than any other chronic health condition³



People who experience discrimination and disadvantage are more likely to also experience mental ill-health



including
First Nations people

AND



people from
LGBTQI+ communities

People from culturally and linguistically diverse backgrounds, older people, younger people and people in rural and remote areas also have particular needs which can impact access to mental health services.



Mental health conditions are the 4th largest cause of overall health loss in Australia contributing to

13% of total "burden of disease"⁴

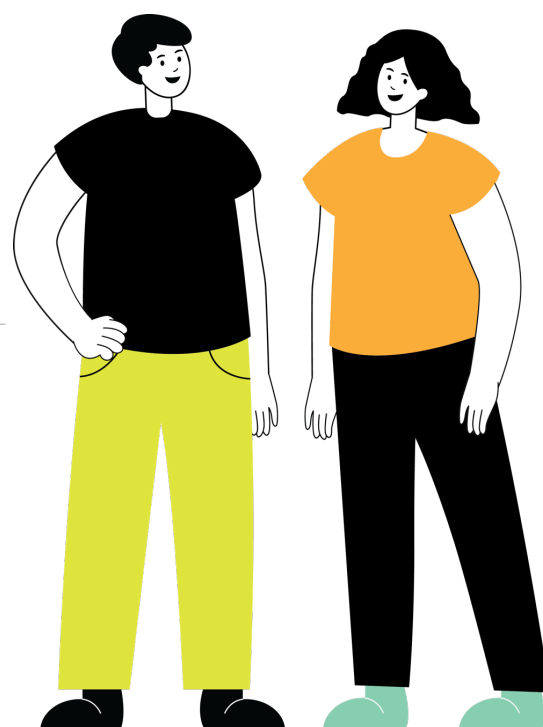
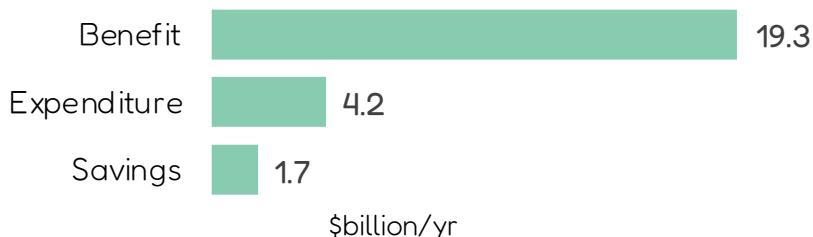
BUT



Mental health makes up only

7% of government health expenditure⁵

We know the difference proportional investment in mental health services would make⁶

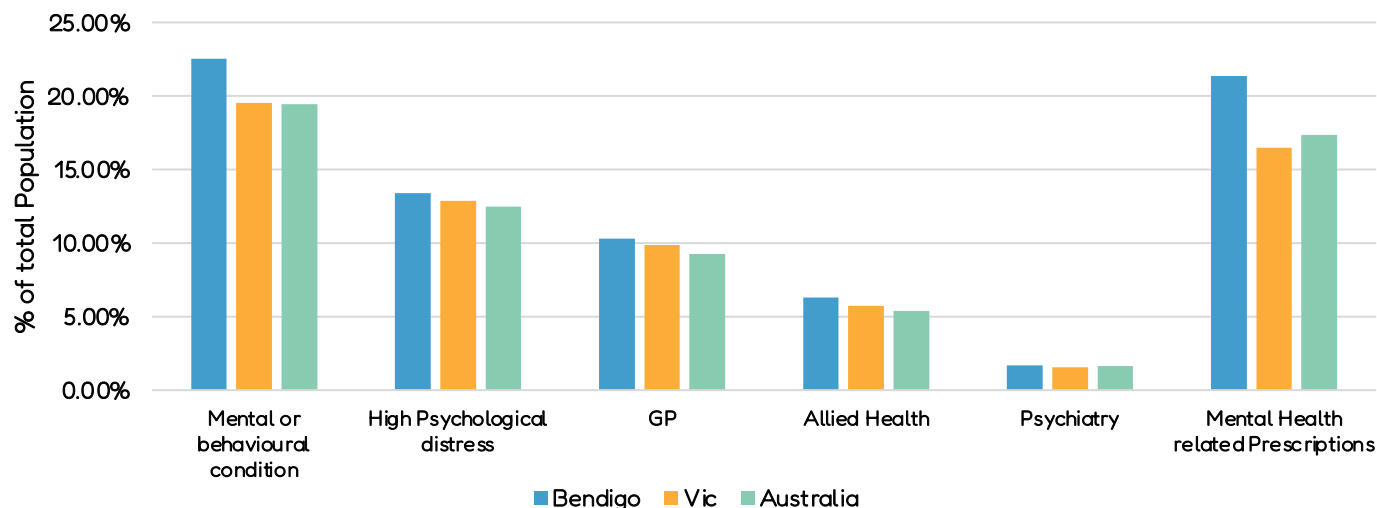


1. ABS (2007) National Survey of Mental Health and Wellbeing
 2. AIHW (2021) Suicide & self-harm monitoring
 3. Dept. of Health (2020) Chronic conditions in Australia

4. AIHW (2018-19) Disease expenditure in Australia
 5. AIHW (2021) Disease expenditure in Australia 2018-19
 6. Productivity Commission (2020) Mental Health, p175



Rates of mental ill-health and mental health-related service use



Mental Health (2017-18)	Bendigo	VIC	National
People with a mental or behavioural condition	22.5% (32,844)	19.5%	19.4%
People experiencing high/very high psychological distress*	13.4% (15,088)	12.9%	12.5%

Service access (MBS & PBS subsidised 2019-20 or 2020-21)	Bendigo	VIC	National
People accessing GPs for mental health services	10.3% (15,488)	9.9%	9.3%
People accessing Allied Health mental health care (including Clinical Psychologist, Psychologist, Occupational Therapist, Social Worker, mental health worker)	6.3% (9,464)	5.7%	5.4%
People accessing psychiatry	1.7% (2,548)	1.5%	1.7%
People with a mental health related prescription	21.4% (31,673)	16.5%	17.3%

NOTE: non-government organisation community mental health services, state and territory community mental health services and psychosocial services are essential components of the mental health service system, but data on access rates for these services is not available to be proportioned to electorate level

*research indicates levels of psychological distress are likely to have increased further in relation to the COVID-19 pandemic

What can we do about it?

1. Listen to and collaborate on the priorities of people with lived experience of mental ill-health or caring for someone with mental ill-health
2. Increase access to community-based mental health treatment and support
3. Invest in the mental health workforce
4. Step-up government leadership and accountability in mental health system delivery

