



# **Voters' attitudes towards mental health policy**

**Prepared for Mental Health Australia**

06 December, 2024

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Prepared for Mental Health Australia

A RedBridge Group Report



INFLUENCE WITH INTEGRITY

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## **Executive summary**

- Australians believe more mental health support is required, and say that they are more likely to vote for parties that provide policies that would deliver this.
- Most voters say they are concerned about mental health as an issue, they believe that it has gotten worse, and that mental health services in their community are inadequate. They see the cost of living crisis as exacerbating an already existing problem.
- Eighty-one per cent of Australians are concerned about mental health in Australia, with more than two thirds saying it has gotten worse over the past five years.
- While most rate their mental health as good, almost half of voters say they have had periods of poor mental health in the past 12 months.
- More than half of voters say that the increase in cost of living in particular has negatively affected their mental health over the past 12 months.
- Most voters disagree that mental health is a purely personal responsibility. As a result, it is not a surprise that most voters feel that current support for mental health is insufficient, and more needs to be done. Just 20 per cent of voters agree that there are adequate mental health services in their local area, with 39 per cent disagreeing. Seventy-five per cent say the government needs to do more to improve mental health in Australia.

## Methodology

The fieldwork for this survey was conducted between Wednesday 31 July and Wednesday 7 August. The sample of N = 2,002 Australian citizens aged 18 and older and enrolled to vote was recruited over online panel. Quotas for age, gender, location, education and vote at the 2022 federal election were used to ensure the sample is representative of the Australian electorate.

Rim weighting was used to apply interlocking weights for age, gender, education and location. The efficiency of these weights was 94 per cent, providing an effective sample size of 1888.

Based on this effective sample size, the margin of error (95 per cent confidence interval) for a 50 per cent result on the full sample is  $\pm 2.3$  per cent.

This is larger for subsets of the data, such as age or location, and results based on these and similar breakdowns should be interpreted conservatively.

Detailed findings and question wording are contained in the following sections.

## Key findings

### **Australians are concerned about mental health, and believe it has gotten worse**

Australians are concerned about mental health, and overwhelmingly believe it has gotten worse over the past five years.

Thirty-one per cent of voters say they are very concerned about the issue of mental health in Australia, and 50 per cent are somewhat concerned (see figure 18). Just 14 per cent are not particularly concerned and three per cent not at all concerned. This is a bipartisan view. Thirty-two per cent of Labor voters are very concerned and 52 per cent are somewhat concerned, compared with 25 and 51 per cent of Coalition supporters and 49 and 45 per cent of those voting Greens.

More than two thirds of voters (68 per cent) say that Australian's mental health has gotten worse over the past five years, and just seven per cent say it has gotten better (figure 21). Once again, this is a bipartisan view. Sixty-seven per cent of both Labor and Coalition voters say it has gotten worse, as do 80 per cent of Greens supporters.

There is not a single significant social, economic or political group covered in this study where an overwhelming majority does not believe the mental health of Australians has deteriorated over the past half a decade.

### **While most voters rate their mental health as good, almost half say they have had periods of poor mental health in the past 12 months**

Most Australians rate both their mental and physical health as good or very good. Twenty-one per cent say their mental health is very good and 46 per cent say good. Conversely, 11 per cent say their mental health is poor and three per cent very poor (figure 31).

However, 49 per cent also say they have experienced a period of poor mental health in the past 12 months; equal to the share who say they have not (figure 38). Similarly, 48 per cent say they have had a family member experience a period of poor mental health in the past 12 months.

### **How much of this is attributable to cost of living?**

A quarter of voters say that the increase in cost of living has negatively affected their mental health over the past 12 months, and another 32 per cent say it has 'a bit' (figure 45). Thirty per cent say cost of living has not really harmed their mental health over the past year, and just 12 per cent say it has not done so 'at all'.

While the share saying that cost of living has harmed their mental health at least 'a bit' is high for most groups in the population, it hits some groups harder than others. In particular, young people (73 per cent of those aged 18-34) and renters and others who do not own their own homes (72 per cent).

### **Is mental health a personal responsibility?**

Most voters disagree that mental health is a purely personal responsibility. As figure 24 shows, 30 per cent of voters agree or strongly agree that a person should be able to manage their mental health themselves, compared to 38 per cent that disagree or strongly disagree. Thirty per cent are neutral on the issue and two per cent are not sure.

As with the other issues examined so far, this is a generally bipartisan view. Forty-five per cent of Labor voters disagree that people should be able to manage their mental health or their own while 28 per cent agree, compared with 38 and 32 per cent of Coalition supporters (disagree vs agree), and 43 and 32 per cent of Greens voters.

This is in stark contrast to physical health, which is much more likely to be seen as an individual responsibility. Fifty-six per cent of voters agree or strongly agree that a person should be able to manage this themselves, while just 17 per cent disagree or strongly disagree.

### **Mental health services are not seen as adequate, government needs to do more**

As result of all of this, it is not a surprise that most voters may not feel that current support for mental health is sufficient, and that more needs to be done.

Only one in every five voters agrees that there are adequate mental health services in their local area, while 39 per cent disagree (with 12 per cent not sure), and 75 per cent say the government needs to do more to improve mental health in Australia (figure 11).

This is a bipartisan view, with 17 per cent of Labor supporters, 22 per cent of those who are voting Coalition and 24 per cent of Greens say there are adequate mental health services in their local area (see figure 15). Similarly, 79 per cent of Labor voters, 71 per cent of Coalition supporters and 88 per cent of those who say they will vote for the Greens either agree or strongly agree that the government needs to do more to improve mental health in Australia (figure 12).

This is also a view shared by voters in both metropolitan and rural areas; although those living in rural communities are more likely to say services are not adequate (54 per cent compared with 32 per cent in inner metropolitan and 35 per cent in outer metropolitan areas; see figure 15).

Those closest to the issue — Australians who report having poor mental health, or poor mental health in their family — are more likely to say that there are not adequate mental health services in their local area. While 21 per cent of those who say their mental health is good agree that there are adequate services in their area, just 11 per cent of those who report poor mental health agree services are adequate in their area, with 58 per cent disagreeing that they are adequate (see figure 17).

### **Voters say policies to help support mental health will win their votes**

Sixty-three per cent of voters say they would be much more likely or more likely to vote for a party if they proposed a policy to increase funding to mental health services to improve access, 62 per cent for a party that proposed to improve access to mental health services in rural and regional areas, 58 per cent for a party that would increase funding to these services so they cost less for those accessing them.

Voters who currently intend to vote Labor or The Greens were more likely to say that policies to address mental health would win their support. However, this is a matter of degrees, and there are no significant social, economic or political groups in society where a majority say that policies to assist with mental health will make them less likely to vote for a party.

The most likely to say these policies would win their votes are younger people, women, and those who report having poorer mental health.



## Voters see mental health policies as vote winners

### Question text

**Would you be more likely or less likely to vote for a party if it proposed a policy to...**

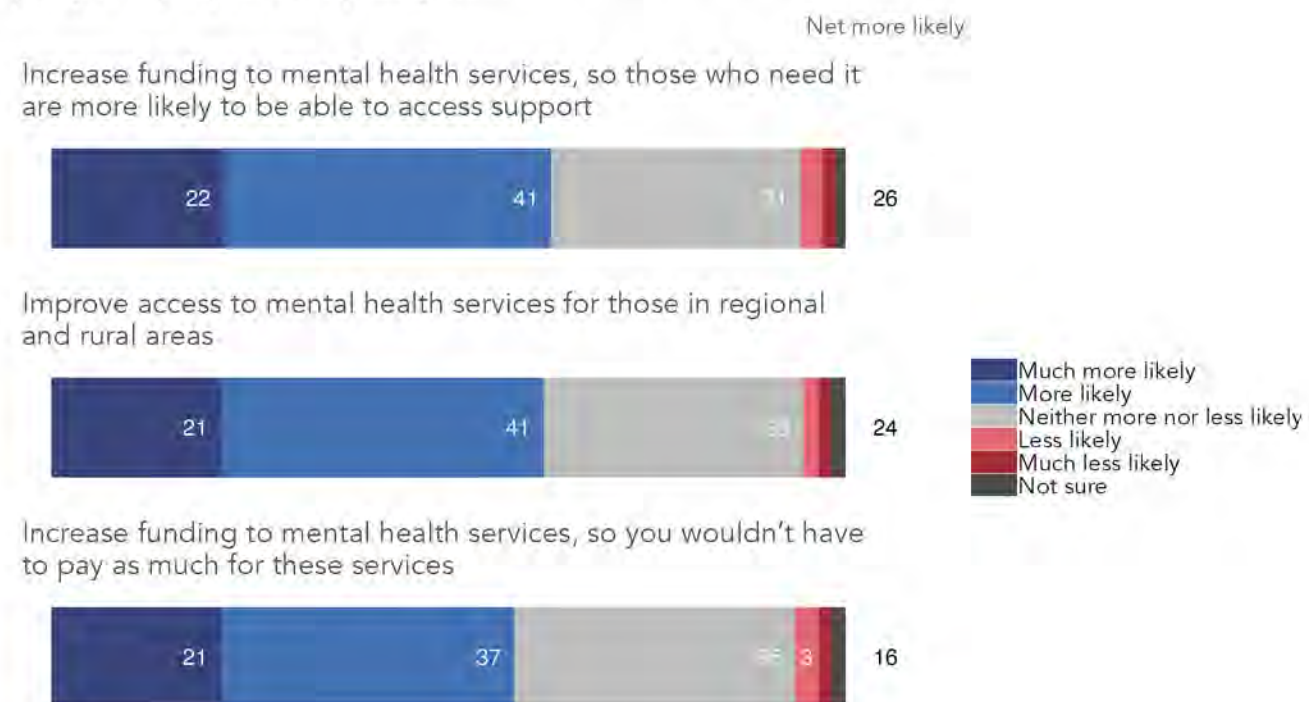
Grid; randomise rows

- A. Improve access to mental health services for those in regional and rural areas.
- B. Increase funding to mental health services, so those who need it are more likely to be able to access support.
- C. Increase funding to mental health services, so you wouldn't have to pay as much for these services.

Single select; random reverse columns 1-5

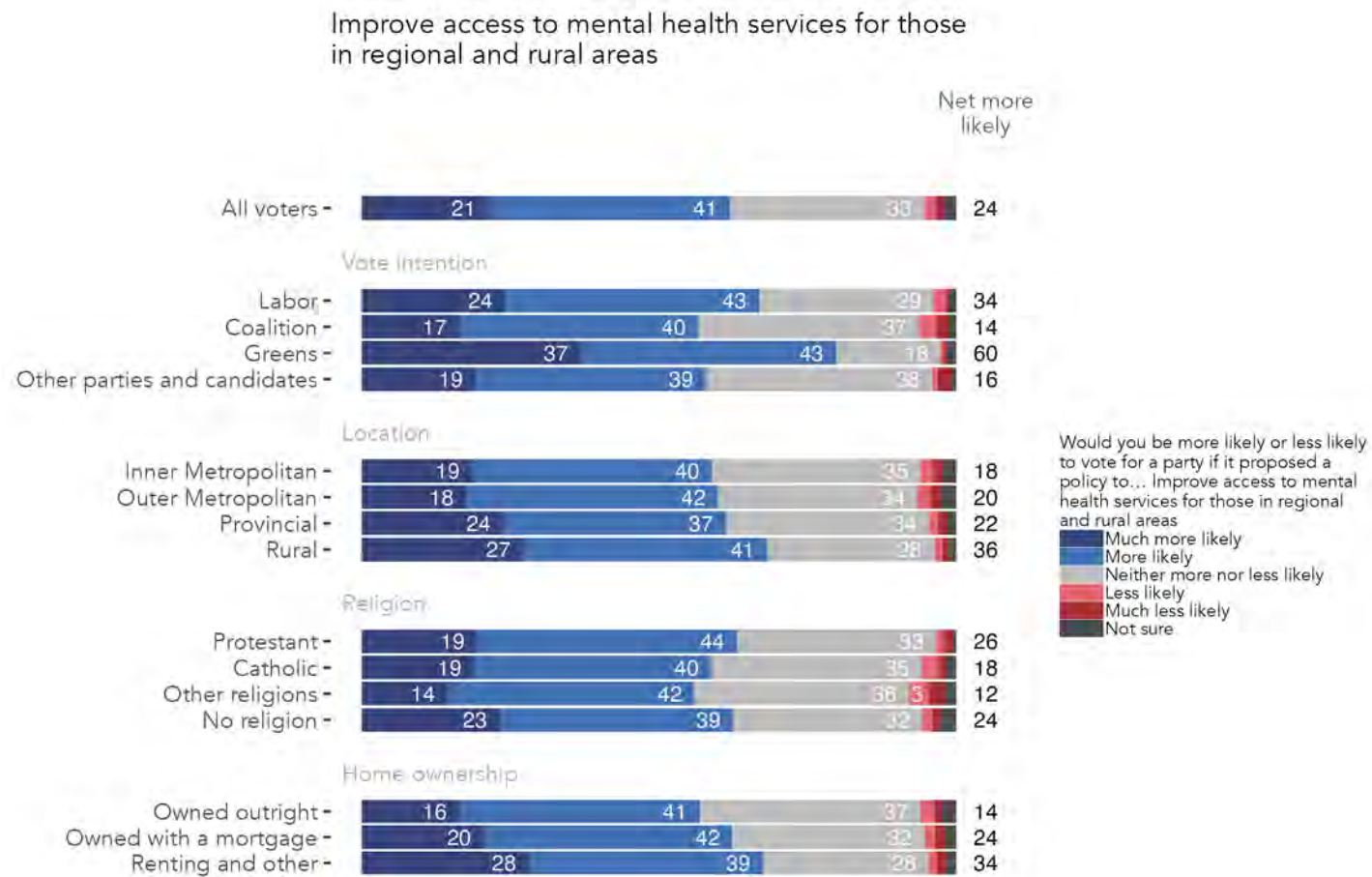
- 1. Much more likely
- 2. More likely
- 3. Neither more nor less likely
- 4. Less likely
- 5. Much less likely
- 6. Not sure

Would you be more likely or less likely to vote for a party if it proposed a policy to...



**Figure 1:** The share of voters who say they would be more or less likely to vote for a party if it proposed different policies to help with mental health. The figures shaded black on the right-hand side of the plot indicate the net share who would be more likely to vote for a party that implemented each item (the total share who report that this would make them more likely, minus the share who report this would make them less likely to to vote for that party, neither more nor less likely, or who are not sure).

## Improve access to mental health services for those in regional and rural areas

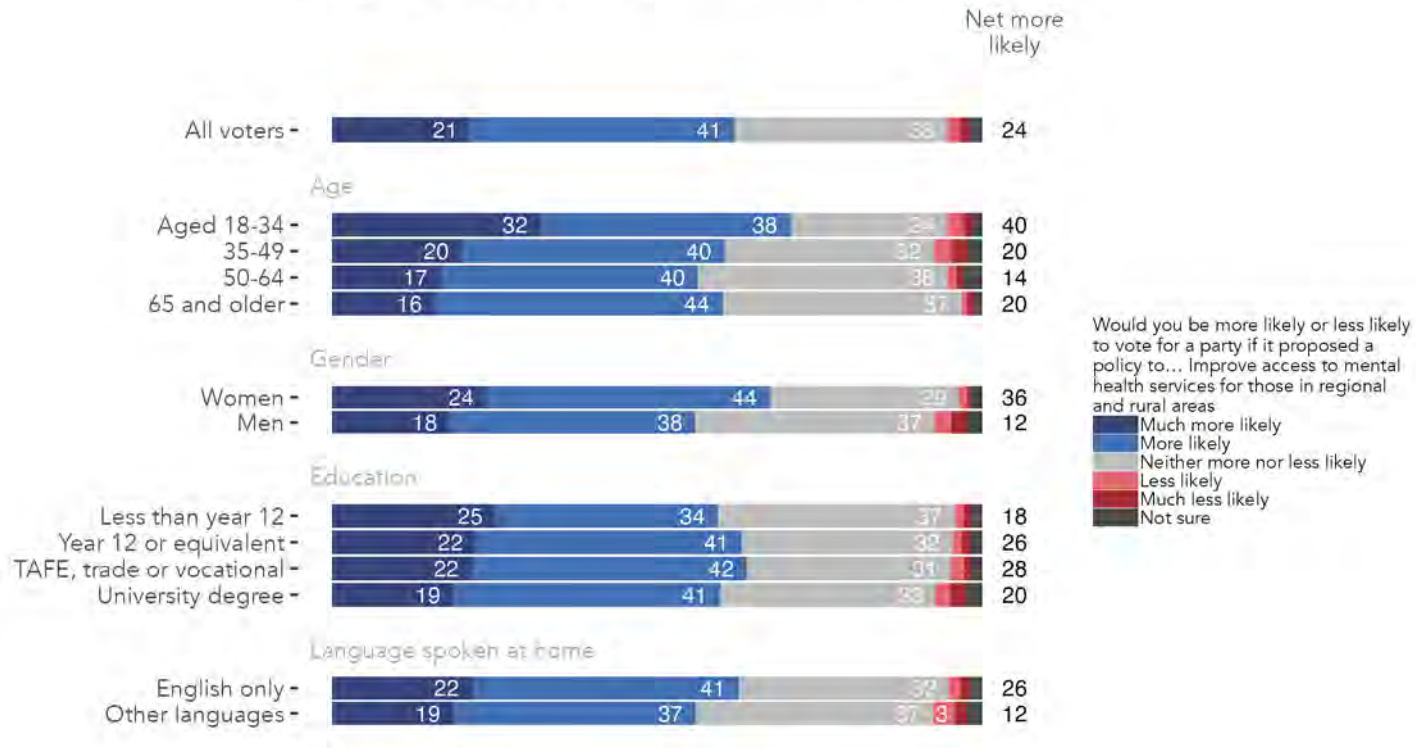


**Figure 2:** Improve access to mental health services for those in regional and rural areas, by vote intention, location, religion and home ownership. The figures shaded black on the right-hand side of the plot indicate the net share who would be more likely to vote for a party that implemented each item (the total share who report that this would make them more likely, minus the share who report that this would make them less likely to to vote for that party, neither more nor less likely, or who are not sure).

**Table 1:** Improve access to mental health services for those in regional and rural areas, by vote intention, location, religion and home ownership.

		Much more likely	More likely	Neither more nor less likely	Less likely	Much less likely	Not sure	Net more likely
	All voters	21	41	33	2	1	2	24
<b>Vote intention</b>								
	Labor	24	43	29	2	1	1	34
	Coalition	17	40	37	3	2	1	14
	Greens	37	43	18	0	0	2	60
	Other parties and candidates	19	39	38	1	2	1	16
<b>Location</b>								
	Inner Metropolitan	19	40	35	2	2	2	18
	Outer Metropolitan	18	42	34	2	2	2	20
	Provincial	24	37	34	2	2	1	22
	Rural	27	41	28	2	1	1	36
<b>Religion</b>								
	Protestant	19	44	33	1	2	1	26
	Catholic	19	40	35	3	1	2	18
	Other religions	14	42	36	3	3	2	12
	No religion	23	39	32	2	1	3	24
<b>Home ownership</b>								
	Owned outright	16	41	37	3	1	2	14
	Owned with a mortgage	20	42	32	2	2	2	24
	Renting and other	28	39	28	1	2	2	34

### Improve access to mental health services for those in regional and rural areas

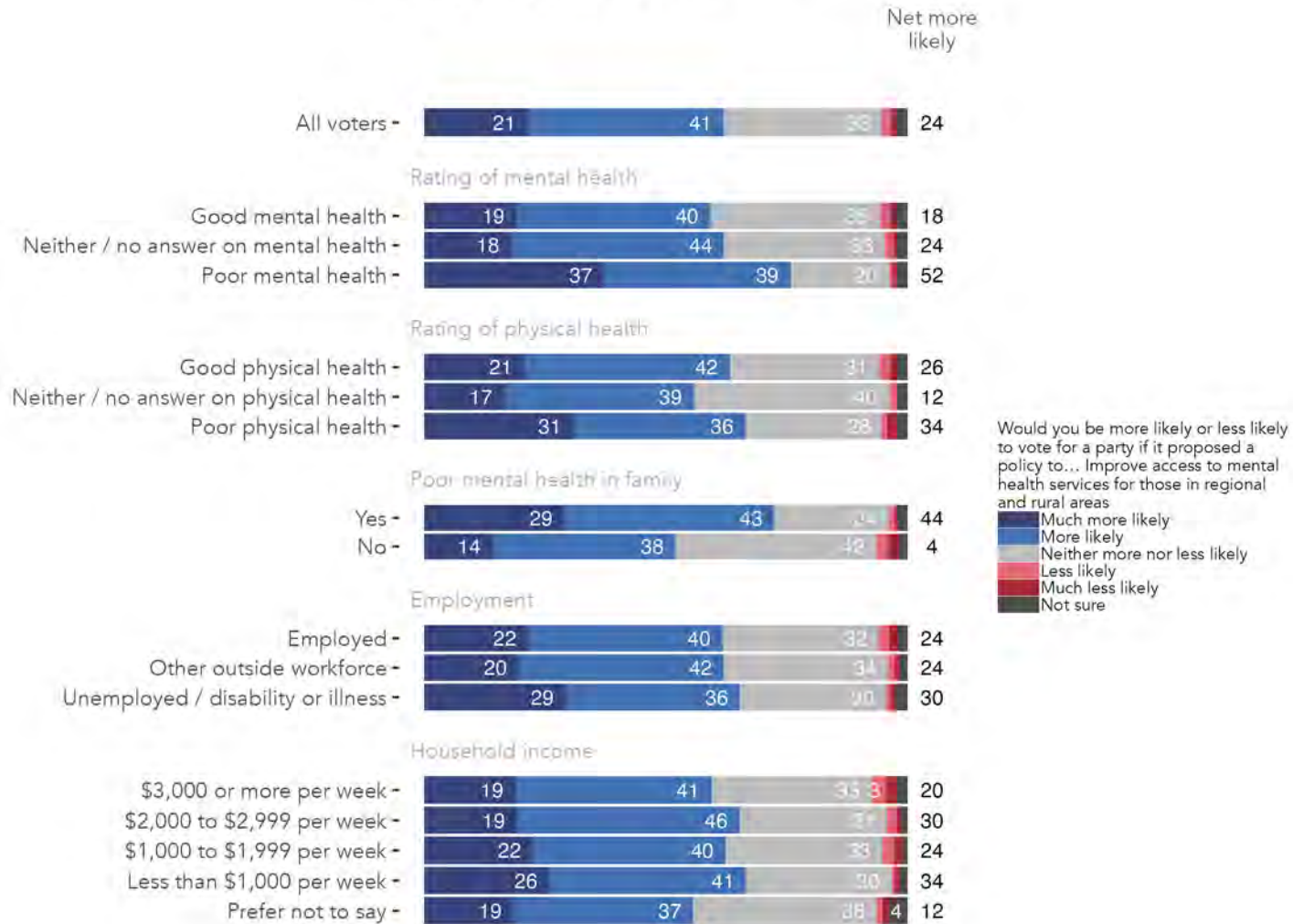


**Figure 3:** Improve access to mental health services for those in regional and rural areas, by demographic characteristics. The figures shaded black on the right-hand side of the plot indicate the net share who would be more likely to vote for a party that implemented each item (the total share who report that this would make them more likely, minus the share who report this would make them less likely to vote for that party, neither more nor less likely, or who are not sure).

**Table 2:** Improve access to mental health services for those in regional and rural areas, by demographic characteristics.

		Much more likely	More likely	Neither more nor less likely	Less likely	Much less likely	Not sure	Net more likely
	All voters	21	41	33	2	1	2	24
<b>Age</b>								
	Aged 18-34	32	38	24	3	1	2	40
	35-49	20	40	32	3	3	2	20
	50-64	17	40	38	1	1	3	14
	65 and older	16	44	37	1	1	1	20
<b>Gender</b>								
	Women	24	44	29	1	0	2	36
	Men	18	38	37	2	3	2	12
<b>Education</b>								
	Less than year 12	25	34	37	1	1	2	18
	Year 12 or equivalent	22	41	32	2	1	2	26
	TAFE, trade or vocational	22	42	31	2	1	2	28
	University degree	19	41	33	2	2	3	20
<b>Language spoken at home</b>								
	English only	22	41	32	2	1	2	26
	Other languages	19	37	37	3	2	2	12

## Improve access to mental health services for those in regional and rural areas



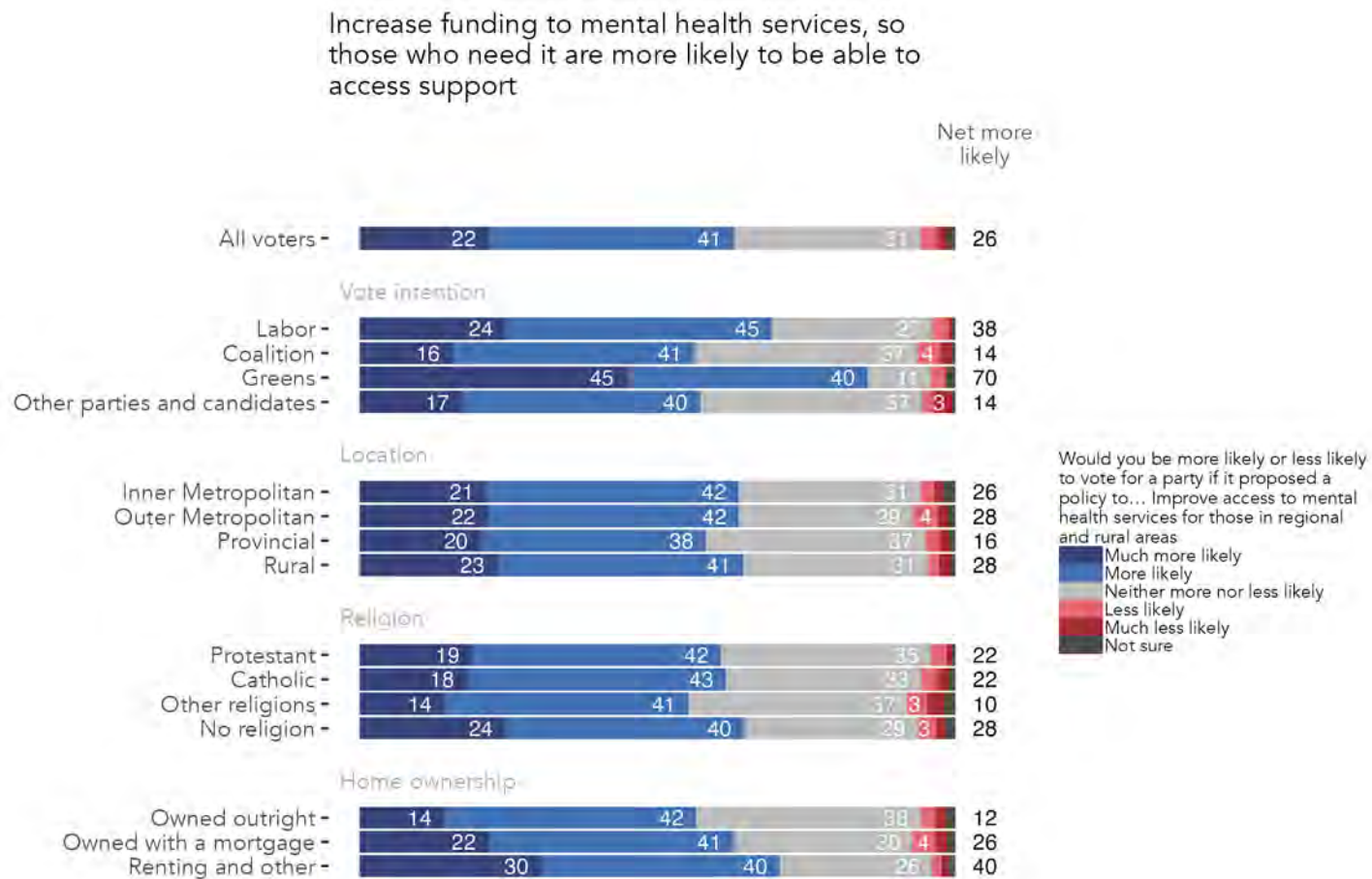
**Figure 4:** Improve access to mental health services for those in regional and rural areas, by rating of mental and physical health, family experiences of poor mental health, employment and household income. The figures shaded black on the right-hand side of the plot indicate the net share who would be more likely to vote for a party that implemented each item (the total share who report that this would make them more likely, minus the share who report this would make them less likely to to vote for that party, neither more nor less likely, or who are not sure).

**Table 3:** Improve access to mental health services for those in regional and rural areas, by rating of mental and physical health, family experiences of poor mental health, employment and household income.

	Much more likely	More likely	Neither more nor less likely	Less likely	Much less likely	Not sure	Net more likely
All voters	21	41	33	2	1	2	24
<b>Rating of mental health</b>							
Good mental health	19	40	35	2	2	2	18
Neither / no answer on mental health	18	44	33	2	1	2	24
Poor mental health	37	39	20	1	1	2	52
<b>Rating of physical health</b>							
Good physical health	21	42	31	2	2	2	26
Neither / no answer on physical health	17	39	40	2	0	2	12
Poor physical health	31	36	28	1	2	2	34
<b>Poor mental health in family</b>							
Yes	29	43	24	1	1	2	44
No	14	38	42	2	2	2	4
<b>Employment</b>							
Employed	22	40	32	2	2	2	24
Unemployed / disability or illness	29	36	30	1	1	3	30
Other outside workforce	20	42	34	1	1	2	24
<b>Household income</b>							
\$3,000 or more per week	19	41	33	3	2	2	20
\$2,000 to \$2,999 per week	19	46	31	2	1	1	30
\$1,000 to \$1,999 per week	22	40	33	2	2	1	24
Less than \$1,000 per week	26	41	30	0	1	2	34
Prefer not to say	19	37	38	1	1	4	12



## Increase funding to mental health services, so those who need it are more likely to be able to access support

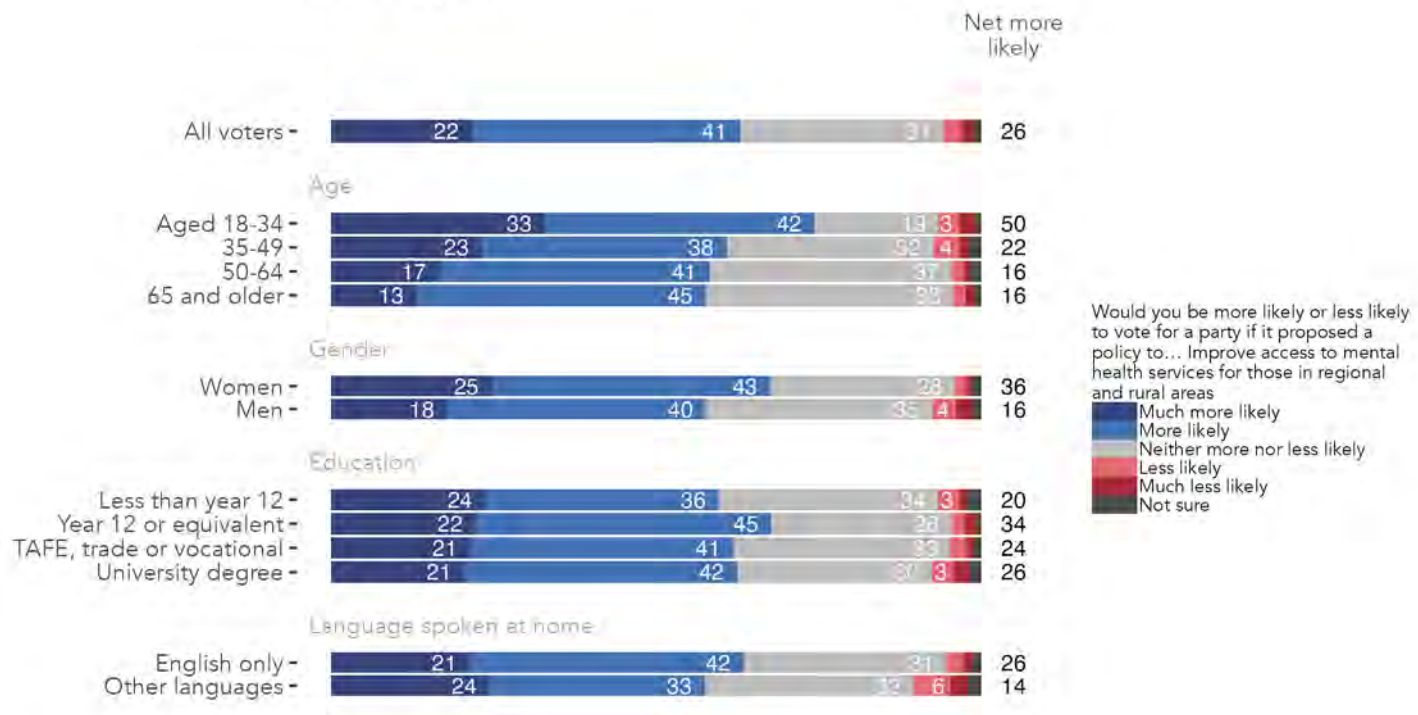


**Figure 5:** Increase funding to mental health services, so those who need it are more likely to be able to access support, by vote intention, location, religion and home ownership. The figures shaded black on the right-hand side of the plot indicate the net share who would be more likely to vote for a party that implemented each item (the total share who report that this would make them more likely, minus the share who report this would make them less likely to vote for that party, neither more nor less likely, or who are not sure).

**Table 4:** Increase funding to mental health services, so those who need it are more likely to be able to access support, by vote intention, location, religion and home ownership.

		Much more likely	More likely	Neither more nor less likely	Less likely	Much less likely	Not sure	Net more likely
	All voters	22	41	31	3	2	1	26
<b>Vote intention</b>								
	Labor	24	45	27	2	1	1	38
	Coalition	16	41	37	4	2	0	14
	Greens	45	40	11	3	0	1	70
	Other parties and candidates	17	40	37	2	3	1	14
<b>Location</b>								
	Inner Metropolitan	21	42	31	2	2	2	26
	Outer Metropolitan	22	42	29	4	2	1	28
	Provincial	20	38	37	2	2	1	16
	Rural	23	41	31	2	2	1	28
<b>Religion</b>								
	Protestant	19	42	35	3	1	0	22
	Catholic	18	43	33	3	2	1	22
	Other religions	14	41	37	3	3	2	10
	No religion	24	40	29	3	2	2	28
<b>Home ownership</b>								
	Owned outright	14	42	38	3	2	1	12
	Owned with a mortgage	22	41	30	4	2	1	26
	Renting and other	30	40	26	2	1	1	40

Increase funding to mental health services, so those who need it are more likely to be able to access support

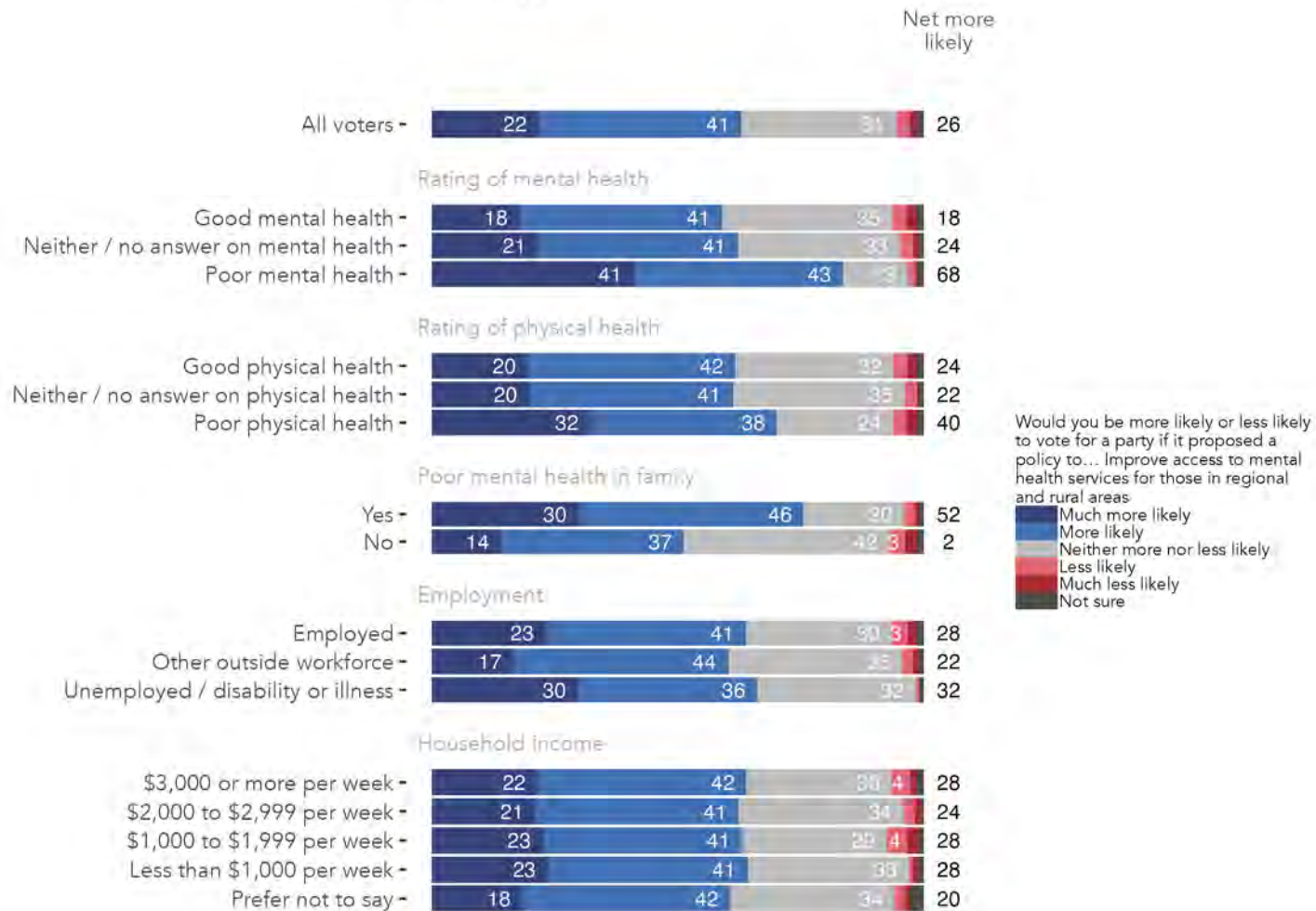


**Figure 6:** Increase funding to mental health services, so those who need it are more likely to be able to access support, by demographic characteristics. The figures shaded black on the right-hand side of the plot indicate the net share who would be more likely to vote for a party that implemented each item (the total share who report that this would make them more likely, minus the share who report this would make them less likely to to vote for that party, neither more nor less likely, or who are not sure).

**Table 5:** Increase funding to mental health services, so those who need it are more likely to be able to access support, by demographic characteristics.

		Much more likely	More likely	Neither more nor less likely	Less likely	Much less likely	Not sure	Net more likely
	All voters	22	41	31	3	2	1	26
<b>Age</b>								
	Aged 18-34	33	42	19	3	2	1	50
	35-49	23	38	32	4	1	2	22
	50-64	17	41	37	2	1	2	16
	65 and older	13	45	38	2	1	1	16
<b>Gender</b>								
	Women	25	43	28	2	1	1	36
	Men	18	40	35	4	2	1	16
<b>Education</b>								
	Less than year 12	24	36	34	3	1	2	20
	Year 12 or equivalent	22	45	28	2	2	1	34
	TAFE, trade or vocational	21	41	33	3	1	1	24
	University degree	21	42	30	3	2	2	26
<b>Language spoken at home</b>								
	English only	21	42	31	3	2	1	26
	Other languages	24	33	32	6	3	2	14

Increase funding to mental health services, so those who need it are more likely to be able to access support

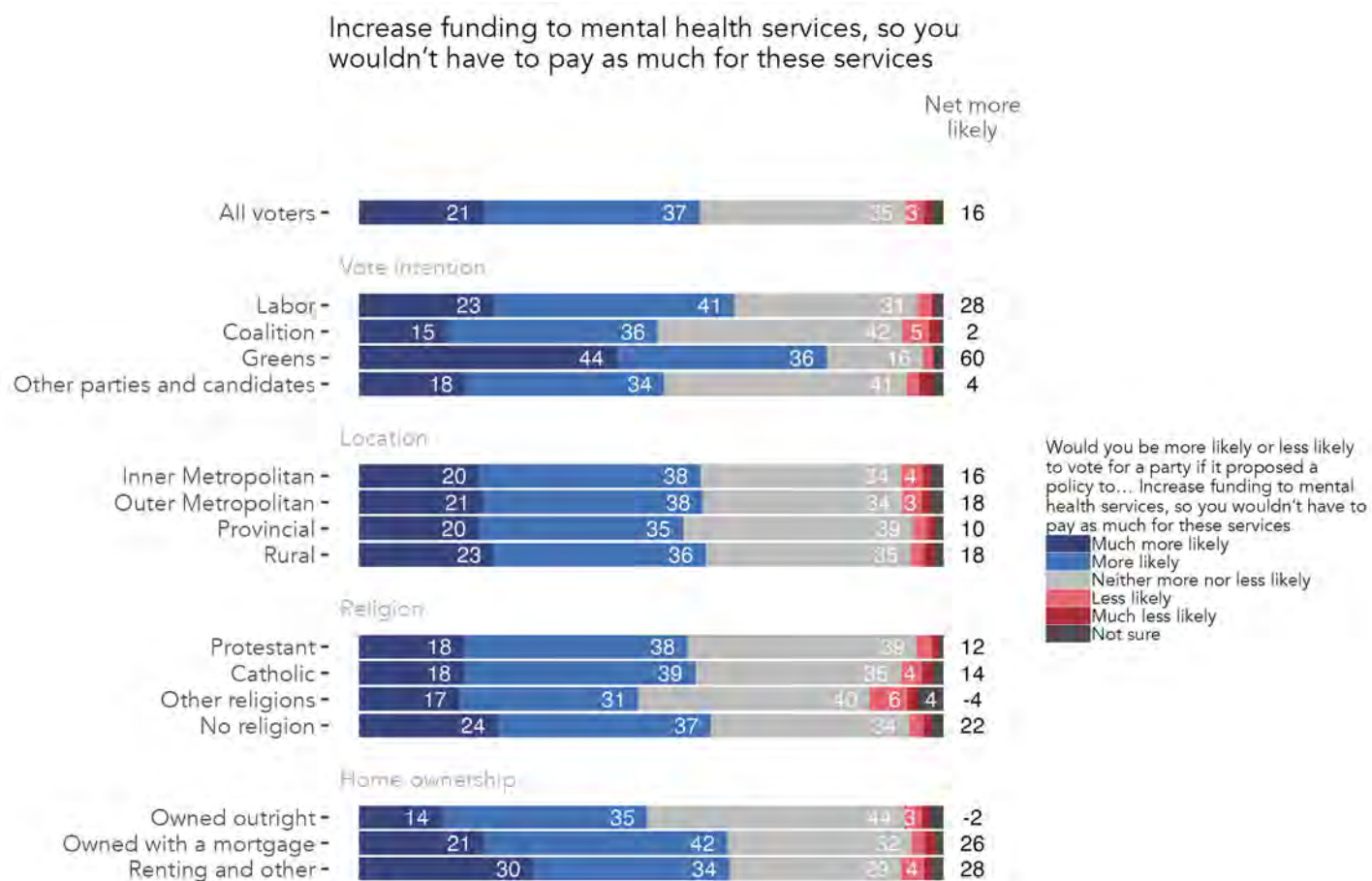


**Figure 7:** Increase funding to mental health services, so those who need it are more likely to be able to access support, by rating of mental and physical health, family experiences of poor mental health, employment and household income. The figures shaded black on the right-hand side of the plot indicate the net share who would be more likely to vote for a party that implemented each item (the total share who report that this would make them more likely, minus the share who report this would make them less likely to vote for that party, neither more nor less likely, or who are not sure).

**Table 6:** Increase funding to mental health services, so those who need it are more likely to be able to access support, by rating of mental and physical health, family experiences of poor mental health, employment and household income.

	Much more likely	More likely	Neither more nor less likely	Less likely	Much less likely	Not sure	Net more likely
All voters	22	41	31	3	2	1	26
<b>Rating of mental health</b>							
Good mental health	18	41	35	3	2	1	18
Neither / no answer on mental health	21	41	33	3	1	1	24
Poor mental health	41	43	13	2	0	1	68
<b>Rating of physical health</b>							
Good physical health	20	42	32	3	2	1	24
Neither / no answer on physical health	20	41	35	3	0	1	22
Poor physical health	32	38	24	3	2	1	40
<b>Poor mental health in family</b>							
Yes	30	46	20	2	1	1	52
No	14	37	42	3	3	1	2
<b>Employment</b>							
Employed	23	41	30	3	2	1	28
Unemployed / disability or illness	30	36	32	1	0	1	32
Other outside workforce	17	44	35	2	1	1	22
<b>Household income</b>							
\$3,000 or more per week	22	42	30	4	1	1	28
\$2,000 to \$2,999 per week	21	41	34	2	2	0	24
\$1,000 to \$1,999 per week	23	41	29	4	2	1	28
Less than \$1,000 per week	23	41	33	1	1	1	28
Prefer not to say	18	42	34	2	1	3	20

## Increase funding to mental health services, so you wouldn't have to pay as much for these services

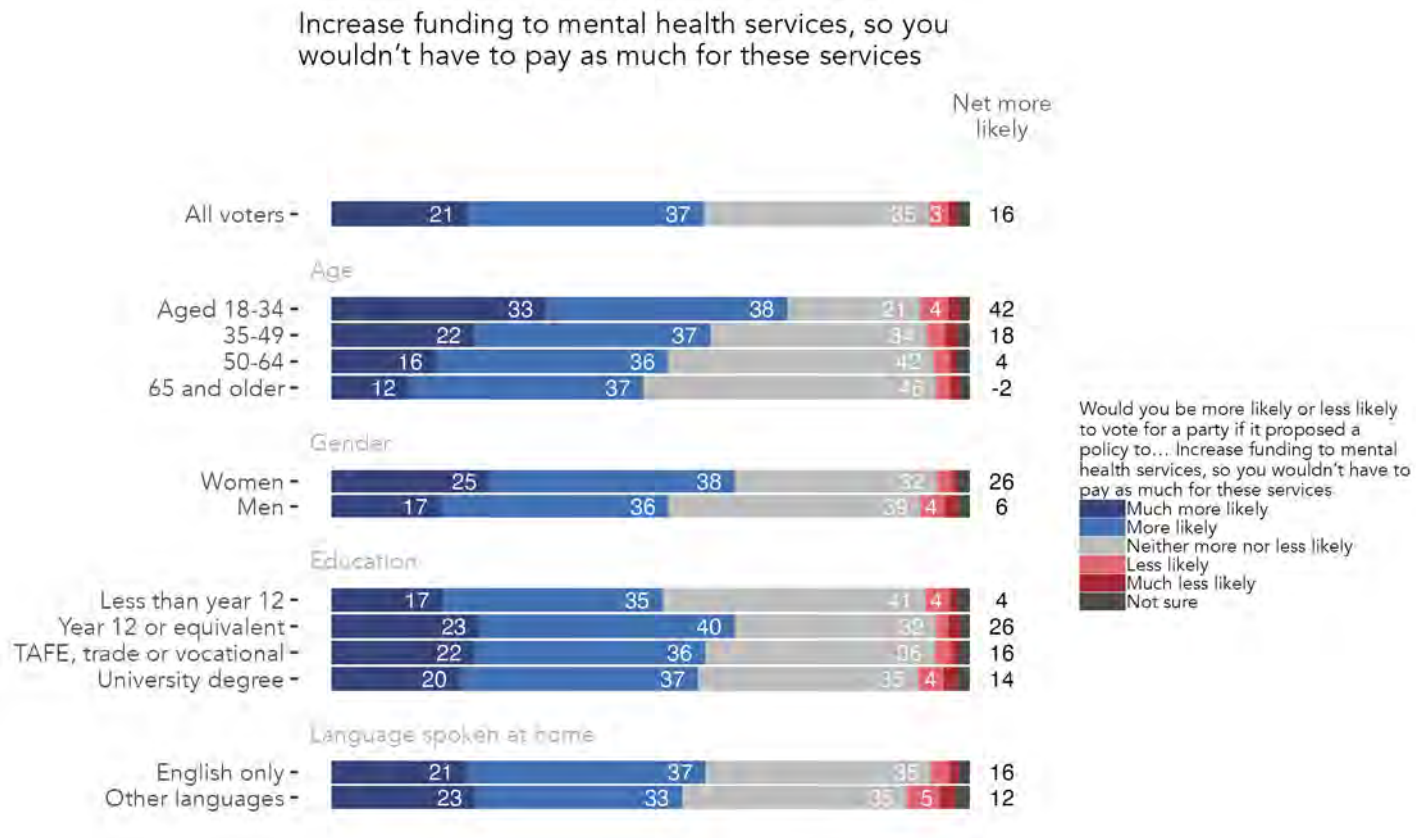


**Figure 8:** Increase funding to mental health services, so you wouldn't have to pay as much for these services, by vote intention, location, religion and home ownership. The figures shaded black on the right-hand side of the plot indicate the net share who would be more likely to vote for a party that implemented each item (the total share who report that this would make them more likely, minus the share who report this would make them less likely to to vote for that party, neither more nor less likely, or who are not sure).

**Table 7:** Increase funding to mental health services, so you wouldn't have to pay as much for these services, by vote intention, location, religion and home ownership.

		Much more likely	More likely	Neither more nor less likely	Less likely	Much less likely	Not sure	Net more likely
	All voters	21	37	35	3	2	2	16
<b>Vote intention</b>								
	Labor	23	41	31	2	1	2	28
	Coalition	15	36	42	5	2	0	2
	Greens	44	36	16	2	0	2	60
	Other parties and candidates	18	34	41	2	3	2	4
<b>Location</b>								
	Inner Metropolitan	20	38	34	4	2	2	16
	Outer Metropolitan	21	38	34	3	2	2	18
	Provincial	20	35	39	3	2	1	10
	Rural	23	36	35	2	2	2	18
<b>Religion</b>								
	Protestant	18	38	39	3	1	1	12
	Catholic	18	39	35	4	2	2	14
	Other religions	17	31	40	6	2	4	-4
	No religion	24	37	34	2	1	2	22
<b>Home ownership</b>								
	Owned outright	14	35	44	3	2	2	-2
	Owned with a mortgage	21	42	32	2	2	1	26
	Renting and other	30	34	29	4	1	2	28

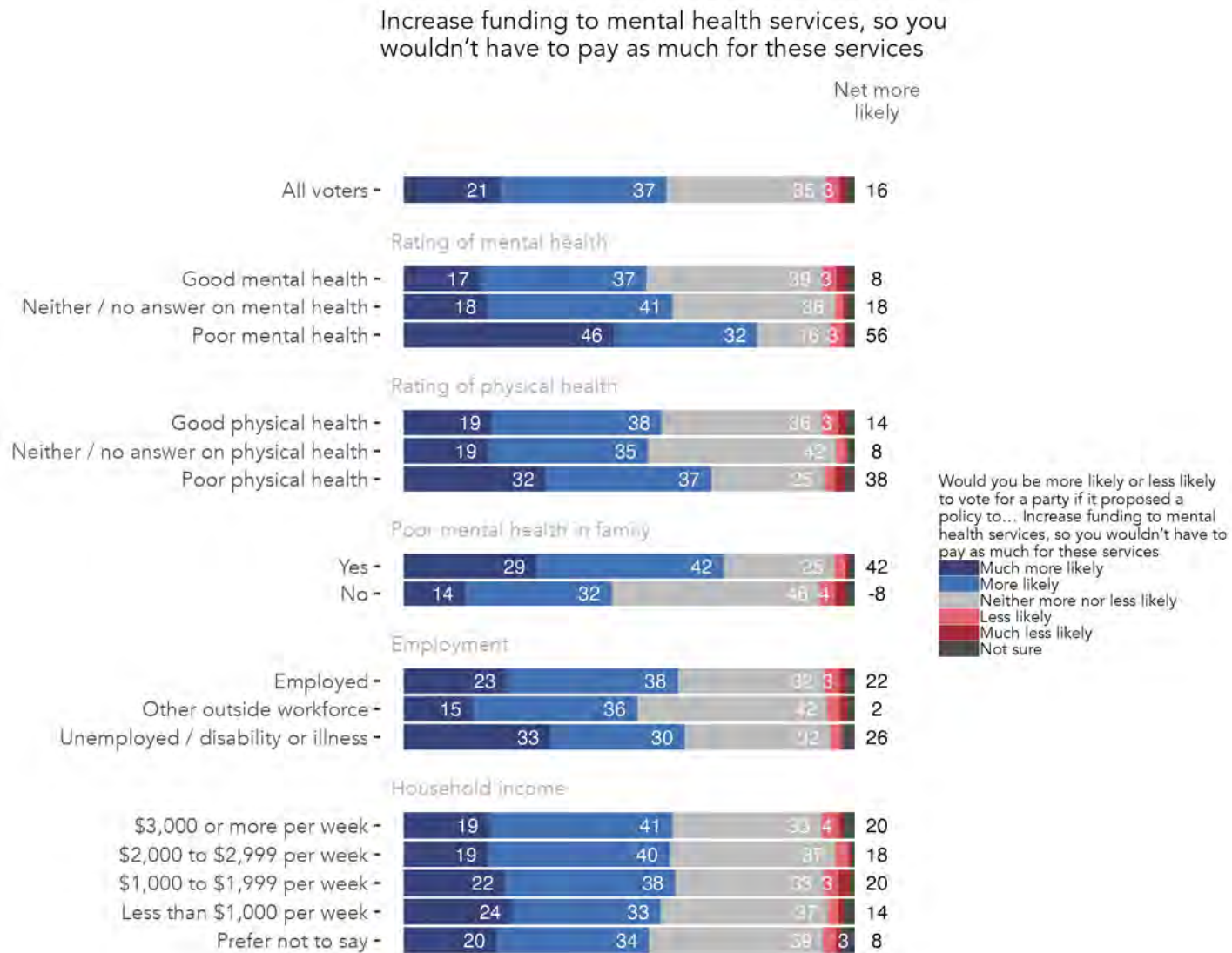




**Figure 9:** Increase funding to mental health services, so you wouldn't have to pay as much for these services, by demographic characteristics. The figures shaded black on the right-hand side of the plot indicate the net share who would be more likely to vote for a party that implemented each item (the total share who report that this would make them more likely, minus the share who report this would make them less likely to vote for that party, neither more nor less likely, or who are not sure).

**Table 8:** Increase funding to mental health services, so you wouldn't have to pay as much for these services, by demographic characteristics.

		Much more likely	More likely	Neither more nor less likely	Less likely	Much less likely	Not sure	Net more likely
<b>Age</b>	All voters	21	37	35	3	2	2	16
	Aged 18-34	33	38	21	4	2	2	42
	35-49	22	37	34	3	2	2	18
	50-64	16	36	42	3	1	2	4
	65 and older	12	37	46	2	1	2	-2
<b>Gender</b>	Women	25	38	32	2	1	2	26
	Men	17	36	39	4	2	2	6
<b>Education</b>	Less than year 12	17	35	41	4	1	2	4
	Year 12 or equivalent	23	40	32	2	2	1	26
	TAFE, trade or vocational	22	36	36	3	1	2	16
	University degree	20	37	35	4	2	2	14
<b>Language spoken at home</b>	English only	21	37	35	3	2	2	16
	Other languages	23	33	35	5	2	2	12



**Figure 10:** Increase funding to mental health services, so you wouldn't have to pay as much for these services, by rating of mental and physical health, family experiences of poor mental health, employment and household income. The figures shaded black on the right-hand side of the plot indicate the net share who would be more likely to vote for a party that implemented each item (the total share who report that this would make them more likely, minus the share who report this would make them less likely to vote for that party, neither more nor less likely, or who are not sure).

**Table 9:** Increase funding to mental health services, so you wouldn't have to pay as much for these services, by rating of mental and physical health, family experiences of poor mental health, employment and household income.

	Much more likely	More likely	Neither more nor less likely	Less likely	Much less likely	Not sure	Net more likely
All voters	21	37	35	3	2	2	16
<b>Rating of mental health</b>							
Good mental health	17	37	39	3	2	2	8
Neither / no answer on mental health	18	41	36	2	1	2	18
Poor mental health	46	32	16	3	1	2	56
<b>Rating of physical health</b>							
Good physical health	19	38	36	3	2	2	14
Neither / no answer on physical health	19	35	42	2	0	2	8
Poor physical health	32	37	25	2	2	2	38
<b>Poor mental health in family</b>							
Yes	29	42	25	2	1	1	42
No	14	32	46	4	2	2	-8
<b>Employment</b>							
Employed	23	38	32	3	2	2	22
Unemployed / disability or illness	33	30	32	2	0	3	26
Other outside workforce	15	36	42	3	2	2	2
<b>Household income</b>							
\$3,000 or more per week	19	41	33	4	1	2	20
\$2,000 to \$2,999 per week	19	40	37	3	1	0	18
\$1,000 to \$1,999 per week	22	38	33	3	3	1	20
Less than \$1,000 per week	24	33	37	2	1	3	14
Prefer not to say	20	34	39	3	1	3	8

# Public opinion on Government approach to mental health policy

## Question text

**Do you agree or disagree with the following statements?**

Grid; randomise rows

- A. The government needs to do more to improve mental health in Australia
- B. There are adequate mental health services in my local area

Single select; random reverse columns 1-5

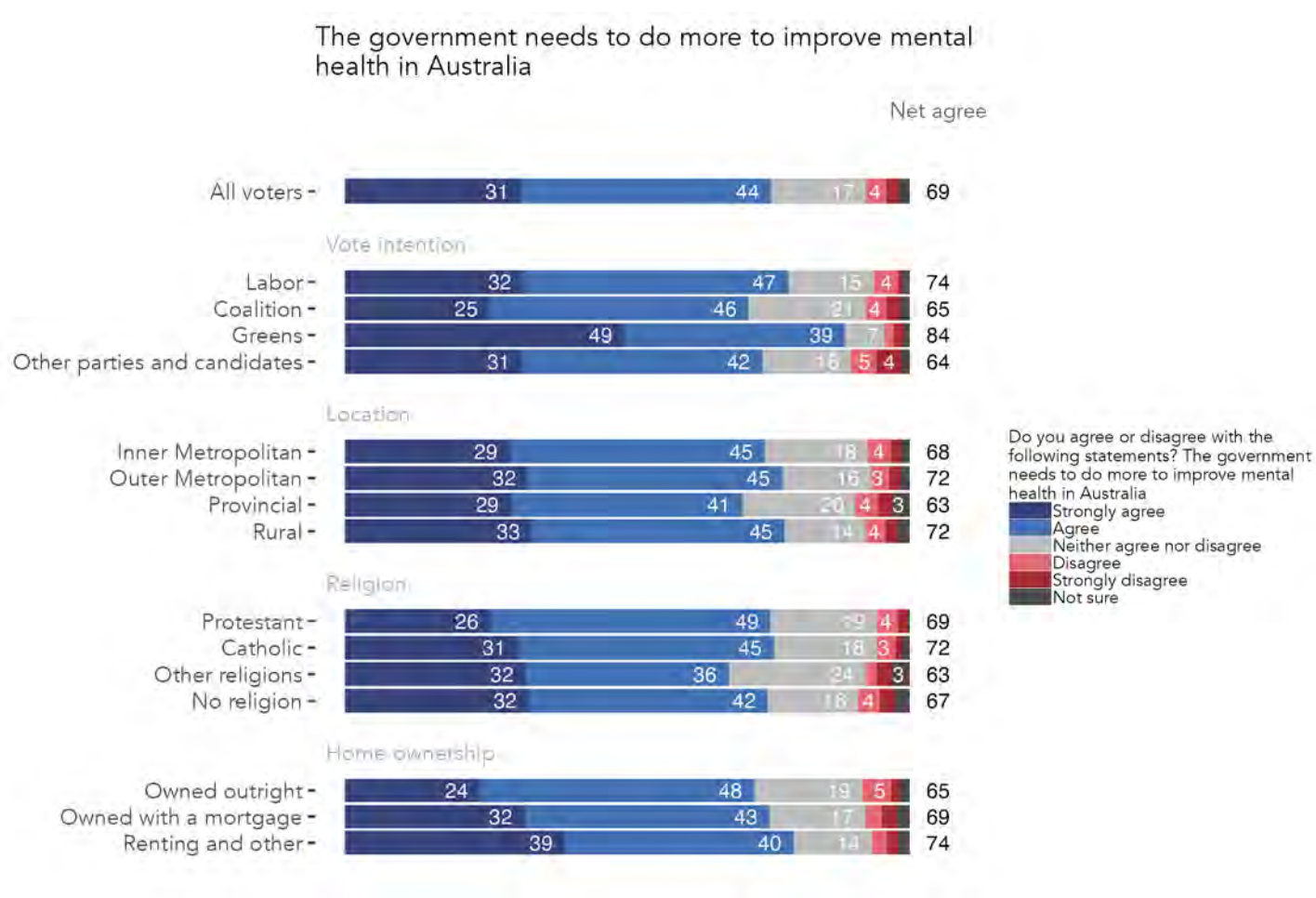
- 1. Strongly agree
- 2. Agree
- 3. Neither agree nor disagree
- 4. Disagree
- 5. Strongly disagree
- 6. Not sure

Do you agree or disagree with the following statements?



**Figure 11:** Share of voters who agree and disagree that there are adequate mental health services in their local area, and that the government should do more to improve mental health. Figures in black on the right-hand side of the plot denote the net share who agree with each statement (total share who agree, minus the share who disagree).

## The government needs to do more to improve mental health in Australia



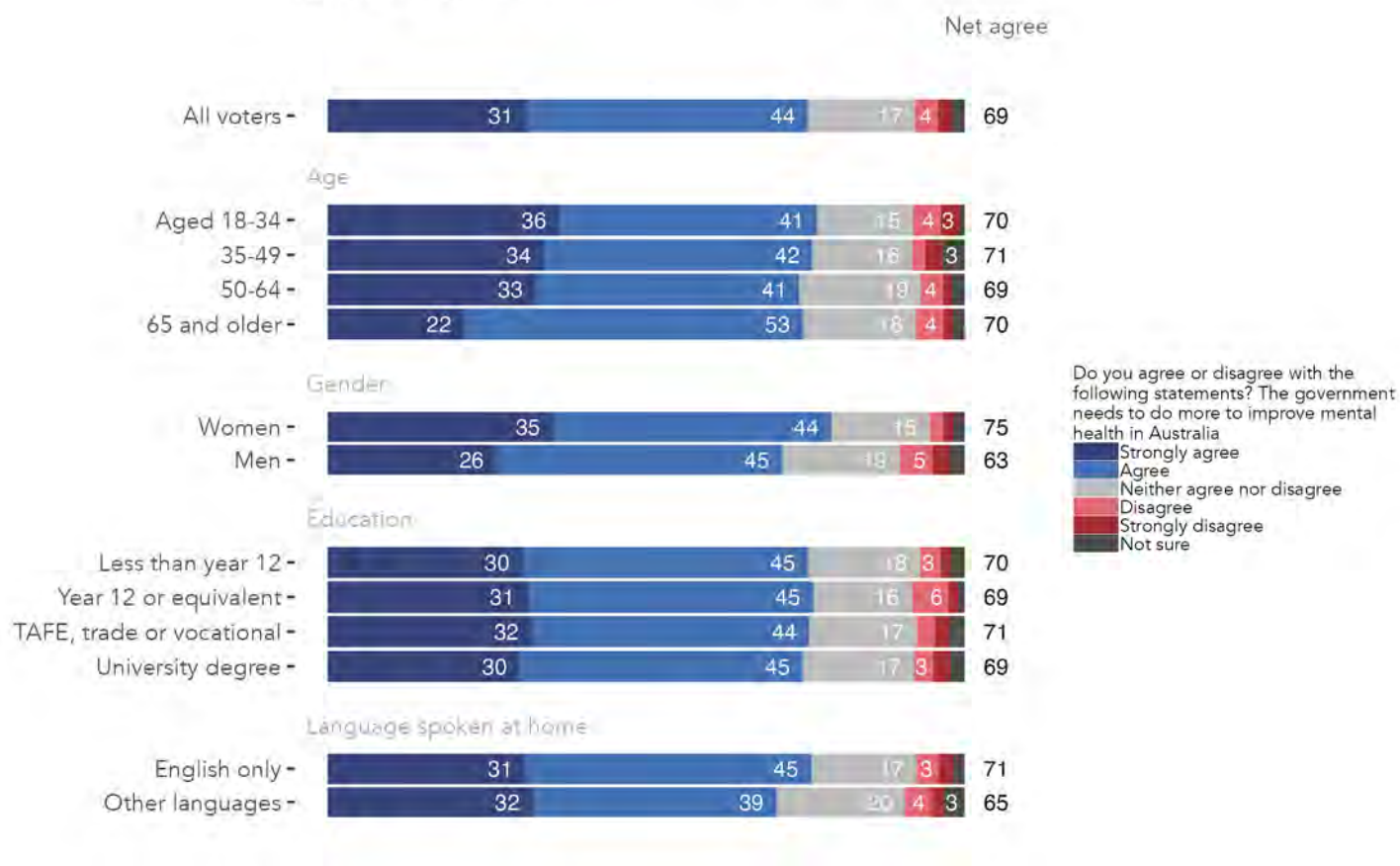
**Figure 12:** The government needs to do more to improve mental health in Australia, by vote intention, location, religion and home ownership. Figures in black on the right-hand side of the plot denote the net share who agree with the statement (total share that agree, minus the share who disagree).

**Table 10:** The government needs to do more to improve mental health in Australia, by vote intention, location, religion and home ownership.

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	Not sure	Net agree
All voters	31	44	17	4	2	2	69
<b>Vote intention</b>							
Labor	32	47	15	4	1	1	74
Coalition	25	46	21	4	2	2	65
Greens	49	39	7	2	2	1	84
Other parties and candidates	31	42	16	5	4	2	64
<b>Location</b>							
Inner Metropolitan	29	45	18	4	2	2	68
Outer Metropolitan	32	45	16	3	2	2	72
Provincial	29	41	20	4	3	3	63
Rural	33	45	14	4	2	2	72
<b>Religion</b>							
Protestant	26	49	19	4	2	0	69
Catholic	31	45	18	3	1	2	72
Other religions	32	36	24	2	3	3	63
No religion	32	42	16	4	3	3	67
<b>Home ownership</b>							
Owned outright	24	48	19	5	2	2	65
Owned with a mortgage	32	43	17	3	3	2	69
Renting and other	39	40	14	3	2	2	74



## The government needs to do more to improve mental health in Australia

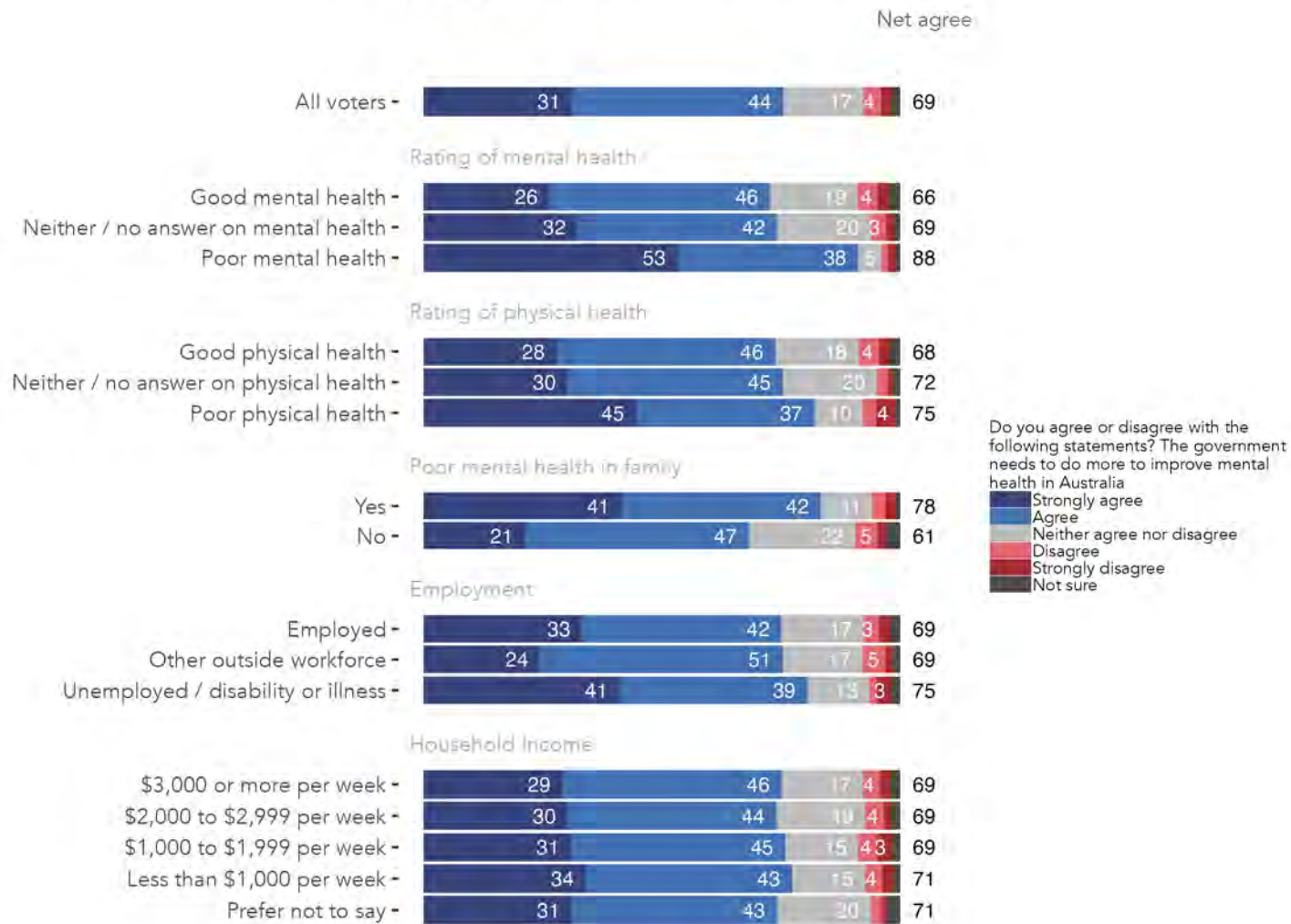


**Figure 13:** The government needs to do more to improve mental health in Australia, by demographic characteristics. Figures in black on the right-hand side of the plot denote the net share who agree with the statement (total share that agree, minus the share who disagree).

**Table 11:** The government needs to do more to improve mental health in Australia, by demographic characteristics.

		Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	Not sure	Net agree
<b>Age</b>	All voters	31	44	17	4	2	2	69
	Aged 18-34	36	41	15	4	3	1	70
	35-49	34	42	16	2	3	3	71
	50-64	33	41	19	4	1	2	69
	65 and older	22	53	18	4	1	2	70
<b>Gender</b>	Women	35	44	15	2	2	2	75
	Men	26	45	19	5	3	2	63
<b>Education</b>	Less than year 12	30	45	18	3	2	2	70
	Year 12 or equivalent	31	45	16	6	1	1	69
	TAFE, trade or vocational	32	44	17	3	2	2	71
	University degree	30	45	17	3	3	2	69
<b>Language spoken at home</b>	English only	31	45	17	3	2	2	71
	Other languages	32	39	20	4	2	3	65

## The government needs to do more to improve mental health in Australia

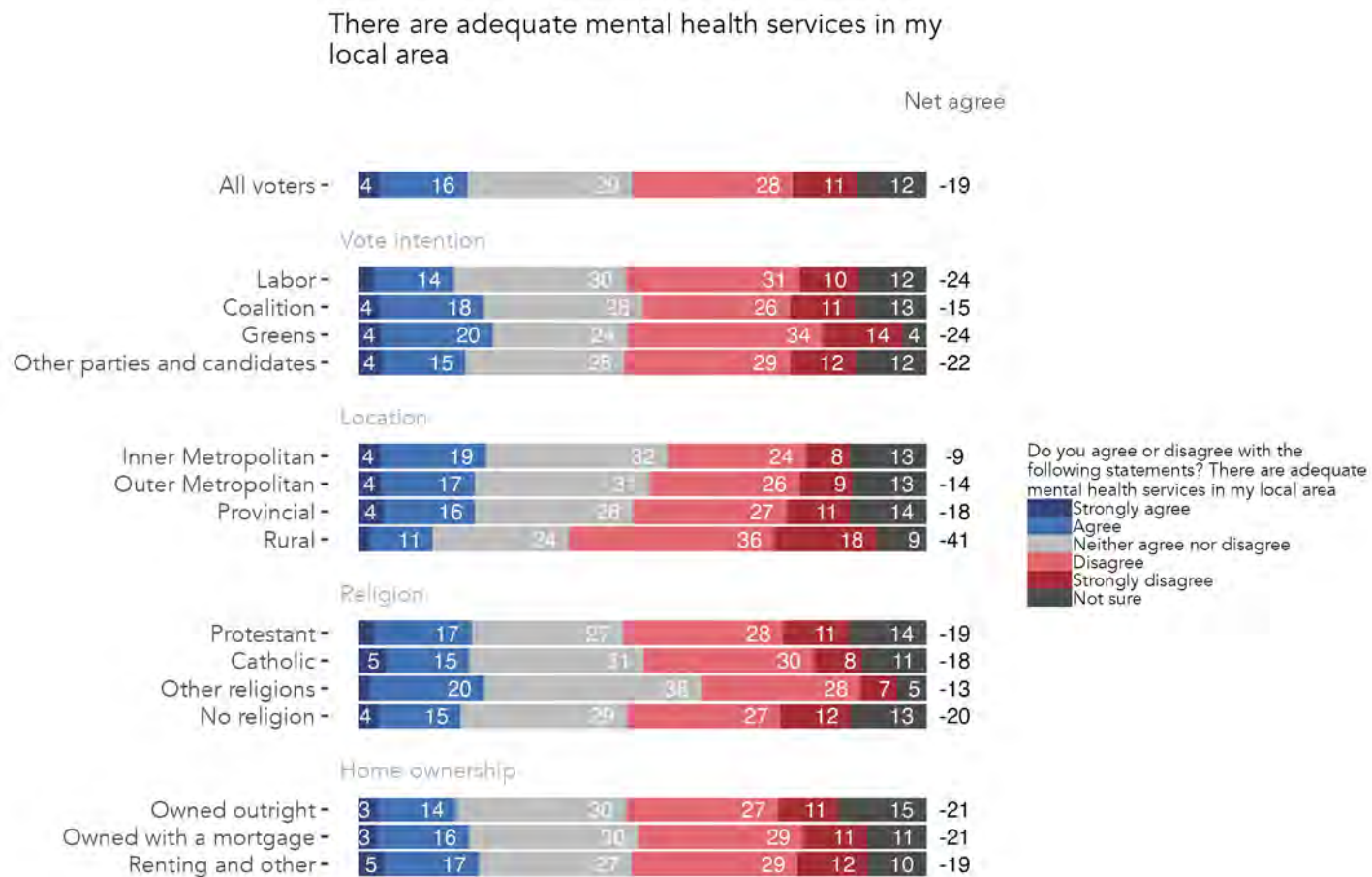


**Figure 14:** The government needs to do more to improve mental health in Australia, by rating of mental and physical health, family experiences of poor mental health, employment and household income. Figures in black on the right-hand side of the plot denote the net share who agree with the statement (total share that agree, minus the share who disagree).

**Table 12:** The government needs to do more to improve mental health in Australia, by rating of mental and physical health, family experiences of poor mental health, employment and household income.

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	Not sure	Net agree
All voters	31	44	17	4	2	2	69
<b>Rating of mental health</b>							
Good mental health	26	46	19	4	2	3	66
Neither / no answer on mental health	32	42	20	3	2	1	69
Poor mental health	53	38	5	1	2	1	88
<b>Rating of physical health</b>							
Good physical health	28	46	18	4	2	2	68
Neither / no answer on physical health	30	45	20	2	1	2	72
Poor physical health	45	37	10	3	4	1	75
<b>Poor mental health in family</b>							
Yes	41	42	11	3	2	1	78
No	21	47	22	5	2	3	61
<b>Employment</b>							
Employed	33	42	17	3	3	2	69
Unemployed / disability or illness	41	39	13	2	3	2	75
Other outside workforce	24	51	17	5	1	2	69
<b>Household income</b>							
\$3,000 or more per week	29	46	17	4	2	2	69
\$2,000 to \$2,999 per week	30	44	19	4	1	2	69
\$1,000 to \$1,999 per week	31	45	15	4	3	2	69
Less than \$1,000 per week	34	43	15	4	2	2	71
Prefer not to say	31	43	20	2	1	3	71

## There are adequate mental health services in my local area

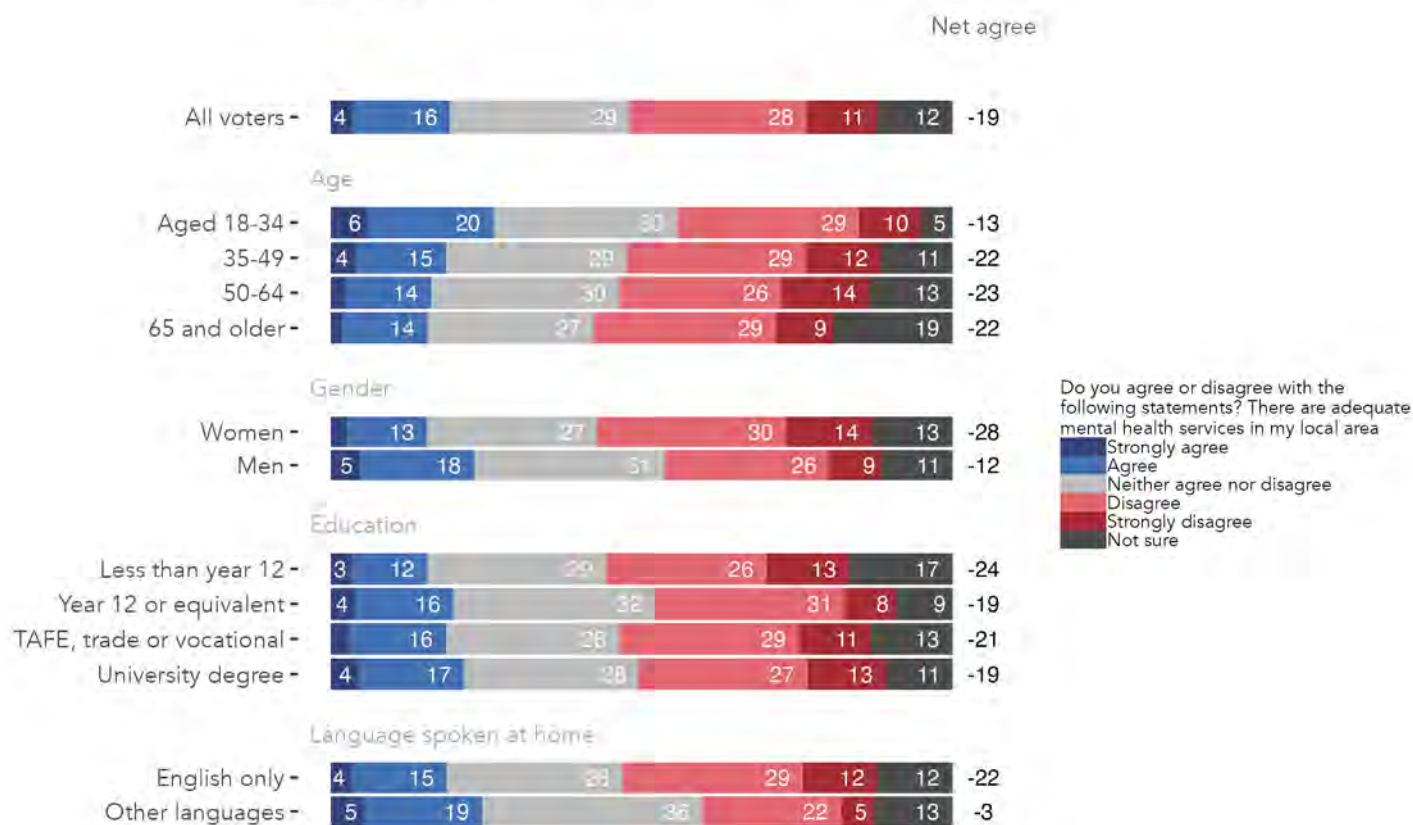


**Figure 15:** There are adequate mental health services in my local area, by vote intention, location, religion and home ownership. Figures in black on the right-hand side of the plot denote the net share who agree with the statement (total share that agree, minus the share who disagree).

**Table 13:** There are adequate mental health services in my local area, by vote intention, location, religion and home ownership.

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	Not sure	Net agree
All voters	4	16	29	28	11	12	-19
<b>Vote intention</b>							
Labor	3	14	30	31	10	12	-24
Coalition	4	18	28	26	11	13	-15
Greens	4	20	24	34	14	4	-24
Other parties and candidates	4	15	28	29	12	12	-22
<b>Location</b>							
Inner Metropolitan	4	19	32	24	8	13	-9
Outer Metropolitan	4	17	31	26	9	13	-14
Provincial	4	16	28	27	11	14	-18
Rural	2	11	24	36	18	9	-41
<b>Religion</b>							
Protestant	3	17	27	28	11	14	-19
Catholic	5	15	31	30	8	11	-18
Other religions	2	20	38	28	7	5	-13
No religion	4	15	29	27	12	13	-20
<b>Home ownership</b>							
Owned outright	3	14	30	27	11	15	-21
Owned with a mortgage	3	16	30	29	11	11	-21
Renting and other	5	17	27	29	12	10	-19

There are adequate mental health services in my local area



**Figure 16:** There are adequate mental health services in my local area, by demographic characteristics. Figures in black on the right-hand side of the plot denote the net share who agree with the statement (total share that agree, minus the share who disagree).

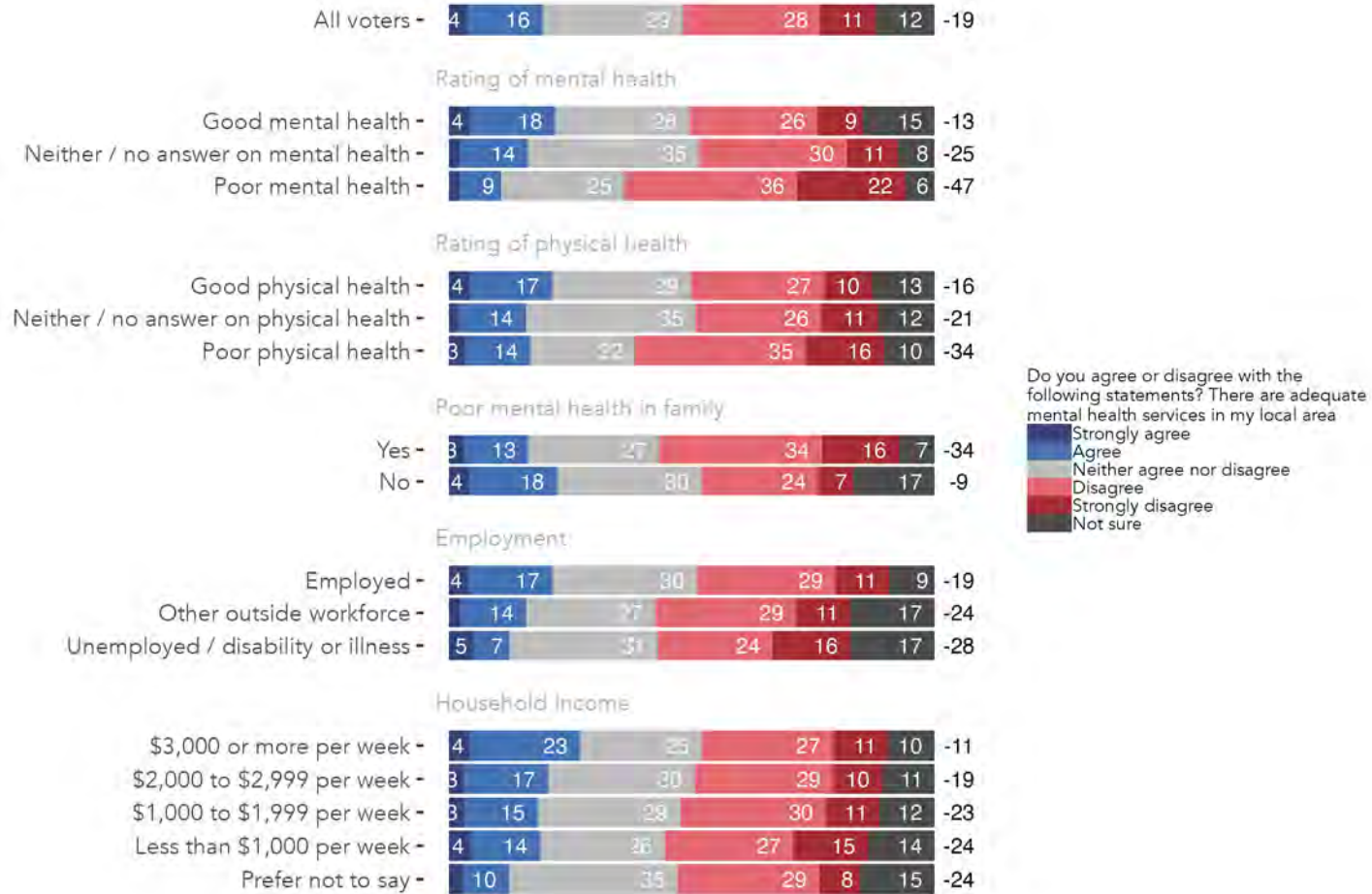
**Table 14:** There are adequate mental health services in my local area, by demographic characteristics.

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	Not sure	Net agree
All voters	4	16	29	28	11	12	-19
<b>Age</b>							
Aged 18-34	6	20	30	29	10	5	-13
35-49	4	15	29	29	12	11	-22
50-64	3	14	30	26	14	13	-23
65 and older	2	14	27	29	9	19	-22
<b>Gender</b>							
Women	3	13	27	30	14	13	-28
Men	5	18	31	26	9	11	-12
<b>Education</b>							
Less than year 12	3	12	29	26	13	17	-24
Year 12 or equivalent	4	16	32	31	8	9	-19
TAFE, trade or vocational	3	16	28	29	11	13	-21
University degree	4	17	28	27	13	11	-19
<b>Language spoken at home</b>							
English only	4	15	28	29	12	12	-22
Other languages	5	19	36	22	5	13	-3



There are adequate mental health services in my local area

Net agree



**Figure 17:** There are adequate mental health services in my local area, by rating of mental and physical health, family experiences of poor mental health, employment and household income. Figures in black on the right-hand side of the plot denote the net share who agree with the statement (total share that agree, minus the share who disagree).

**Table 15:** There are adequate mental health services in my local area, by rating of mental and physical health, family experiences of poor mental health, employment and household income.

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	Not sure	Net agree
All voters	4	16	29	28	11	12	-19
<b>Rating of mental health</b>							
Good mental health	4	18	28	26	9	15	-13
Neither / no answer on mental health	2	14	35	30	11	8	-25
Poor mental health	2	9	25	36	22	6	-47
<b>Rating of physical health</b>							
Good physical health	4	17	29	27	10	13	-16
Neither / no answer on physical health	2	14	35	26	11	12	-21
Poor physical health	3	14	22	35	16	10	-34
<b>Poor mental health in family</b>							
Yes	3	13	27	34	16	7	-34
No	4	18	30	24	7	17	-9
<b>Employment</b>							
Employed	4	17	30	29	11	9	-19
Unemployed / disability or illness	5	7	31	24	16	17	-28
Other outside workforce	2	14	27	29	11	17	-24
<b>Household income</b>							
\$3,000 or more per week	4	23	25	27	11	10	-11
\$2,000 to \$2,999 per week	3	17	30	29	10	11	-19
\$1,000 to \$1,999 per week	3	15	29	30	11	12	-23
Less than \$1,000 per week	4	14	26	27	15	14	-24
Prefer not to say	3	10	35	29	8	15	-24

## Concerns around mental health in Australia

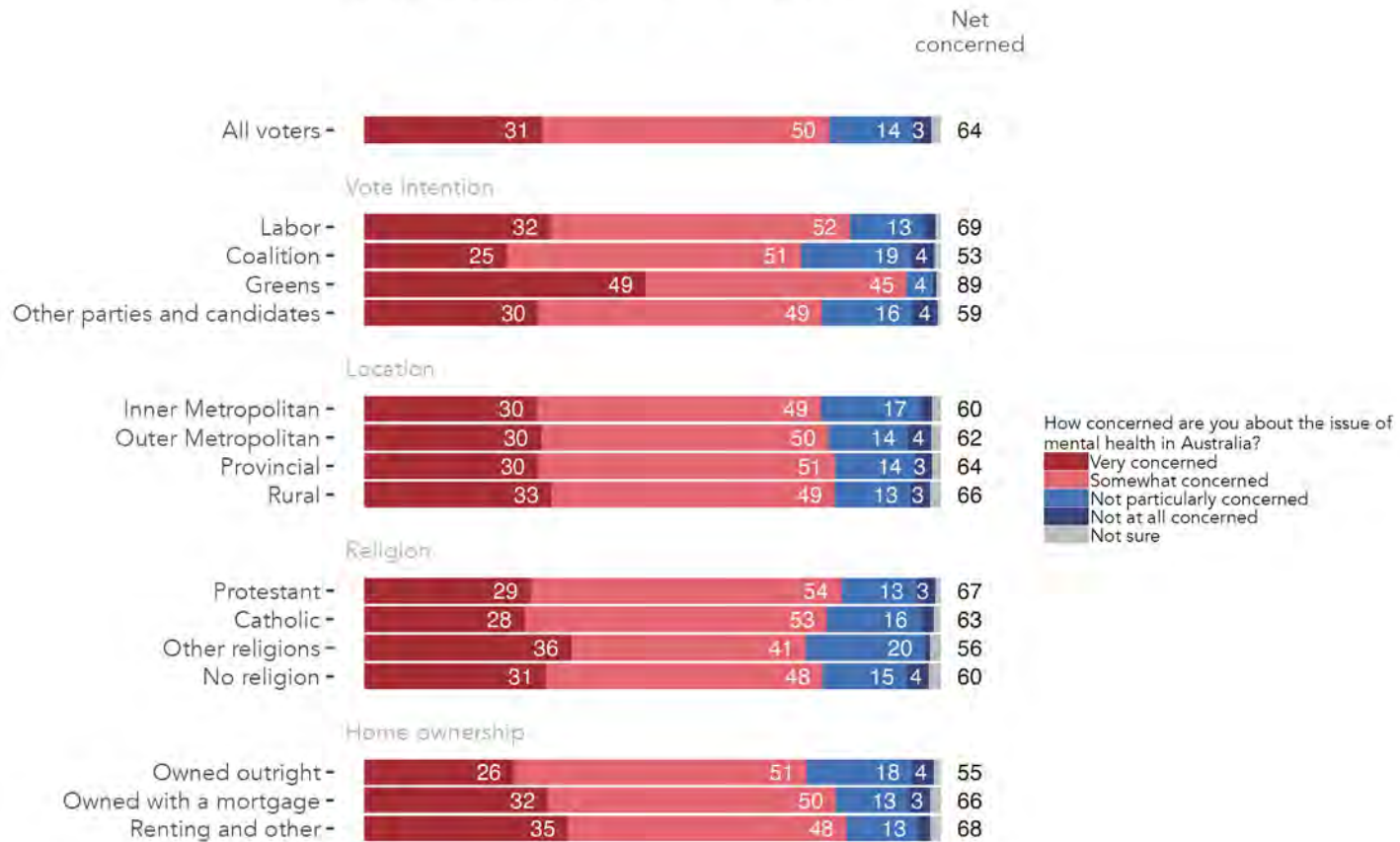
### Question text

**How concerned are you about the issue of mental health in Australia?**

Single select; random reverse columns 1-4

1. Very concerned
2. Somewhat concerned
3. Not particularly concerned
4. Not at all concerned
5. Not sure

## Concern about mental health in Australia

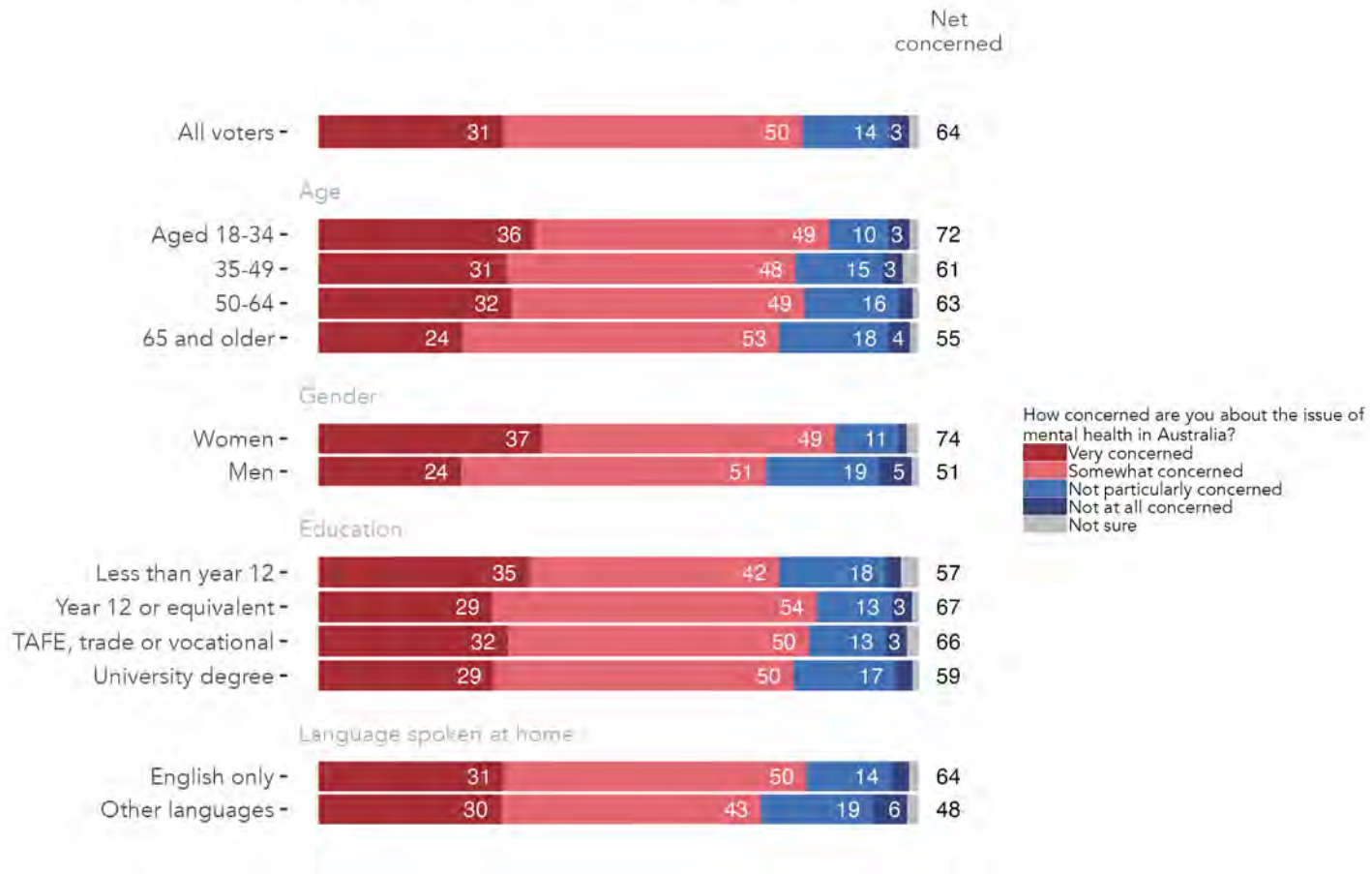


**Figure 18:** Concern about mental health in Australia, by vote intention, location, religion and home ownership. Figures in black on the right-hand side of the plot denote the net share who are concerned (total share who report very or somewhat, minus the share who report not particularly or not at all).

**Table 16:** Concern about mental health in Australia, by vote intention, location, religion and home ownership.

	Very concerned	Somewhat concerned	Not particularly concerned	Not at all concerned	Not sure	Net concern
All voters	31	50	14	3	2	64
<b>Vote intention</b>						
Labor	32	52	13	2	1	69
Coalition	25	51	19	4	1	53
Greens	49	45	4	1	1	89
Other parties and candidates	30	49	16	4	1	59
<b>Location</b>						
Inner Metropolitan	30	49	17	2	2	60
Outer Metropolitan	30	50	14	4	2	62
Provincial	30	51	14	3	2	64
Rural	33	49	13	3	2	66
<b>Religion</b>						
Protestant	29	54	13	3	1	67
Catholic	28	53	16	2	1	63
Other religions	36	41	20	1	2	56
No religion	31	48	15	4	2	60
<b>Home ownership</b>						
Owned outright	26	51	18	4	1	55
Owned with a mortgage	32	50	13	3	2	66
Renting and other	35	48	13	2	2	68

## Concern about mental health in Australia

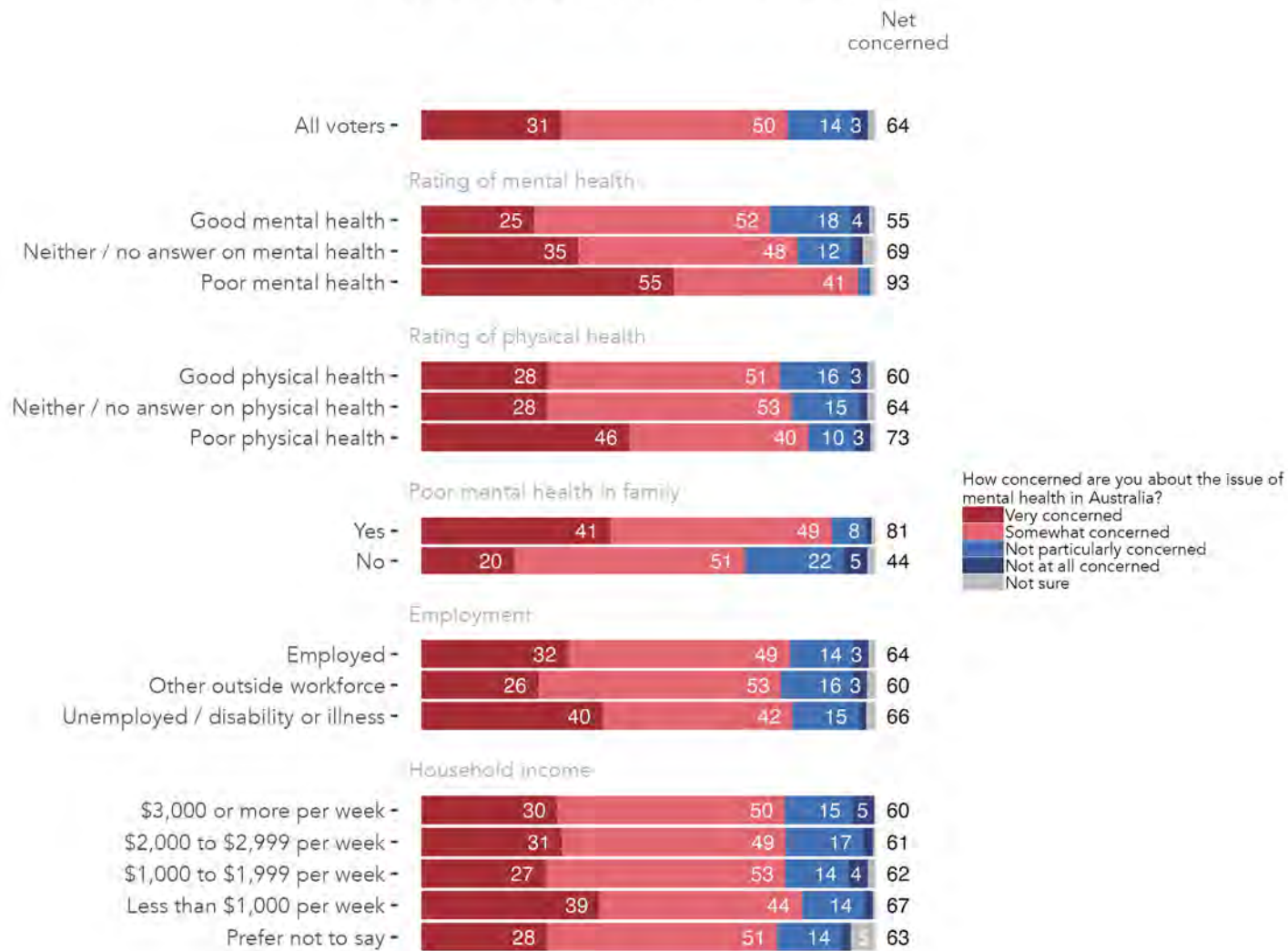


**Figure 19:** Concern about mental health in Australia, by demographic characteristics. Figures in black on the right-hand side of the plot denote the net share who are concerned (total share who report very or somewhat, minus the share who report not particularly or not at all).

**Table 17:** Concern about mental health in Australia, by demographic characteristics.

		Very concerned	Somewhat concerned	Not particularly concerned	Not at all concerned	Not sure	Net concern
	All voters	31	50	14	3	2	64
<b>Age</b>							
	Aged 18-34	36	49	10	3	2	72
	35-49	31	48	15	3	3	61
	50-64	32	49	16	2	1	63
	65 and older	24	53	18	4	1	55
<b>Gender</b>							
	Women	37	49	11	1	2	74
	Men	24	51	19	5	1	51
<b>Education</b>							
	Less than year 12	35	42	18	2	3	57
	Year 12 or equivalent	29	54	13	3	1	67
	TAFE, trade or vocational	32	50	13	3	2	66
	University degree	29	50	17	3	1	59
<b>Language spoken at home</b>							
	English only	31	50	14	3	2	64
	Other languages	30	43	19	6	2	48

## Concern about mental health in Australia



**Figure 20:** Concern about mental health in Australia, by rating of mental and physical health, family experiences of poor mental health, employment and household income. Figures in black on the right-hand side of the plot denote the net share who are concerned (total share who report very or somewhat, minus the share who report not particularly or not at all).



**Table 18:** Concern about mental health in Australia, by rating of mental and physical health, family experiences of poor mental health, employment and household income.

	Very concerned	Somewhat concerned	Not particularly concerned	Not at all concerned	Not sure	Net concern
All voters	31	50	14	3	2	64
<b>Rating of mental health</b>						
Good mental health	25	52	18	4	1	55
Neither / no answer on mental health	35	48	12	2	3	69
Poor mental health	55	41	3	0	1	93
<b>Rating of physical health</b>						
Good physical health	28	51	16	3	2	60
Neither / no answer on physical health	28	53	15	2	2	64
Poor physical health	46	40	10	3	1	73
<b>Poor mental health in family</b>						
Yes	41	49	8	1	1	81
No	20	51	22	5	2	44
<b>Employment</b>						
Employed	32	49	14	3	2	64
Unemployed / disability or illness	40	42	15	1	2	66
Other outside workforce	26	53	16	3	2	60
<b>Household income</b>						
\$3,000 or more per week	30	50	15	5	0	60
\$2,000 to \$2,999 per week	31	49	17	2	1	61
\$1,000 to \$1,999 per week	27	53	14	4	2	62
Less than \$1,000 per week	39	44	14	2	1	67
Prefer not to say	28	51	14	2	5	63

## Mental health of Australians; better or worse?

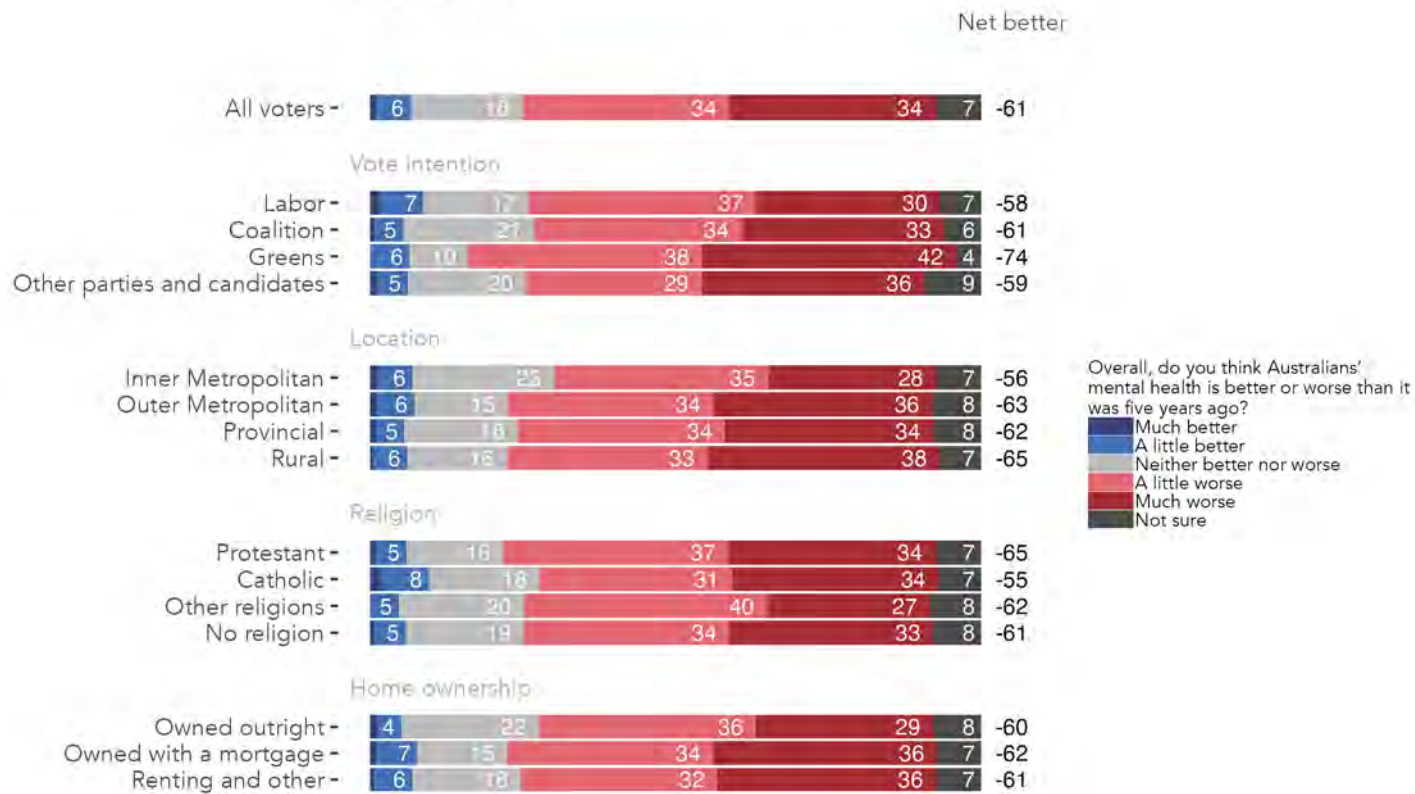
### Question text

**Overall, do you think Australians' mental health is better or worse than it was five years ago?**

Single select; random reverse columns 1-5

1. Much better
2. A little better
3. Neither better nor worse
4. A little worse
5. Much worse
6. Not sure

Do voters believe that the mental health of Australians is overall better or worse than it was five years ago

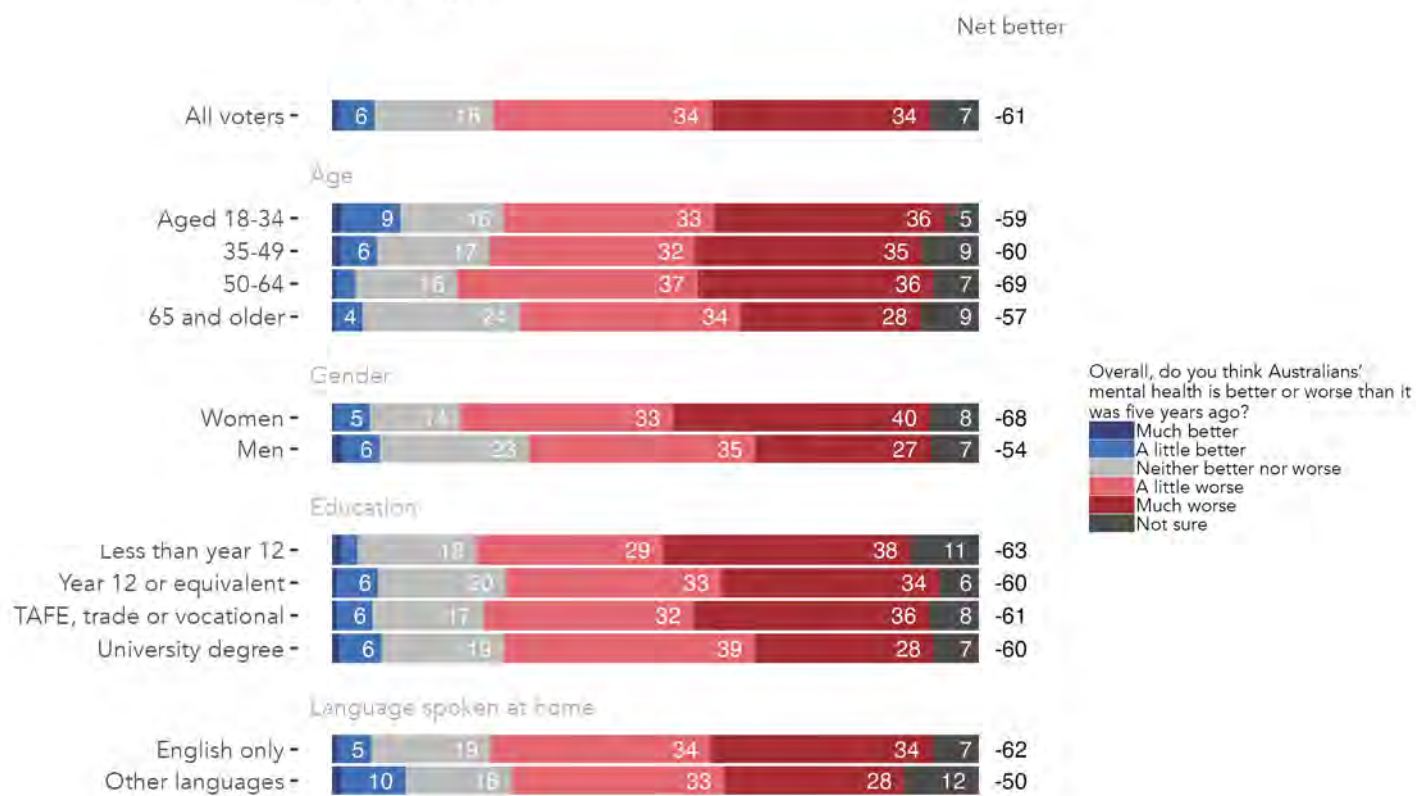


**Figure 21:** Do voters believe that the mental health of Australians is overall better or worse than it was five years ago, by vote intention, location, religion and home ownership. Figures in black on the right-hand side of the plot denote the net share who report it is better (total share who report better, minus the share who report worse).

**Table 19:** Do voters believe that the mental health of Australians is overall better or worse than it was five years ago, by vote intention, location, religion and home ownership.

	Much better	A little better	Neither better nor worse	A little worse	Much worse	Not sure	Net better
All voters	1	6	18	34	34	7	-61
<b>Vote intention</b>							
Labor	2	7	17	37	30	7	-58
Coalition	1	5	21	34	33	6	-61
Greens	0	6	10	38	42	4	-74
Other parties and candidates	1	5	20	29	36	9	-59
<b>Location</b>							
Inner Metropolitan	1	6	23	35	28	7	-56
Outer Metropolitan	1	6	15	34	36	8	-63
Provincial	1	5	18	34	34	8	-62
Rural	0	6	16	33	38	7	-65
<b>Religion</b>							
Protestant	1	5	16	37	34	7	-65
Catholic	2	8	18	31	34	7	-55
Other religions	0	5	20	40	27	8	-62
No religion	1	5	19	34	33	8	-61
<b>Home ownership</b>							
Owned outright	1	4	22	36	29	8	-60
Owned with a mortgage	1	7	15	34	36	7	-62
Renting and other	1	6	18	32	36	7	-61

Do voters believe that the mental health of Australians is overall better or worse than it was five years ago

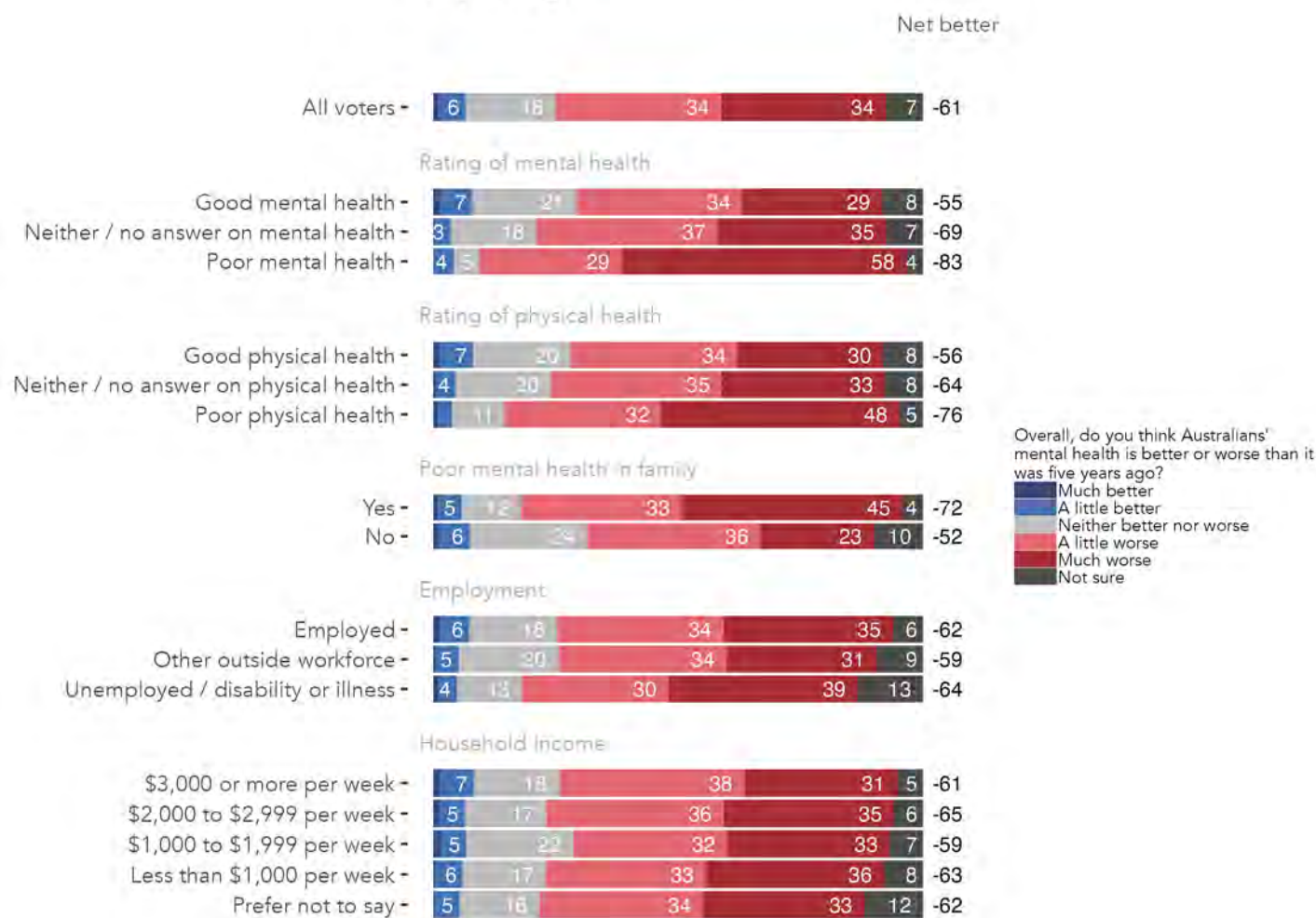


**Figure 22:** Do voters believe that the mental health of Australians is overall better or worse than it was five years ago, by demographic characteristics. Figures in black on the right-hand side of the plot denote the net share who report it is better (total share who report better, minus the share who report worse).

**Table 20:** Do voters believe that the mental health of Australians is overall better or worse than it was five years ago, by demographic characteristics.

		Much better	A little better	Neither better nor worse	A little worse	Much worse	Not sure	Net better
	All voters	1	6	18	34	34	7	-61
<b>Age</b>								
	Aged 18-34	1	9	16	33	36	5	-59
	35-49	1	6	17	32	35	9	-60
	50-64	1	3	16	37	36	7	-69
	65 and older	1	4	24	34	28	9	-57
<b>Gender</b>								
	Women	0	5	14	33	40	8	-68
	Men	2	6	23	35	27	7	-54
<b>Education</b>								
	Less than year 12	1	3	18	29	38	11	-63
	Year 12 or equivalent	1	6	20	33	34	6	-60
	TAFE, trade or vocational	1	6	17	32	36	8	-61
	University degree	1	6	19	39	28	7	-60
<b>Language spoken at home</b>								
	English only	1	5	19	34	34	7	-62
	Other languages	1	10	16	33	28	12	-50

Do voters believe that the mental health of Australians is overall better or worse than it was five years ago



**Figure 23:** Do voters believe that the mental health of Australians is overall better or worse than it was five years ago, by rating of mental and physical health, family experiences of poor mental health, employment and household income. Figures in black on the right-hand side of the plot denote the net share who report it is better (total share who report better, minus the share who report worse).

**Table 21:** Do voters believe that the mental health of Australians is overall better or worse than it was five years ago, by rating of mental and physical health, family experiences of poor mental health, employment and household income.

	Much better	A little better	Neither better nor worse	A little worse	Much worse	Not sure	Net better
All voters	1	6	18	34	34	7	-61
<b>Rating of mental health</b>							
Good mental health	1	7	21	34	29	8	-55
Neither / no answer on mental health	0	3	18	37	35	7	-69
Poor mental health	0	4	5	29	58	4	-83
<b>Rating of physical health</b>							
Good physical health	1	7	20	34	30	8	-56
Neither / no answer on physical health	0	4	20	35	33	8	-64
Poor physical health	1	3	11	32	48	5	-76
<b>Poor mental health in family</b>							
Yes	1	5	12	33	45	4	-72
No	1	6	24	36	23	10	-52
<b>Employment</b>							
Employed	1	6	18	34	35	6	-62
Unemployed / disability or illness	1	4	13	30	39	13	-64
Other outside workforce	1	5	20	34	31	9	-59
<b>Household income</b>							
\$3,000 or more per week	1	7	18	38	31	5	-61
\$2,000 to \$2,999 per week	1	5	17	36	35	6	-65
\$1,000 to \$1,999 per week	1	5	22	32	33	7	-59
Less than \$1,000 per week	0	6	17	33	36	8	-63
Prefer not to say	0	5	16	34	33	12	-62



## Should you be able to manage your own mental and physical health?

### Question text

To what extent do you agree or disagree with the following statements?

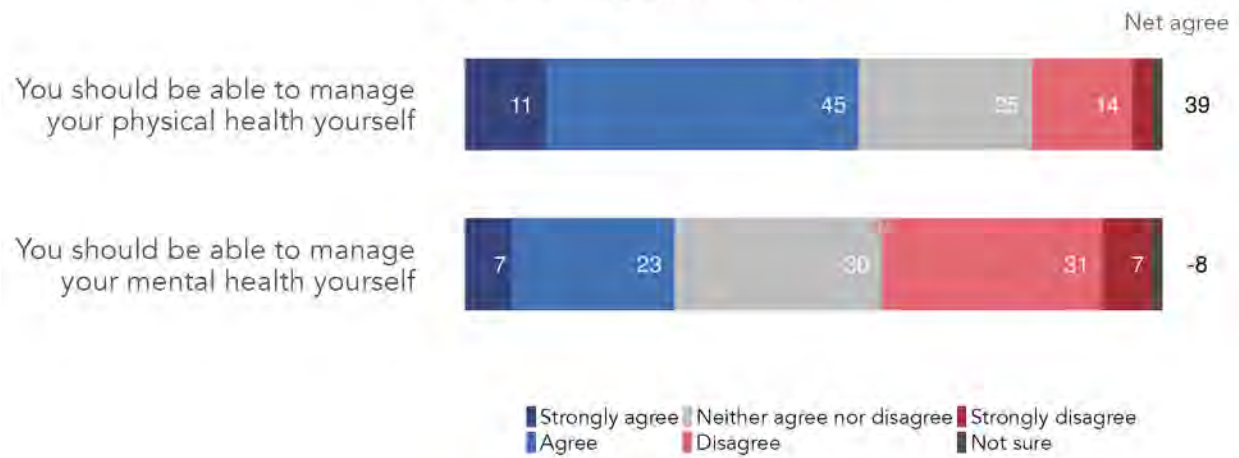
Grid; randomise rows

- A. You should be able to manage your **mental health** yourself.
- B. You should be able to manage your **physical health** yourself.

Single select; random reverse columns 1-5

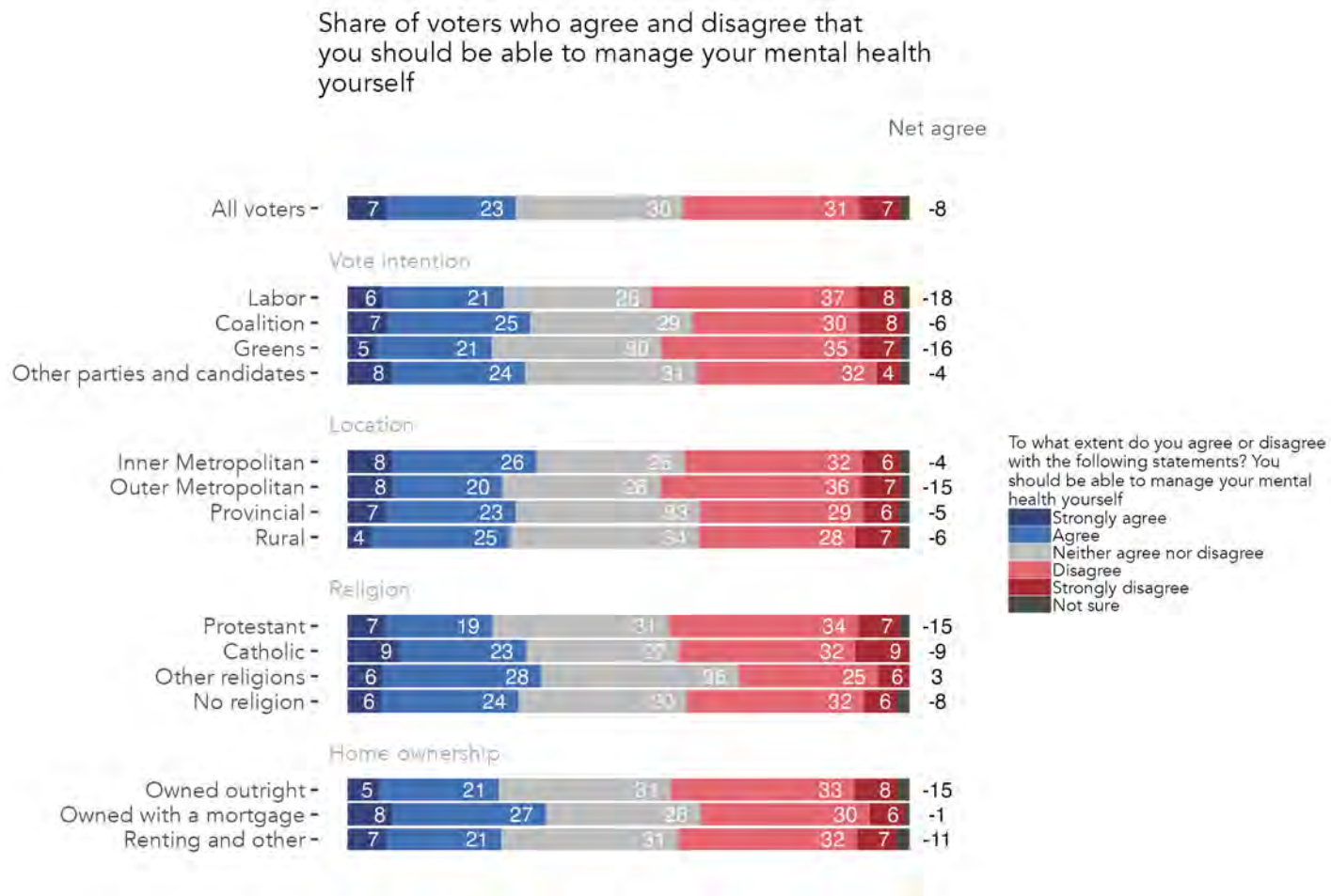
- 1. Strongly agree
- 2. Agree
- 3. Neither agree nor disagree
- 4. Disagree
- 5. Strongly disagree
- 6. Not sure

To what extent do you agree or disagree with the following statements?



**Figure 24:** Do voters believe mental and physical health are purely a personal responsibility? Figures in black on the right-hand side of the plot denote the net share who agree with each statement (total share who agree, minus the share who disagree).

## You should be able to manage your mental health yourself

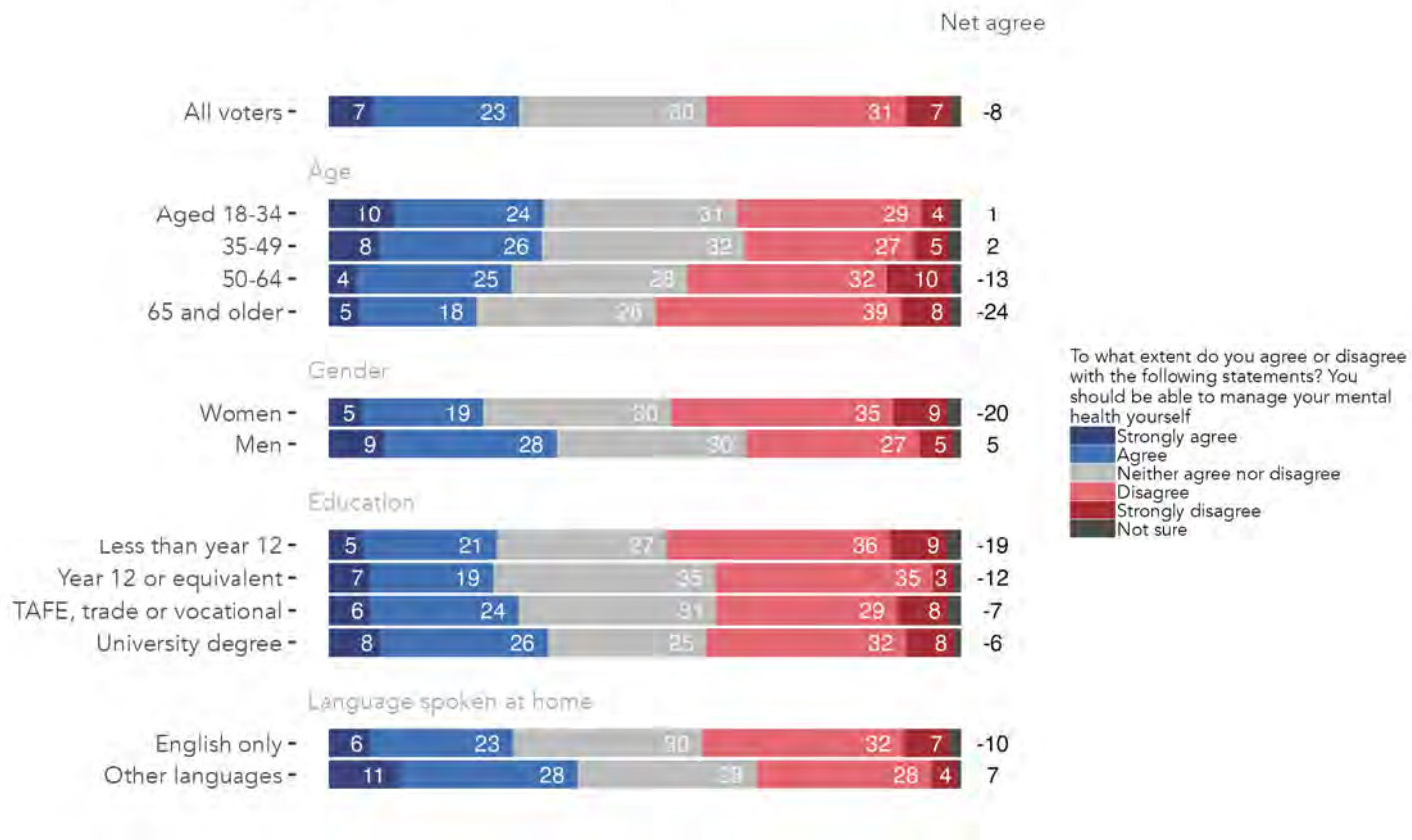


**Figure 25:** Share of voters who agree and disagree that you should be able to manage your mental health yourself, by vote intention, location, religion and home ownership. Figures in black on the right-hand side of the plot denote the net share who agree with the statement (total share that agree, minus the share who disagree).

**Table 22:** Share of voters who agree and disagree that you should be able to manage your mental health yourself, by vote intention, location, religion and home ownership.

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	Not sure	Net agree
All voters	7	23	30	31	7	2	-8
<b>Vote intention</b>							
Labor	6	21	26	37	8	2	-18
Coalition	7	25	29	30	8	1	-6
Greens	5	21	30	35	7	2	-16
Other parties and candidates	8	24	31	32	4	1	-4
<b>Location</b>							
Inner Metropolitan	8	26	26	32	6	2	-4
Outer Metropolitan	8	20	28	36	7	1	-15
Provincial	7	23	33	29	6	2	-5
Rural	4	25	34	28	7	2	-6
<b>Religion</b>							
Protestant	7	19	31	34	7	2	-15
Catholic	9	23	27	32	9	0	-9
Other religions	6	28	35	25	6	0	3
No religion	6	24	30	32	6	2	-8
<b>Home ownership</b>							
Owned outright	5	21	31	33	8	2	-15
Owned with a mortgage	8	27	28	30	6	1	-1
Renting and other	7	21	31	32	7	2	-11

Share of voters who agree and disagree that you should be able to manage your mental health yourself

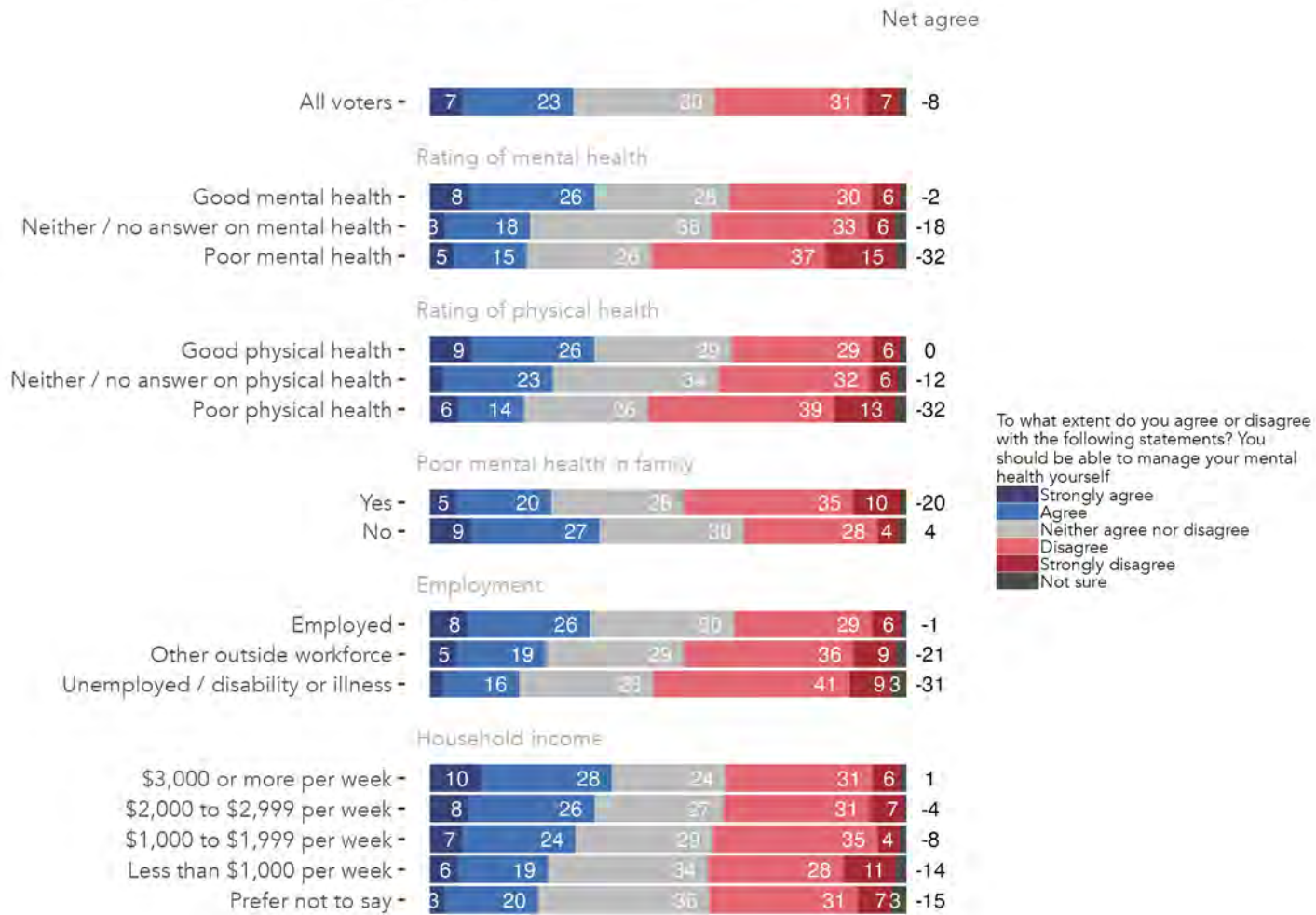


**Figure 26:** Share of voters who agree and disagree that you should be able to manage your mental health yourself, by demographic characteristics. Figures in black on the right-hand side of the plot denote the net share who agree with the statement (total share that agree, minus the share who disagree).

**Table 23:** Share of voters who agree and disagree that you should be able to manage your mental health yourself, by demographic characteristics.

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	Not sure	Net agree
<b>Age</b>							
All voters	7	23	30	31	7	2	-8
Aged 18-34	10	24	31	29	4	2	1
35-49	8	26	32	27	5	2	2
50-64	4	25	28	32	10	1	-13
65 and older	5	18	28	39	8	2	-24
<b>Gender</b>							
Women	5	19	30	35	9	2	-20
Men	9	28	30	27	5	1	5
<b>Education</b>							
Less than year 12	5	21	27	36	9	2	-19
Year 12 or equivalent	7	19	35	35	3	1	-12
TAFE, trade or vocational	6	24	31	29	8	2	-7
University degree	8	26	25	32	8	1	-6
<b>Language spoken at home</b>							
English only	6	23	30	32	7	2	-10
Other languages	11	28	28	28	4	1	7

# Share of voters who agree and disagree that you should be able to manage your mental health yourself



**Figure 27:** Share of voters who agree and disagree that you should be able to manage your mental health yourself, by rating of mental and physical health, family experiences of poor mental health, employment and household income. Figures in black on the right-hand side of the plot denote the net share who agree with the statement (total share that agree, minus the share who disagree).

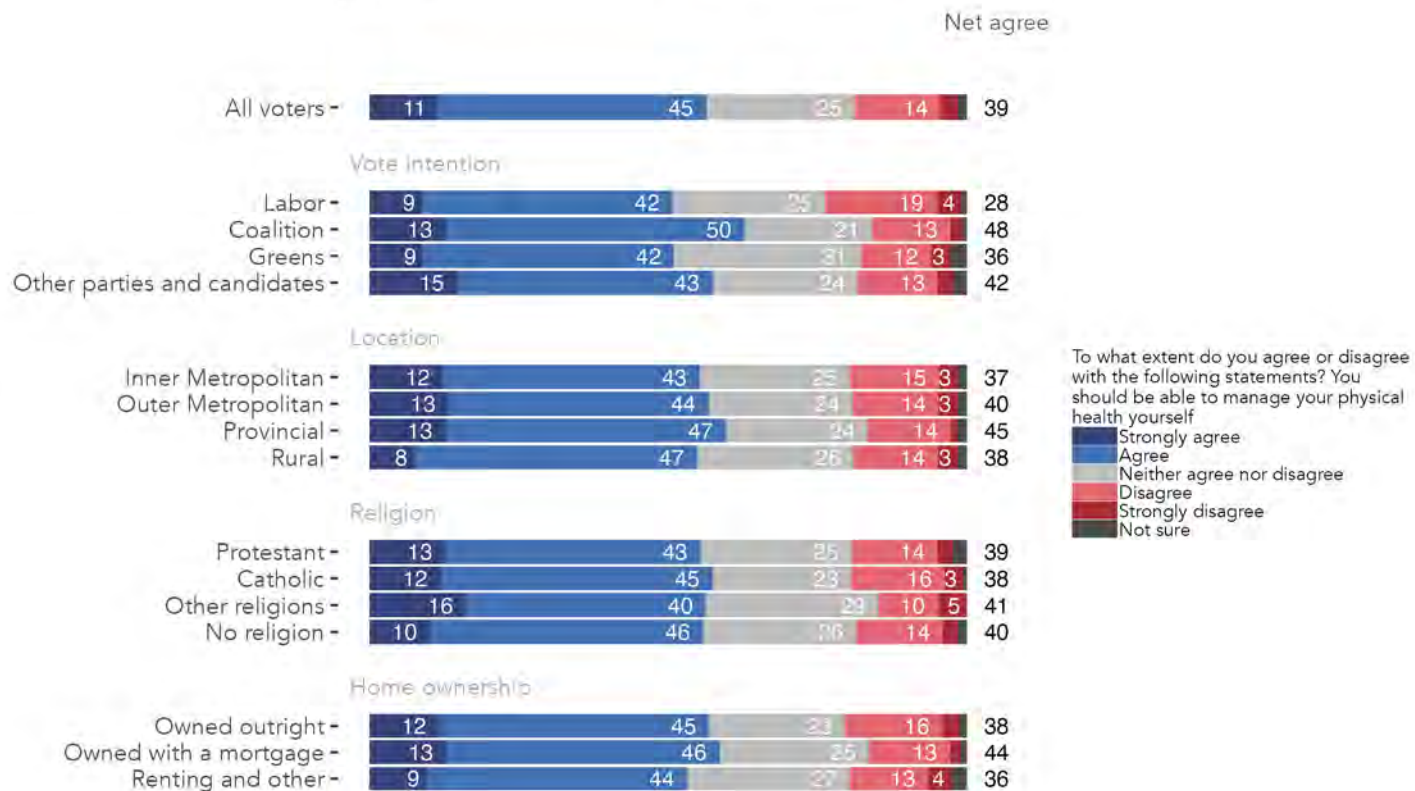
**Table 24:** Share of voters who agree and disagree that you should be able to manage your mental health yourself, by rating of mental and physical health, family experiences of poor mental health, employment and household income.

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	Not sure	Net agree
All voters	7	23	30	31	7	2	-8
<b>Rating of mental health</b>							
Good mental health	8	26	28	30	6	2	-2
Neither / no answer on mental health	3	18	38	33	6	2	-18
Poor mental health	5	15	26	37	15	2	-32
<b>Rating of physical health</b>							
Good physical health	9	26	29	29	6	1	0
Neither / no answer on physical health	3	23	34	32	6	2	-12
Poor physical health	6	14	26	39	13	2	-32
<b>Poor mental health in family</b>							
Yes	5	20	28	35	10	2	-20
No	9	27	30	28	4	2	4
<b>Employment</b>							
Employed	8	26	30	29	6	1	-1
Unemployed / disability or illness	3	16	28	41	9	3	-31
Other outside workforce	5	19	29	36	9	2	-21
<b>Household income</b>							
\$3,000 or more per week	10	28	24	31	6	1	1
\$2,000 to \$2,999 per week	8	26	27	31	7	1	-4
\$1,000 to \$1,999 per week	7	24	29	35	4	1	-8
Less than \$1,000 per week	6	19	34	28	11	2	-14
Prefer not to say	3	20	36	31	7	3	-15



## You should be able to manage your physical health yourself

Share of voters who agree and disagree that you should be able to manage your physical health yourself

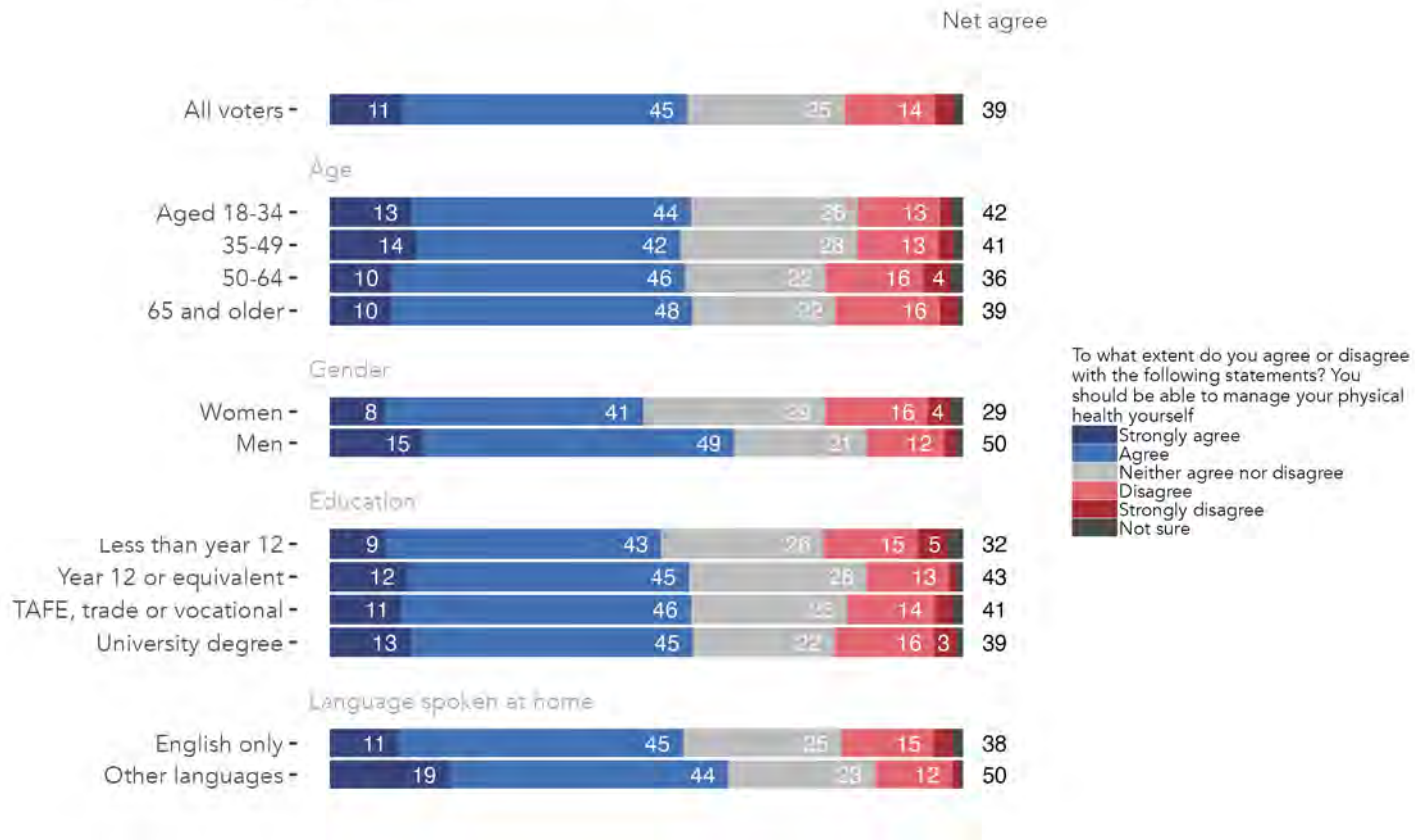


**Figure 28:** Share of voters who agree and disagree that you should be able to manage your physical health yourself, by vote intention, location, religion and home ownership. Figures in black on the right-hand side of the plot denote the net share who agree with the statement (total share that agree, minus the share who disagree).

**Table 25:** Share of voters who agree and disagree that you should be able to manage your physical health yourself, by vote intention, location, religion and home ownership.

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	Not sure	Net agree
All voters	11	45	25	14	3	2	39
<b>Vote intention</b>							
Labor	9	42	25	19	4	1	28
Coalition	13	50	21	13	2	1	48
Greens	9	42	31	12	3	3	36
Other parties and candidates	15	43	24	13	3	2	42
<b>Location</b>							
Inner Metropolitan	12	43	25	15	3	2	37
Outer Metropolitan	13	44	24	14	3	2	40
Provincial	13	47	24	14	1	1	45
Rural	8	47	26	14	3	2	38
<b>Religion</b>							
Protestant	13	43	25	14	3	2	39
Catholic	12	45	23	16	3	1	38
Other religions	16	40	29	10	5	0	41
No religion	10	46	26	14	2	2	40
<b>Home ownership</b>							
Owned outright	12	45	23	16	3	1	38
Owned with a mortgage	13	46	25	13	2	1	44
Renting and other	9	44	27	13	4	3	36

Share of voters who agree and disagree that you should be able to manage your physical health yourself

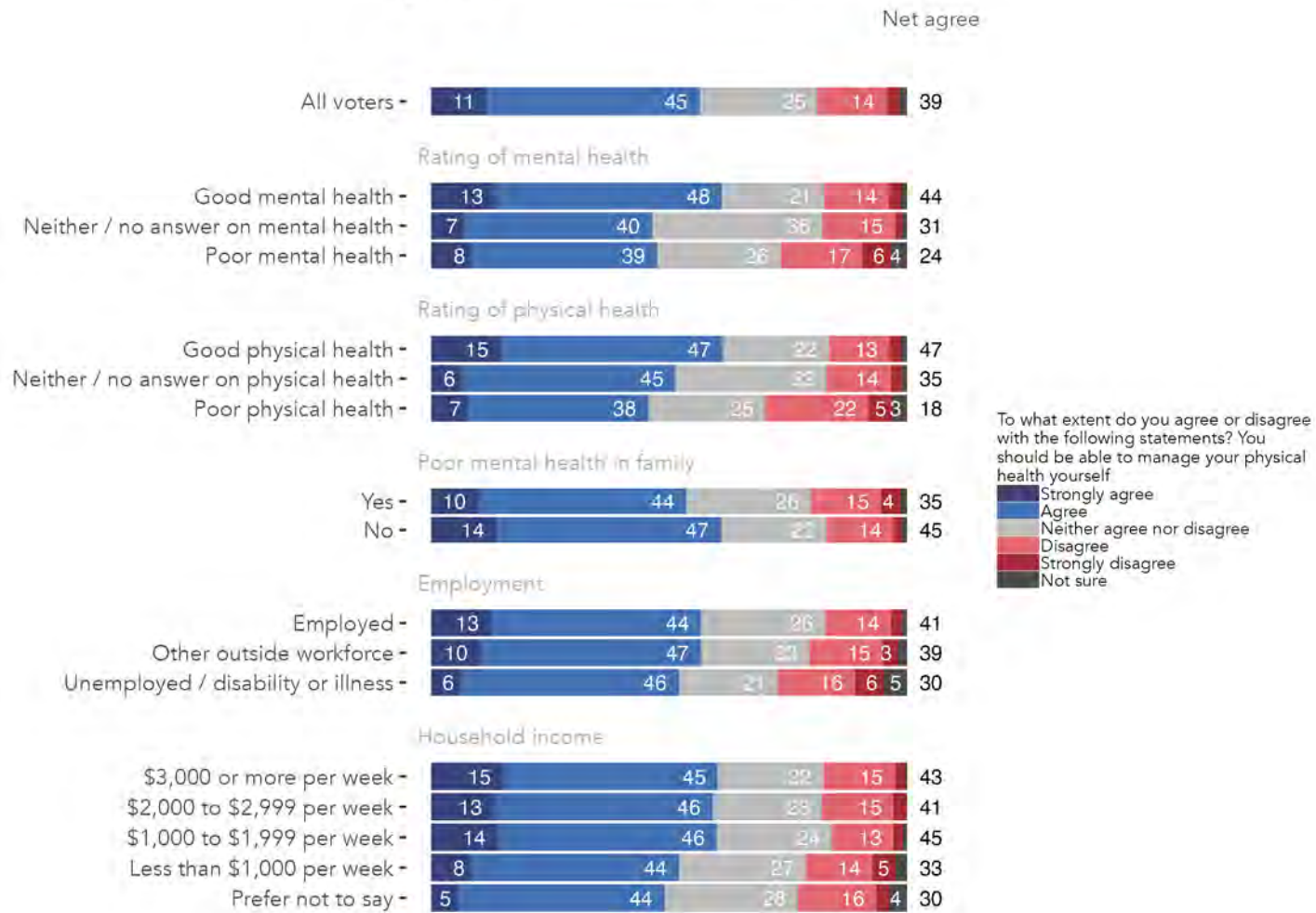


**Figure 29:** Share of voters who agree and disagree that you should be able to manage your physical health yourself, by demographic characteristics. Figures in black on the right-hand side of the plot denote the net share who agree with the statement (total share that agree, minus the share who disagree).

**Table 26:** Share of voters who agree and disagree that you should be able to manage your physical health yourself, by demographic characteristics.

		Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	Not sure	Net agree
	All voters	11	45	25	14	3	2	39
<b>Age</b>								
	Aged 18-34	13	44	26	13	2	2	42
	35-49	14	42	28	13	2	1	41
	50-64	10	46	22	16	4	2	36
	65 and older	10	48	22	16	3	1	39
<b>Gender</b>								
	Women	8	41	29	16	4	2	29
	Men	15	49	21	12	2	1	50
<b>Education</b>								
	Less than year 12	9	43	26	15	5	2	32
	Year 12 or equivalent	12	45	28	13	1	1	43
	TAFE, trade or vocational	11	46	25	14	2	2	41
	University degree	13	45	22	16	3	1	39
<b>Language spoken at home</b>								
	English only	11	45	25	15	3	1	38
	Other languages	19	44	23	12	1	1	50

# Share of voters who agree and disagree that you should be able to manage your physical health yourself



**Figure 30:** Share of voters who agree and disagree that you should be able to manage your physical health yourself, by rating of mental and physical health, family experiences of poor mental health, employment and household income. Figures in black on the right-hand side of the plot denote the net share who agree with the statement (total share that agree, minus the share who disagree).

**Table 27:** Share of voters who agree and disagree that you should be able to manage your physical health yourself, by rating of mental and physical health, family experiences of poor mental health, employment and household income.

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	Not sure	Net agree
All voters	11	45	25	14	3	2	39
<b>Rating of mental health</b>							
Good mental health	13	48	21	14	3	1	44
Neither / no answer on mental health	7	40	36	15	1	1	31
Poor mental health	8	39	26	17	6	4	24
<b>Rating of physical health</b>							
Good physical health	15	47	22	13	2	1	47
Neither / no answer on physical health	6	45	32	14	2	1	35
Poor physical health	7	38	25	22	5	3	18
<b>Poor mental health in family</b>							
Yes	10	44	26	15	4	1	35
No	14	47	22	14	2	1	45
<b>Employment</b>							
Employed	13	44	26	14	2	1	41
Unemployed / disability or illness	6	46	21	16	6	5	30
Other outside workforce	10	47	23	15	3	2	39
<b>Household income</b>							
\$3,000 or more per week	15	45	22	15	2	1	43
\$2,000 to \$2,999 per week	13	46	23	15	3	0	41
\$1,000 to \$1,999 per week	14	46	24	13	2	1	45
Less than \$1,000 per week	8	44	27	14	5	2	33
Prefer not to say	5	44	28	16	3	4	30

# Subjective rating of mental and physical health

## Question text

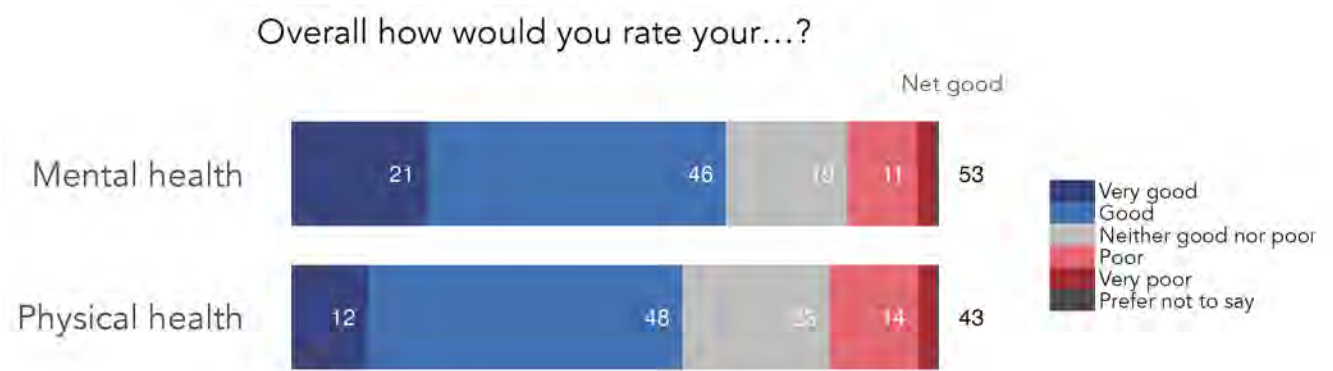
**Overall how would you rate your...**

Grid; randomise rows

- A. Mental health
- B. Physical health

Single select; random reverse columns 1-5

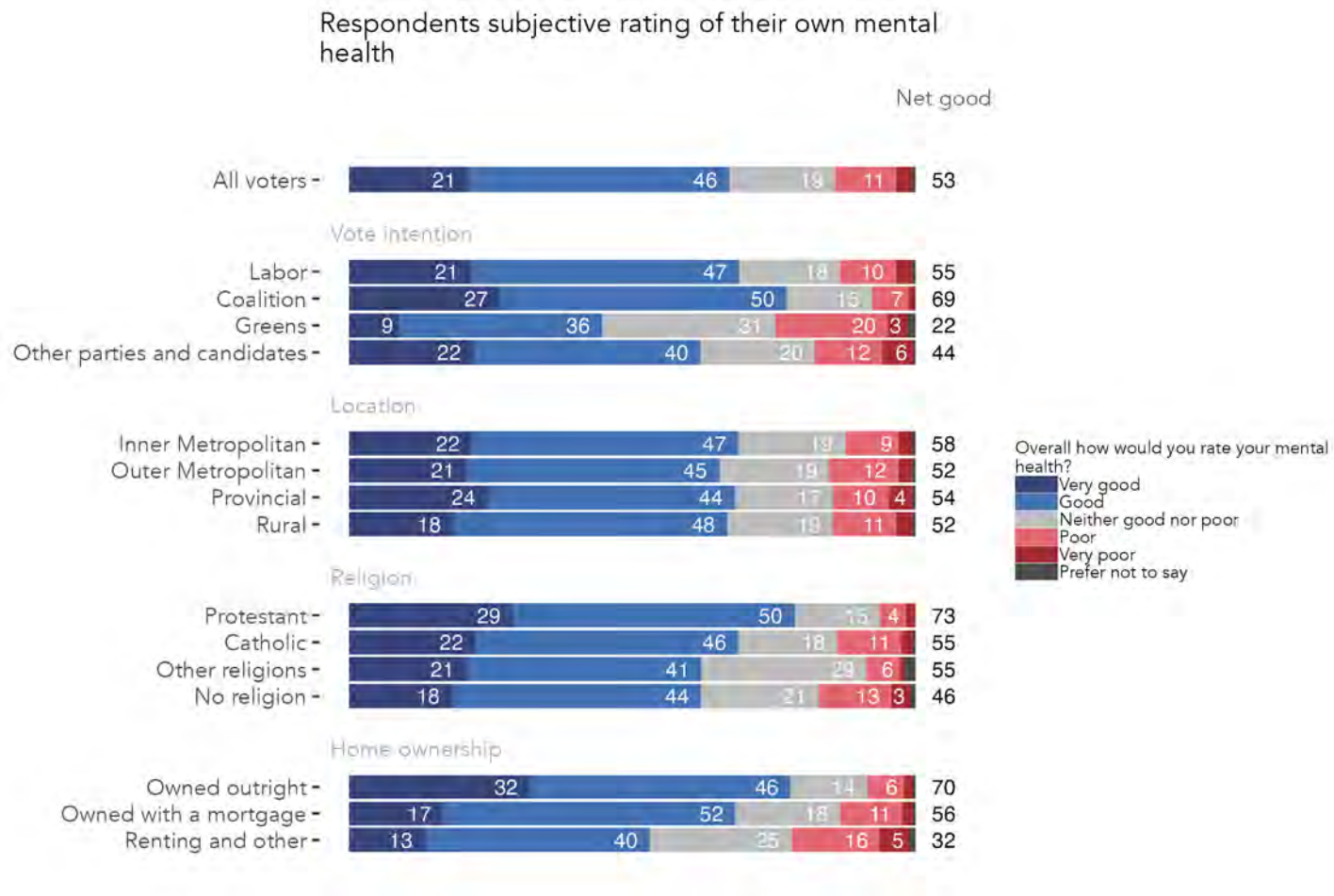
- 1. Very good
- 2. Good
- 3. Neither good nor poor
- 4. Poor
- 5. Very poor
- 6. Prefer not to say



**Figure 31:** How voters rate their mental and physical health. Figures in black on the right-hand side of the plot denote the net share who rate each component of their health as good (total share who report good, minus the share who report poor).



## Rating of mental health

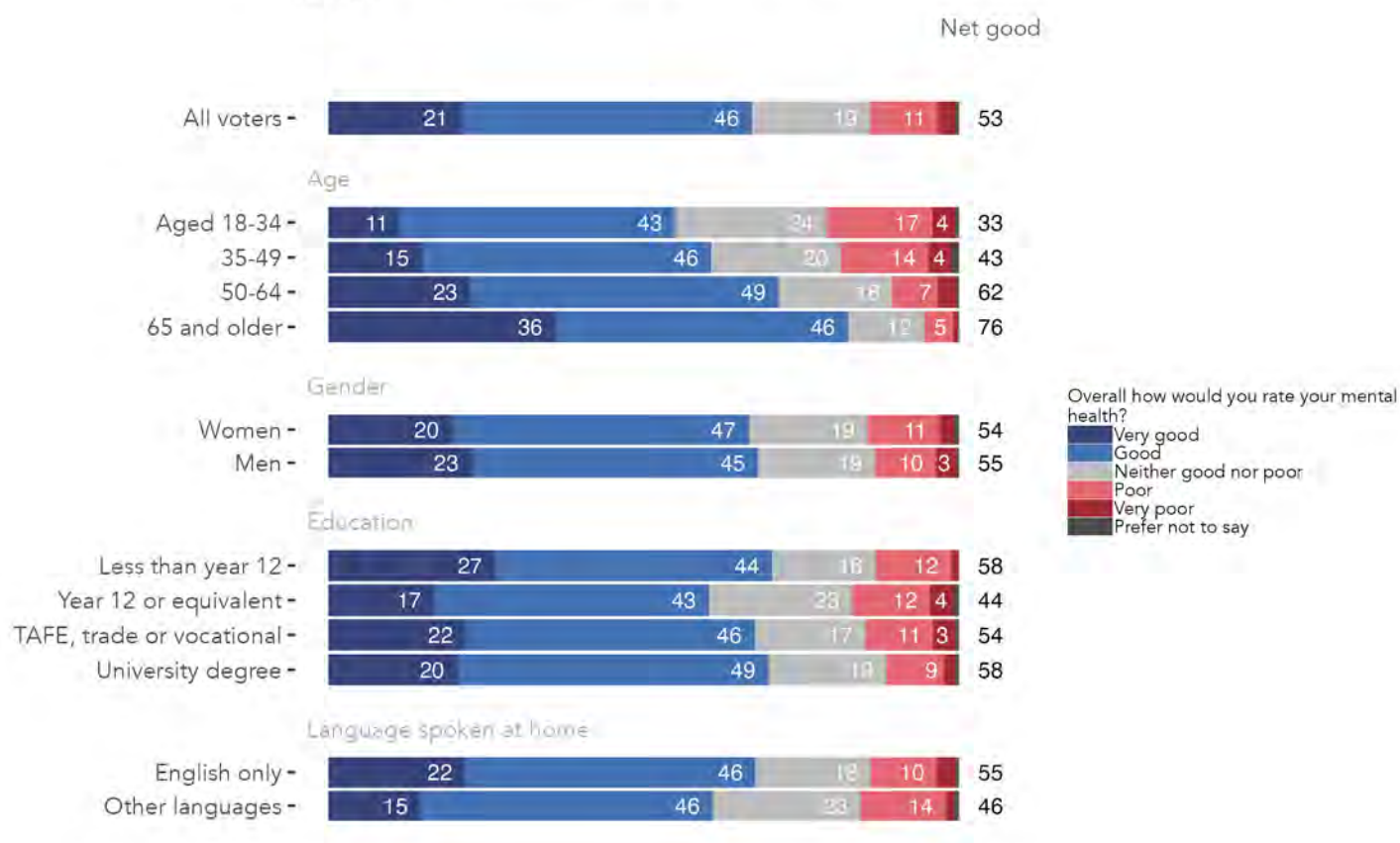


**Figure 32:** Respondents subjective rating of their own mental health, by vote intention, location, religion and home ownership. Figures in black on the right-hand side of the plot denote the net share who rate their health as good (total share who rated good, minus the share who rated poor).

**Table 28:** Respondents subjective rating of their own mental health, by vote intention, location, religion and home ownership.

		Very good	Good	Neither good nor poor	Poor	Very poor	Prefer not to say	Net good
	All voters	21	46	19	11	3	0	53
<b>Vote intention</b>								
	Labor	21	47	18	10	3	1	55
	Coalition	27	50	15	7	1	0	69
	Greens	9	36	31	20	3	1	22
	Other parties and candidates	22	40	20	12	6	0	44
<b>Location</b>								
	Inner Metropolitan	22	47	19	9	2	1	58
	Outer Metropolitan	21	45	19	12	2	1	52
	Provincial	24	44	17	10	4	1	54
	Rural	18	48	19	11	3	1	52
<b>Religion</b>								
	Protestant	29	50	15	4	2	0	73
	Catholic	22	46	18	11	2	1	55
	Other religions	21	41	29	6	1	2	55
	No religion	18	44	21	13	3	1	46
<b>Home ownership</b>								
	Owned outright	32	46	14	6	2	0	70
	Owned with a mortgage	17	52	18	11	2	0	56
	Renting and other	13	40	25	16	5	1	32

# Respondents subjective rating of their own mental health

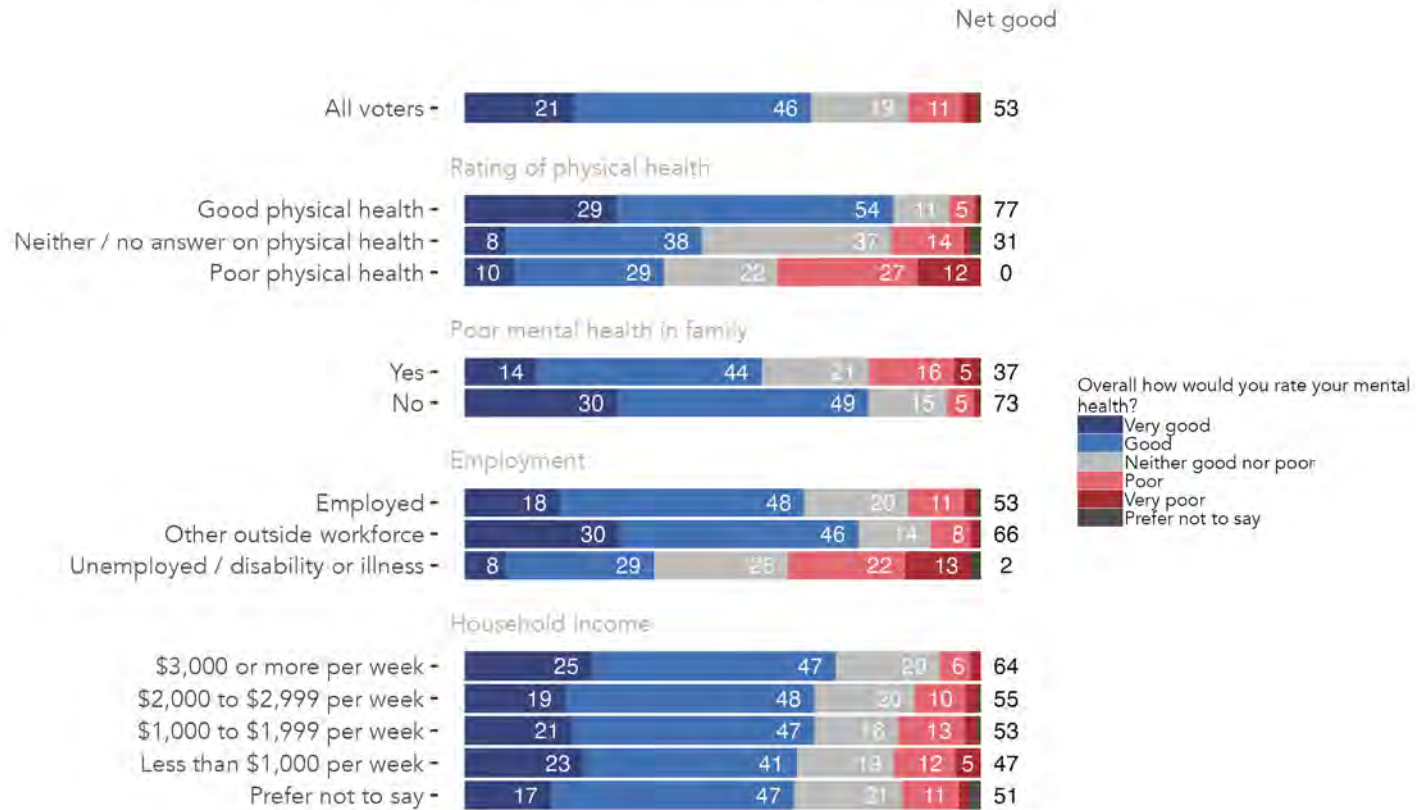


**Figure 33:** Respondents subjective rating of their own mental health, by demographic characteristics. Figures in black on the right-hand side of the plot denote the net share who rate their health as good (total share who rated good, minus the share who rated poor).

**Table 29:** Respondents subjective rating of their own mental health, by demographic characteristics.

		Very good	Good	Neither good nor poor	Poor	Very poor	Prefer not to say	Net good
<b>Age</b>	All voters	21	46	19	11	3	0	53
	Aged 18-34	11	43	24	17	4	1	33
	35-49	15	46	20	14	4	1	43
	50-64	23	49	18	7	3	0	62
	65 and older	36	46	12	5	1	0	76
<b>Gender</b>	Women	20	47	19	11	2	1	54
	Men	23	45	19	10	3	0	55
<b>Education</b>	Less than year 12	27	44	16	12	1	0	58
	Year 12 or equivalent	17	43	23	12	4	1	44
	TAFE, trade or vocational	22	46	17	11	3	1	54
	University degree	20	49	19	9	2	1	58
<b>Language spoken at home</b>	English only	22	46	18	10	3	1	55
	Other languages	15	46	23	14	1	1	46

## Respondents subjective rating of their own mental health

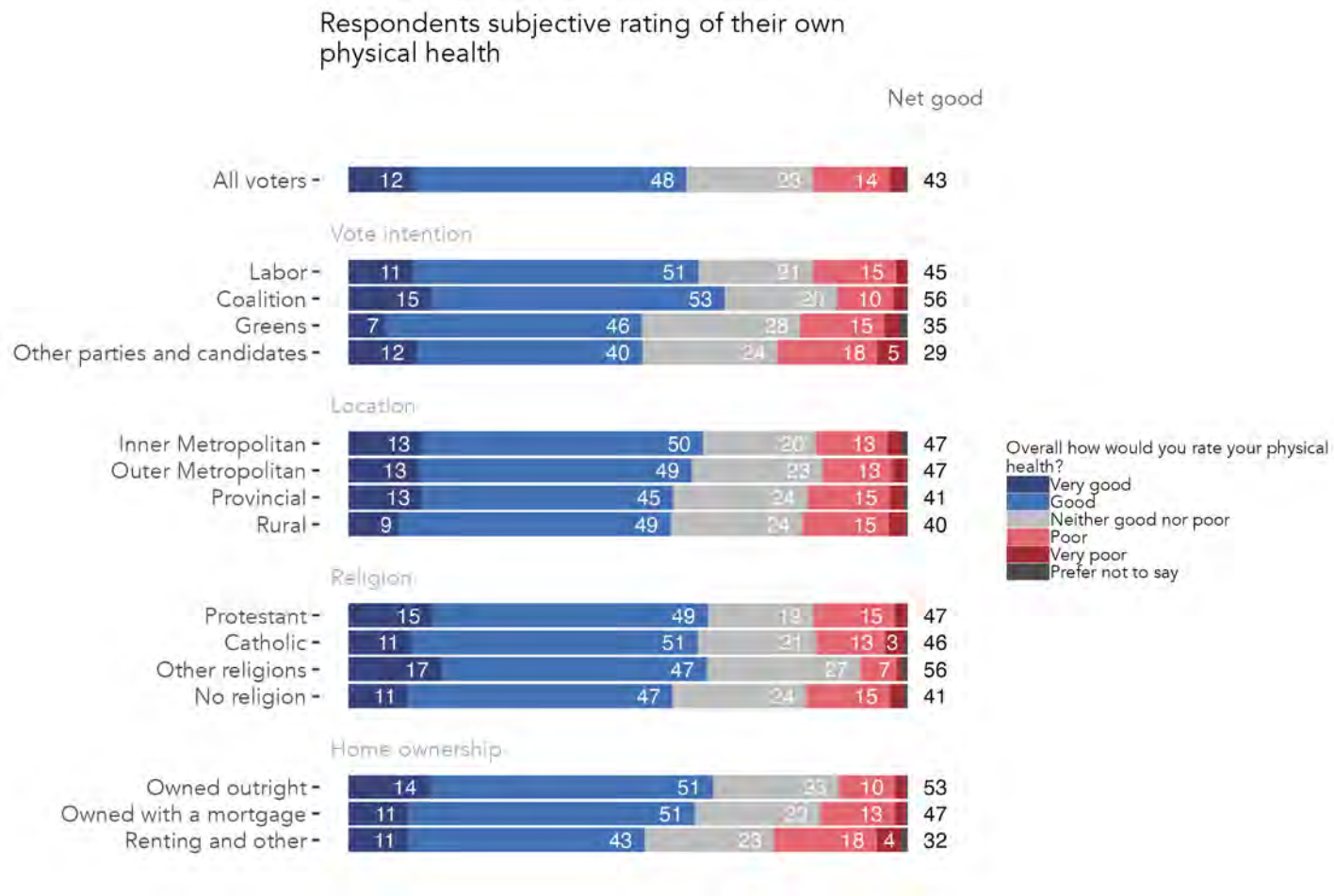


**Figure 34:** Respondents subjective rating of their own mental health, by rating of physical health, family experiences of poor mental health, employment and household income. Figures in black on the right-hand side of the plot denote the net share who rate their health as good (total share who rated good, minus the share who rated poor).

**Table 30:** Respondents subjective rating of their own mental health, by rating of physical health, family experiences of poor mental health, employment and household income.

	Very good	Good	Neither good nor poor	Poor	Very poor	Prefer not to say	Net good
All voters	21	46	19	11	3	0	53
<b>Rating of physical health</b>							
Good physical health	29	54	11	5	1	0	77
Neither / no answer on physical health	8	38	37	14	1	2	31
Poor physical health	10	29	22	27	12	0	0
<b>Poor mental health in family</b>							
Yes	14	44	21	16	5	0	37
No	30	49	15	5	1	0	73
<b>Employment</b>							
Employed	18	48	20	11	2	1	53
Unemployed / disability or illness	8	29	26	22	13	2	2
Other outside workforce	30	46	14	8	2	0	66
<b>Household income</b>							
\$3,000 or more per week	25	47	20	6	2	0	64
\$2,000 to \$2,999 per week	19	48	20	10	2	1	55
\$1,000 to \$1,999 per week	21	47	16	13	2	1	53
Less than \$1,000 per week	23	41	19	12	5	0	47
Prefer not to say	17	47	21	11	2	2	51

## Rating of physical health

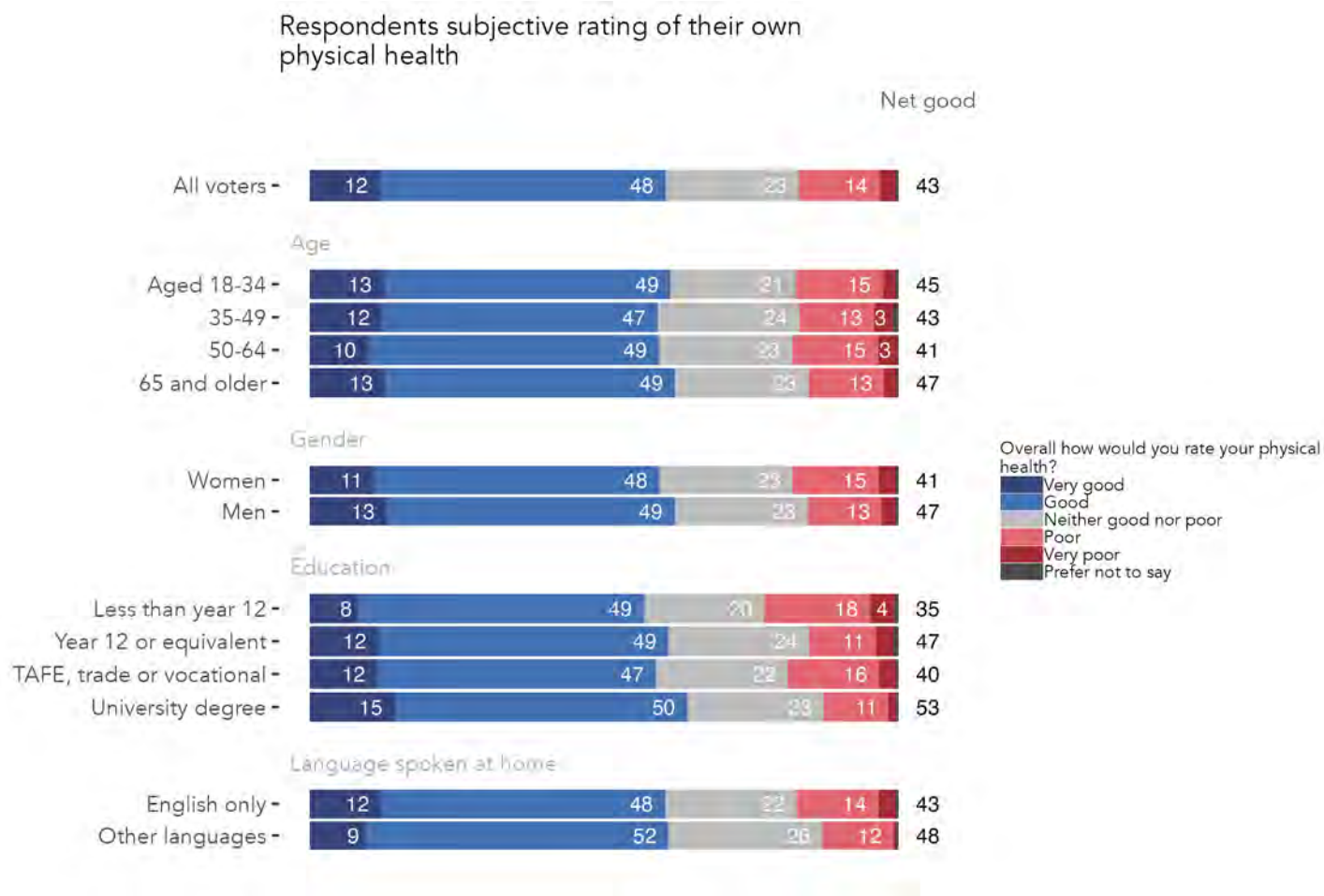


**Figure 35:** Respondents subjective rating of their own physical health, by vote intention, location, religion and home ownership. Figures in black on the right-hand side of the plot denote the net share who rate their health as good (total share who rated good, minus the share who rated poor).

**Table 31:** Respondents subjective rating of their own physical health, by vote intention, location, religion and home ownership.

	Very good	Good	Neither good nor poor	Poor	Very poor	Prefer not to say	Net good
All voters	12	48	23	14	3	0	43
<b>Vote intention</b>							
Labor	11	51	21	15	2	0	45
Coalition	15	53	20	10	2	0	56
Greens	7	46	28	15	3	1	35
Other parties and candidates	12	40	24	18	5	1	29
<b>Location</b>							
Inner Metropolitan	13	50	20	13	3	1	47
Outer Metropolitan	13	49	23	13	2	0	47
Provincial	13	45	24	15	2	1	41
Rural	9	49	24	15	3	0	40
<b>Religion</b>							
Protestant	15	49	19	15	2	0	47
Catholic	11	51	21	13	3	1	46
Other religions	17	47	27	7	1	1	56
No religion	11	47	24	15	2	1	41
<b>Home ownership</b>							
Owned outright	14	51	23	10	2	0	53
Owned with a mortgage	11	51	23	13	2	0	47
Renting and other	11	43	23	18	4	1	32

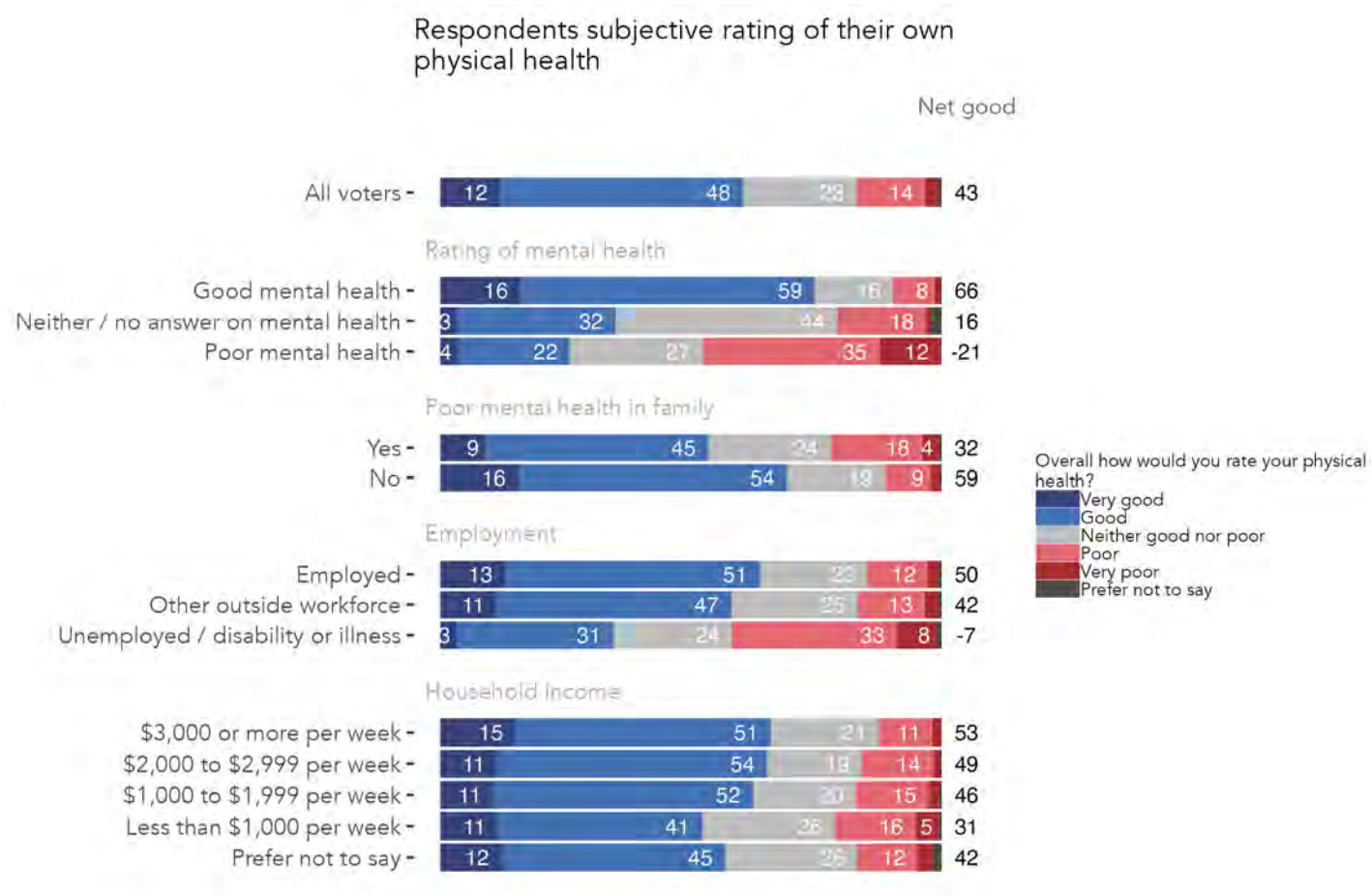




**Figure 36:** Respondents subjective rating of their own physical health, by demographic characteristics. Figures in black on the right-hand side of the plot denote the net share who rate their health as good (total share who rated good, minus the share who rated poor).

**Table 32:** Respondents subjective rating of their own physical health, by demographic characteristics.

		Very good	Good	Neither good nor poor	Poor	Very poor	Prefer not to say	Net good
<b>Age</b>	All voters	12	48	23	14	3	0	43
	Aged 18-34	13	49	21	15	2	0	45
	35-49	12	47	24	13	3	1	43
	50-64	10	49	23	15	3	0	41
	65 and older	13	49	23	13	2	0	47
<b>Gender</b>	Women	11	48	23	15	3	0	41
	Men	13	49	23	13	2	0	47
<b>Education</b>	Less than year 12	8	49	20	18	4	1	35
	Year 12 or equivalent	12	49	24	11	3	1	47
	TAFE, trade or vocational	12	47	22	16	3	0	40
	University degree	15	50	23	11	1	0	53
<b>Language spoken at home</b>	English only	12	48	22	14	3	1	43
	Other languages	9	52	26	12	1	0	48



**Figure 37:** Respondents subjective rating of their own physical health, by rating of mental health, family experiences of poor mental health, employment and household income. Figures in black on the right-hand side of the plot denote the net share who rate their health as good (total share who rated good, minus the share who rated poor).

**Table 33:** Respondents subjective rating of their own physical health, by rating of mental health, family experiences of poor mental health, employment and household income.

	Very good	Good	Neither good nor poor	Poor	Very poor	Prefer not to say	Net good
All voters	12	48	23	14	3	0	43
<b>Rating of mental health</b>							
Good mental health	16	59	16	8	1	0	66
Neither / no answer on mental health	3	32	44	18	1	2	16
Poor mental health	4	22	27	35	12	0	-21
<b>Poor mental health in family</b>							
Yes	9	45	24	18	4	0	32
No	16	54	19	9	2	0	59
<b>Employment</b>							
Employed	13	51	22	12	2	0	50
Unemployed / disability or illness	3	31	24	33	8	1	-7
Other outside workforce	11	47	25	13	3	1	42
<b>Household income</b>							
\$3,000 or more per week	15	51	21	11	2	0	53
\$2,000 to \$2,999 per week	11	54	19	14	2	0	49
\$1,000 to \$1,999 per week	11	52	20	15	2	0	46
Less than \$1,000 per week	11	41	26	16	5	1	31
Prefer not to say	12	45	26	12	3	2	42

# Experiences of poor mental health

## Question text

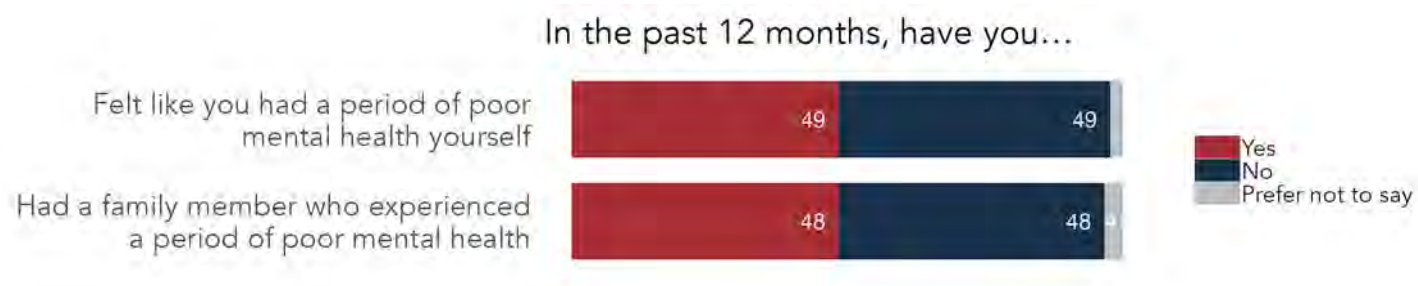
*In the past 12 months, have you...*

Grid; randomise rows

- A. **Had a family member who experienced a period of poor mental health**
- B. **Felt like you had a period of poor mental health yourself**

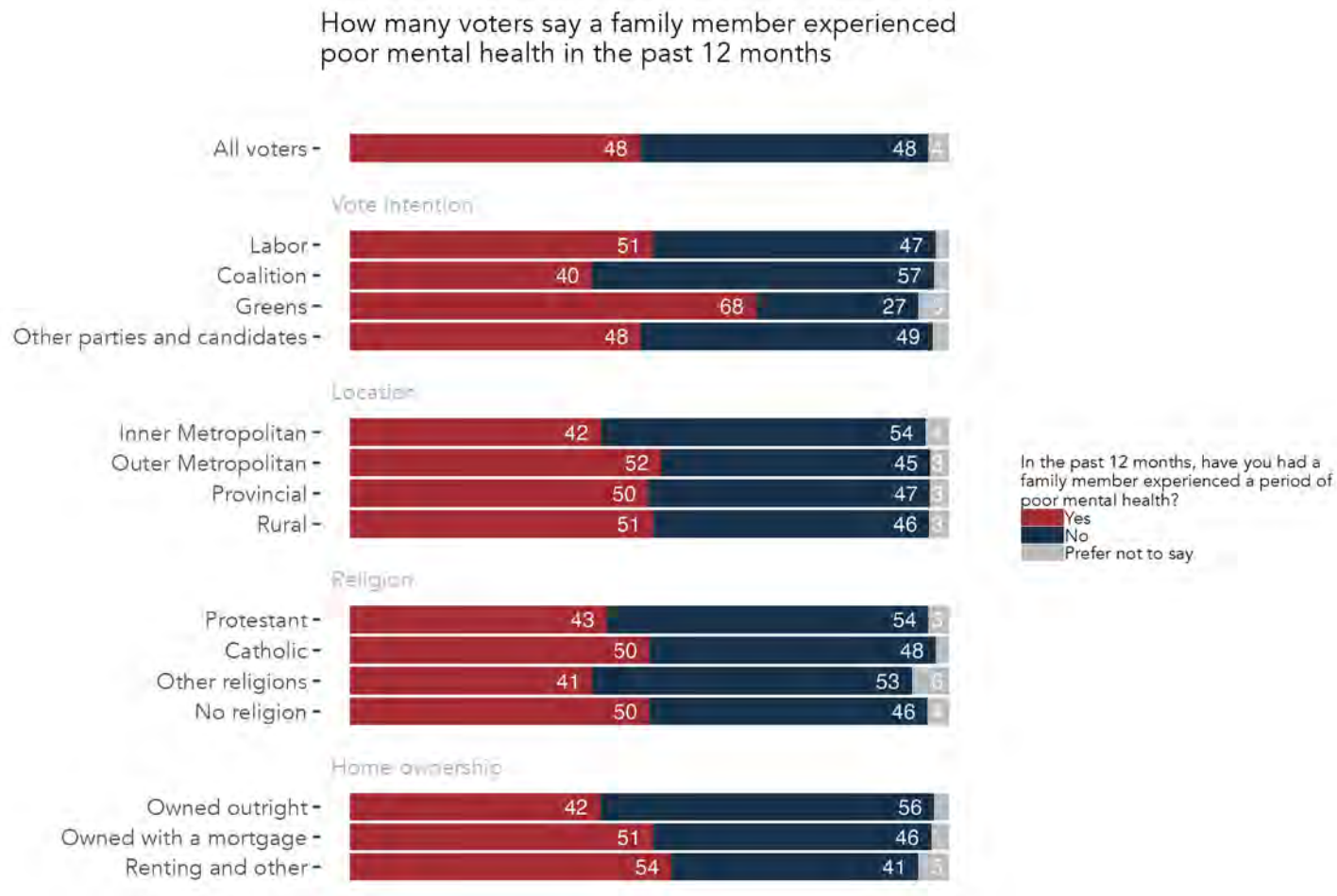
Single select; random reverse columns 1-2

- 1. Yes
- 2. No
- 3. Prefer not to say



**Figure 38:** The share of voters who say they or a family member has experienced poor mental health in the past 12 months.

## Had a family member who experienced a period of poor mental health



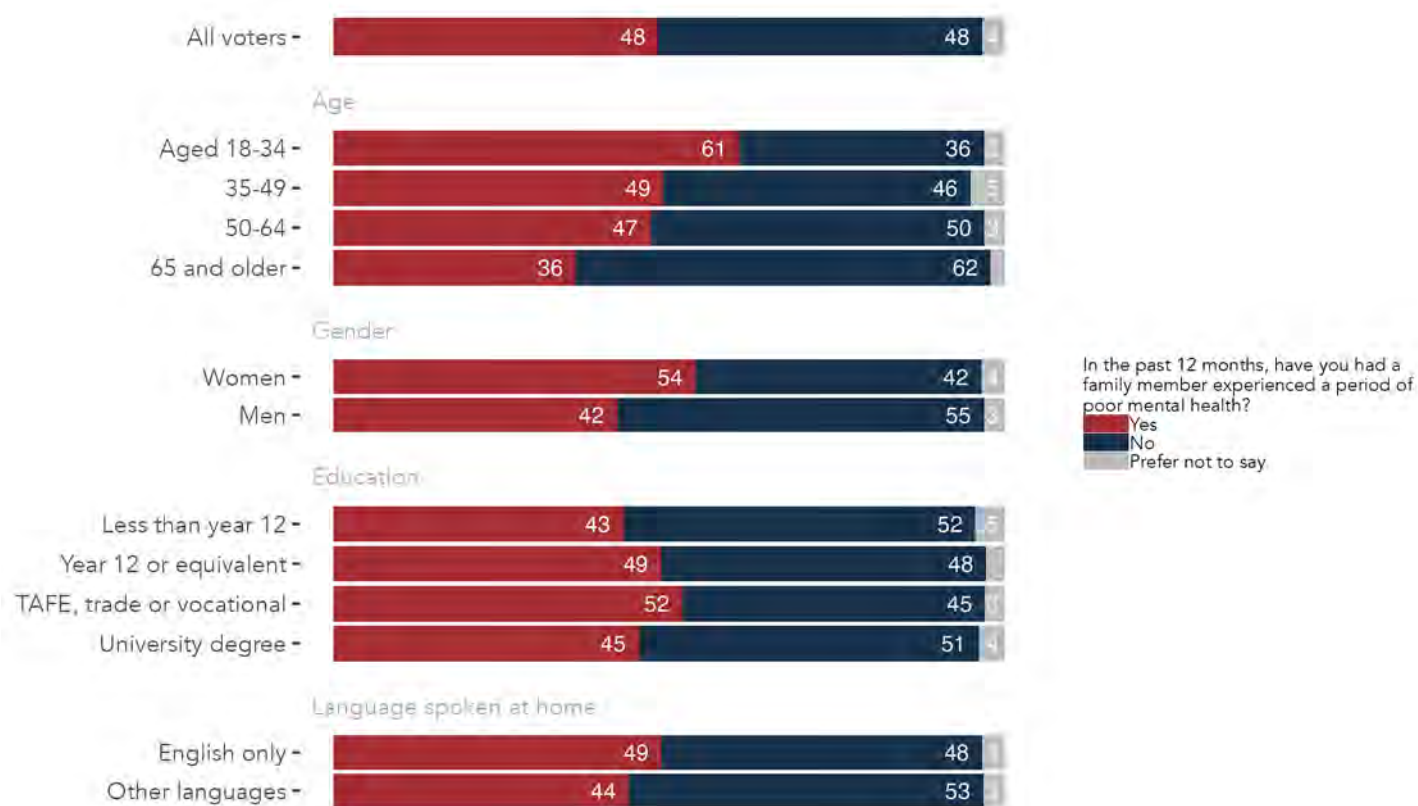
**Figure 39:** How many voters say a family member experienced poor mental health in the past 12 months, by vote intention, location, religion and home ownership.

**Table 34:** How many voters say a family member experienced poor mental health in the past 12 months, by vote intention, location, religion and home ownership.

	Yes	No	Prefer not to say
All voters	48	48	4
<b>Vote intention</b>			
Labor	51	47	2
Coalition	40	57	3
Greens	68	27	5
Other parties and candidates	48	49	3
<b>Location</b>			
Inner Metropolitan	42	54	4
Outer Metropolitan	52	45	3
Provincial	50	47	3
Rural	51	46	3
<b>Religion</b>			
Protestant	43	54	3
Catholic	50	48	2
Other religions	41	53	6
No religion	50	46	4
<b>Home ownership</b>			
Owned outright	42	56	2
Owned with a mortgage	51	46	3
Renting and other	54	41	5



# How many voters say a family member experienced poor mental health in the past 12 months

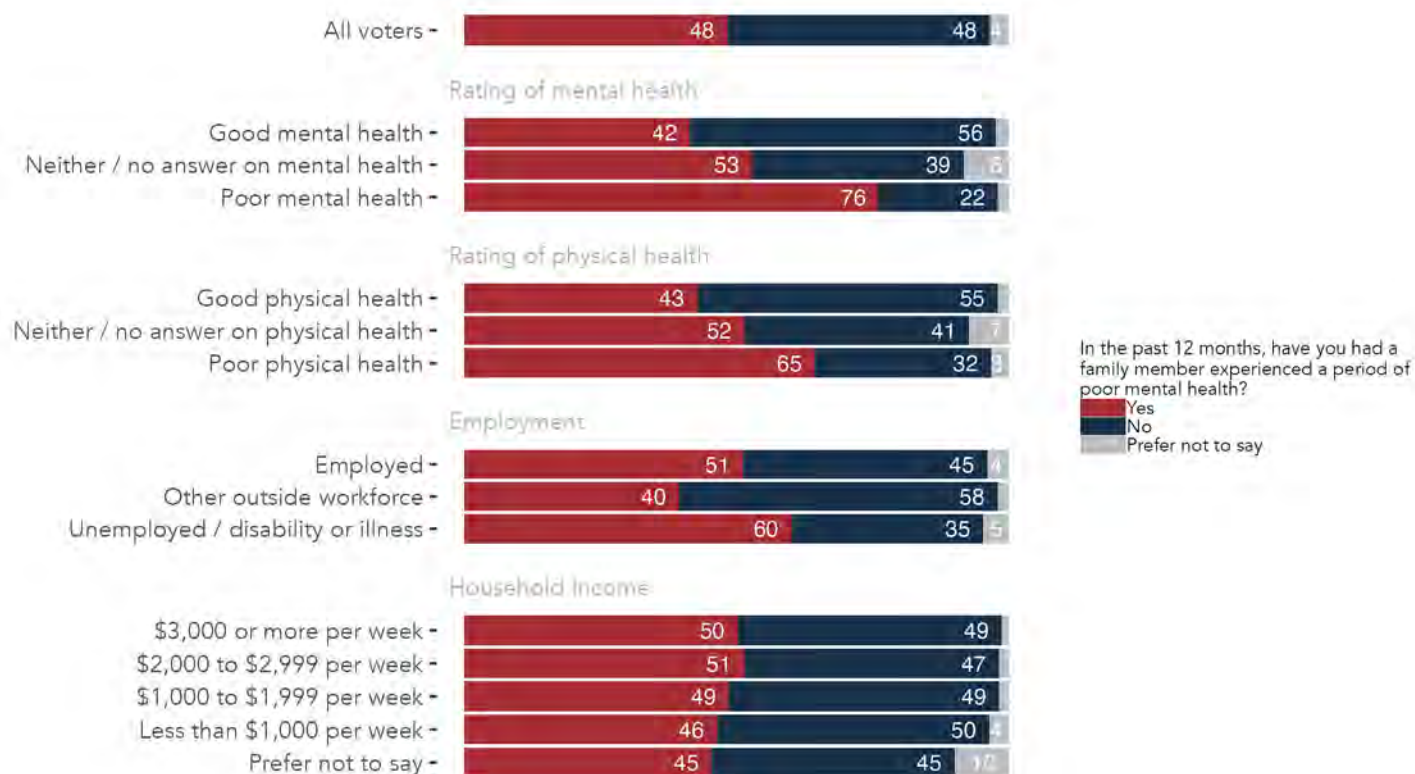


**Figure 40:** How many voters say a family member experienced poor mental health in the past 12 months, by demographic characteristics.

**Table 35:** How many voters say a family member experienced poor mental health in the past 12 months, by demographic characteristics.

	Yes	No	Prefer not to say
All voters	48	48	4
<b>Age</b>			
Aged 18-34	61	36	3
35-49	49	46	5
50-64	47	50	3
65 and older	36	62	2
<b>Gender</b>			
Women	54	42	4
Men	42	55	3
<b>Education</b>			
Less than year 12	43	52	5
Year 12 or equivalent	49	48	3
TAFE, trade or vocational	52	45	3
University degree	45	51	4
<b>Language spoken at home</b>			
English only	49	48	3
Other languages	44	53	3

# How many voters say a family member experienced poor mental health in the past 12 months

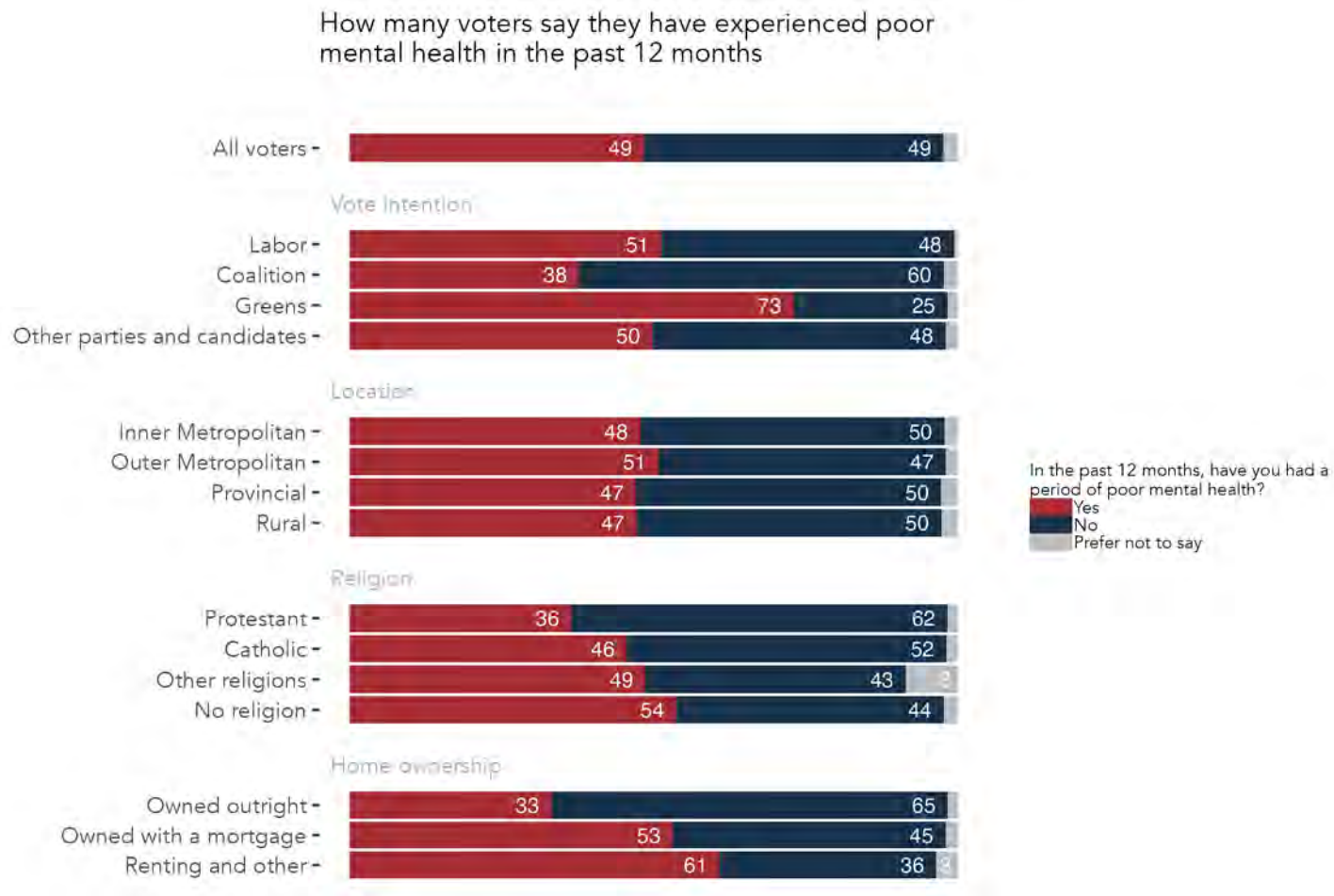


**Figure 41:** How many voters say a family member experienced poor mental health in the past 12 months, by rating of mental and physical health, employment and household income.

**Table 36:** How many voters say a family member experienced poor mental health in the past 12 months, by rating of mental and physical health, employment and household income.

	Yes	No	Prefer not to say
All voters	48	48	4
<b>Rating of mental health</b>			
Good mental health	42	56	2
Neither / no answer on mental health	53	39	8
Poor mental health	76	22	2
<b>Rating of physical health</b>			
Good physical health	43	55	2
Neither / no answer on physical health	52	41	7
Poor physical health	65	32	3
<b>Employment</b>			
Employed	51	45	4
Unemployed / disability or illness	60	35	5
Other outside workforce	40	58	2
<b>Household income</b>			
\$3,000 or more per week	50	49	1
\$2,000 to \$2,999 per week	51	47	2
\$1,000 to \$1,999 per week	49	49	2
Less than \$1,000 per week	46	50	4
Prefer not to say	45	45	10

## Felt like you had a period of poor mental health yourself

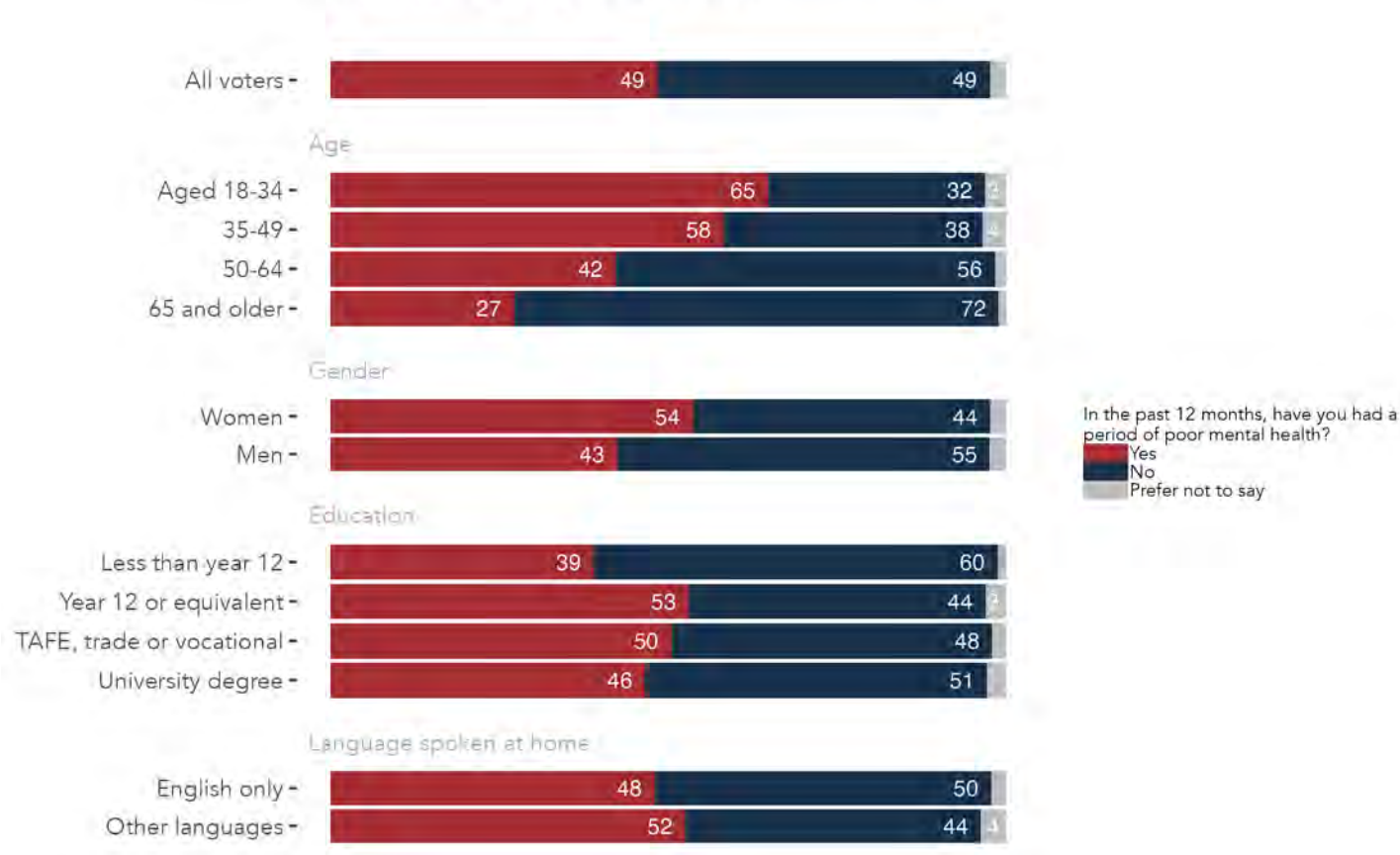


**Figure 42:** How many voters say they have experienced poor mental health in the past 12 months, by vote intention, location, religion and home ownership.

**Table 37:** How many voters say they have experienced poor mental health in the past 12 months, by vote intention, location, religion and home ownership.

	Yes	No	Prefer not to say
All voters	49	49	2
<b>Vote intention</b>			
Labor	51	48	1
Coalition	38	60	2
Greens	73	25	2
Other parties and candidates	50	48	2
<b>Location</b>			
Inner Metropolitan	48	50	2
Outer Metropolitan	51	47	2
Provincial	47	50	3
Rural	47	50	3
<b>Religion</b>			
Protestant	36	62	2
Catholic	46	52	2
Other religions	49	43	8
No religion	54	44	2
<b>Home ownership</b>			
Owned outright	33	65	2
Owned with a mortgage	53	45	2
Renting and other	61	36	3

### How many voters say they have experienced poor mental health in the past 12 months



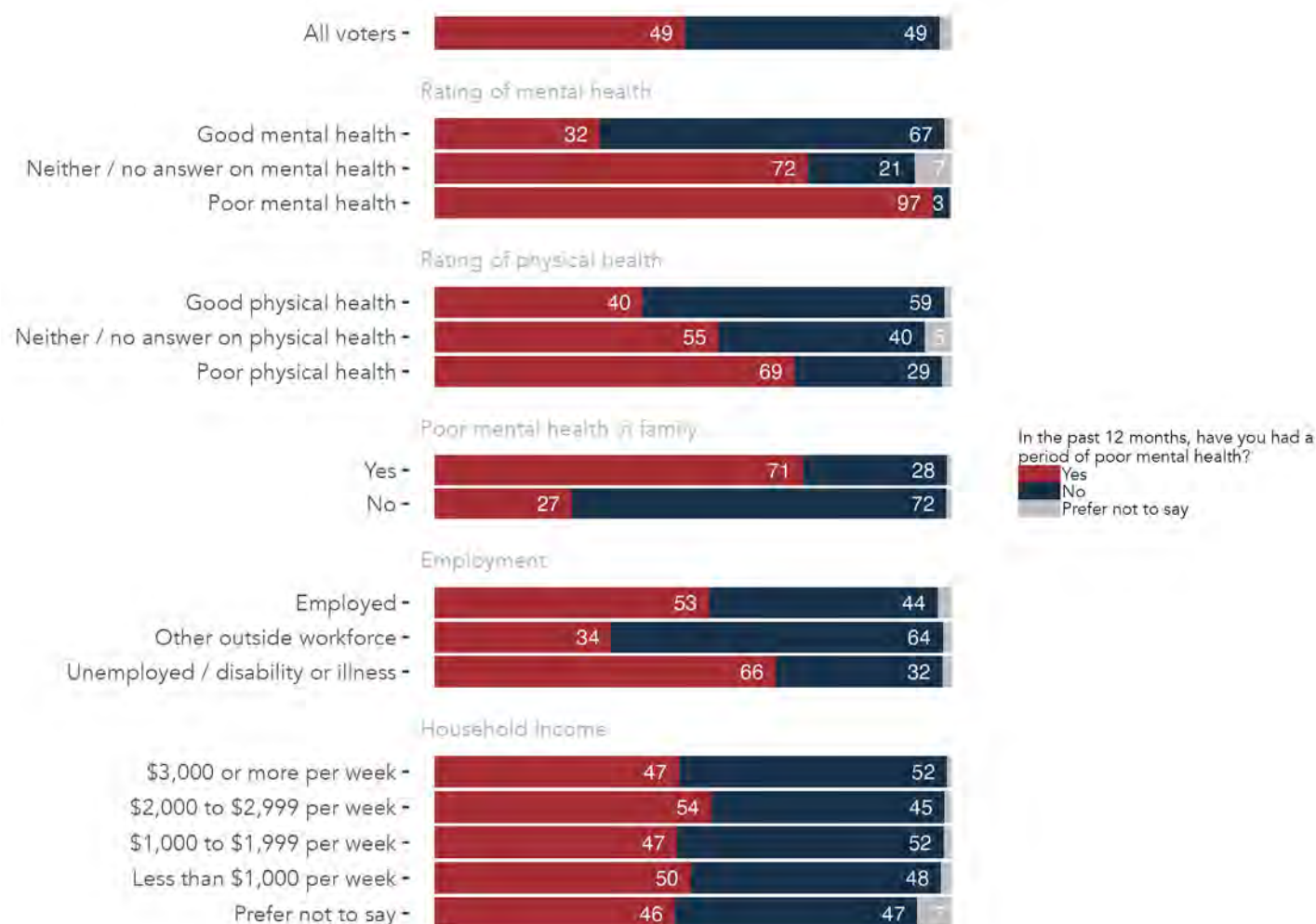
**Figure 43:** How many voters say they have experienced poor mental health in the past 12 months, by demographic characteristics.

**Table 38:** How many voters say they have experienced poor mental health in the past 12 months, by demographic characteristics.

	Yes	No	Prefer not to say
All voters	49	49	2
<b>Age</b>			
Aged 18-34	65	32	3
35-49	58	38	4
50-64	42	56	2
65 and older	27	72	1
<b>Gender</b>			
Women	54	44	2
Men	43	55	2
<b>Education</b>			
Less than year 12	39	60	1
Year 12 or equivalent	53	44	3
TAFE, trade or vocational	50	48	2
University degree	46	51	3
<b>Language spoken at home</b>			
English only	48	50	2
Other languages	52	44	4



# How many voters say they have experienced poor mental health in the past 12 months



**Figure 44:** How many voters say they have experienced poor mental health in the past 12 months, by rating of mental and physical health, family experiences of poor mental health, employment and household income.

**Table 39:** How many voters say they have experienced poor mental health in the past 12 months, by rating of mental and physical health, family experiences of poor mental health, employment and household income.

	Yes	No	Prefer not to say
All voters	49	49	2
<b>Rating of mental health</b>			
Good mental health	32	67	1
Neither / no answer on mental health	72	21	7
Poor mental health	97	3	0
<b>Rating of physical health</b>			
Good physical health	40	59	1
Neither / no answer on physical health	55	40	5
Poor physical health	69	29	2
<b>Poor mental health in family</b>			
Yes	71	28	1
No	27	72	1
<b>Employment</b>			
Employed	53	44	3
Unemployed / disability or illness	66	32	2
Other outside workforce	34	64	2
<b>Household income</b>			
\$3,000 or more per week	47	52	1
\$2,000 to \$2,999 per week	54	45	1
\$1,000 to \$1,999 per week	47	52	1
Less than \$1,000 per week	50	48	2
Prefer not to say	46	47	7

# Impact of cost of living increases on mental health

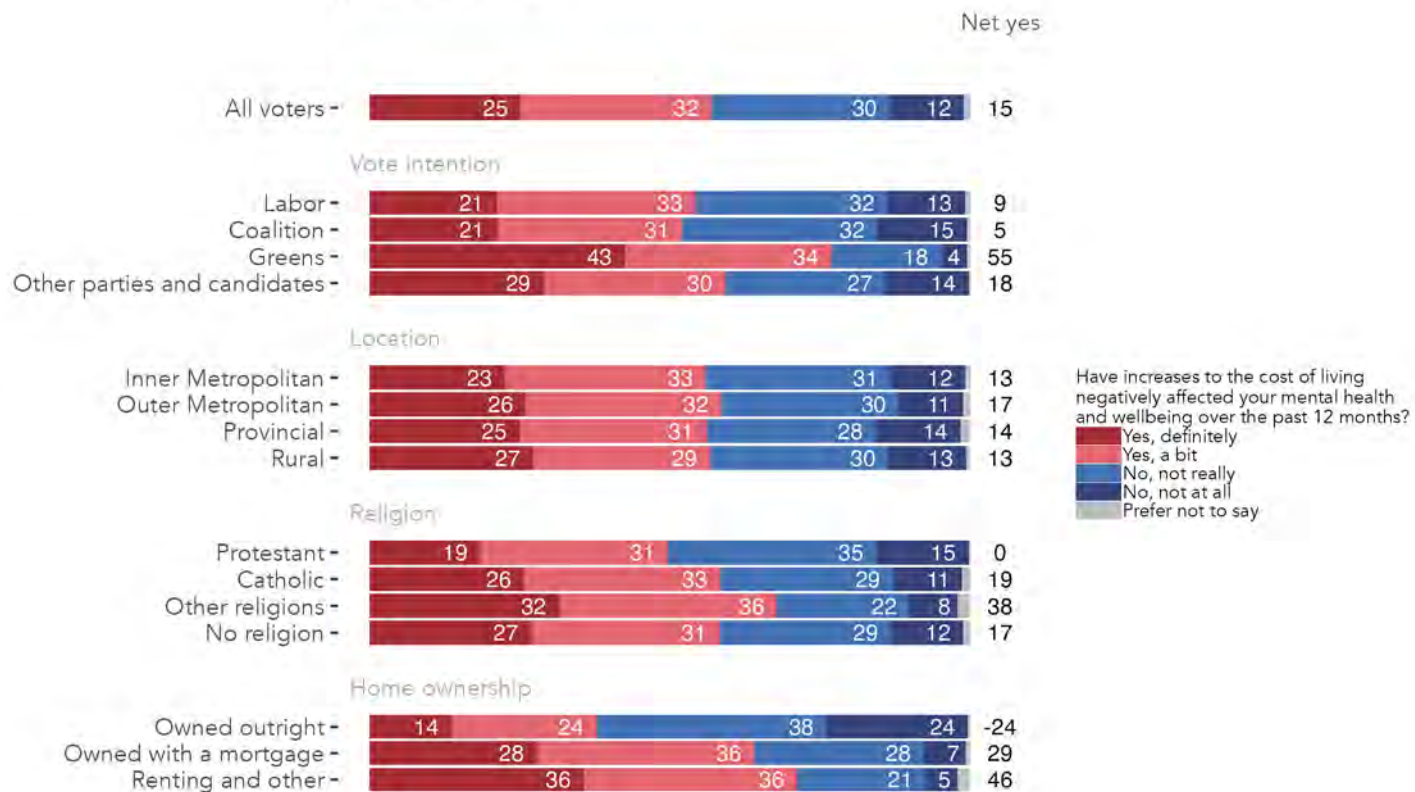
## Question text

**Have increases to the cost of living negatively affected your mental health and wellbeing over the past 12 months?**

Single select; random reverse columns 1-4

1. Yes, definitely
2. Yes, a bit
3. No, not really
4. No, not at all
5. Prefer not to say

Do Australians believe that cost of living increases have harmed their mental health over the past 12 months

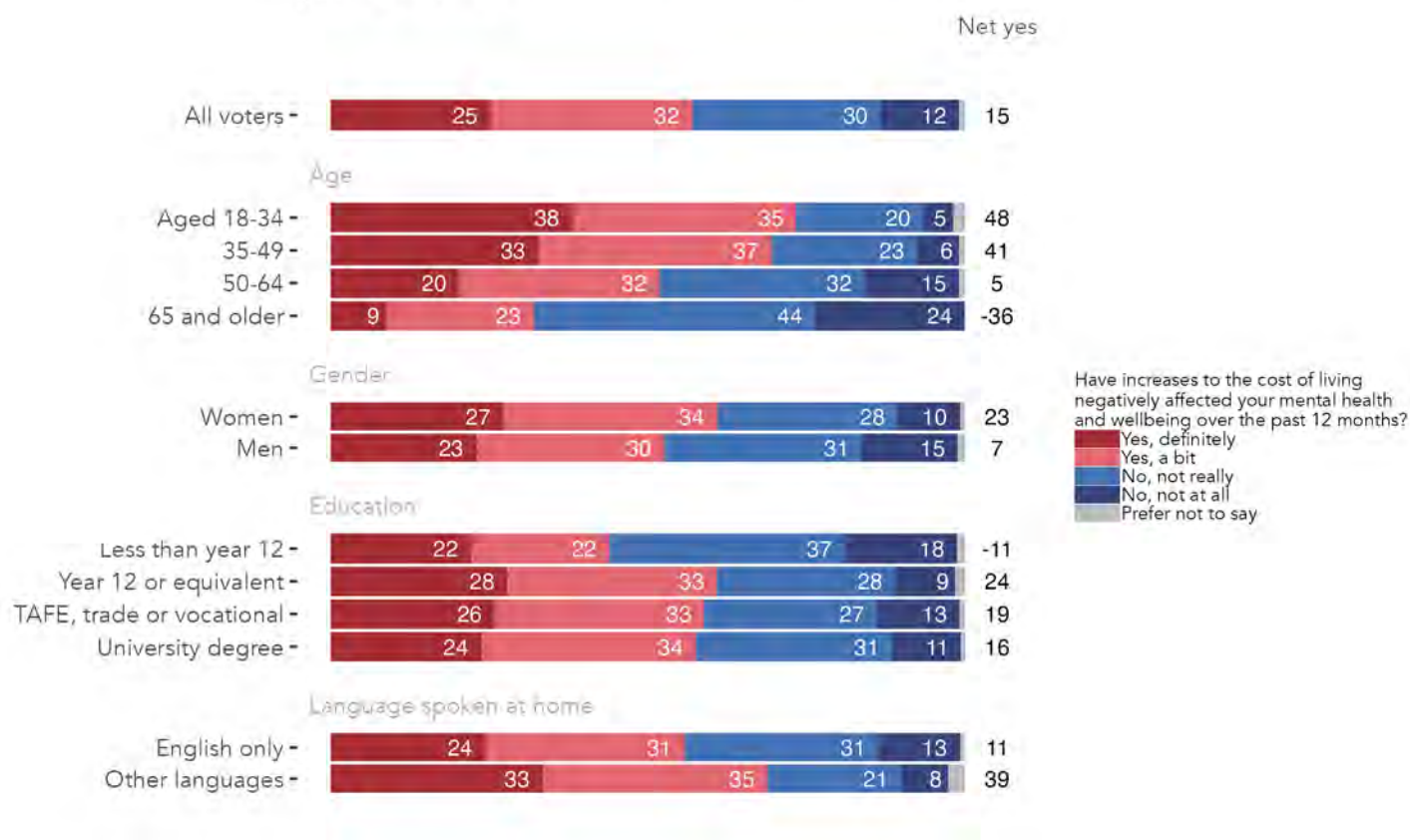


**Figure 45:** Do Australians believe that cost of living increases have harmed their mental health over the past 12 months, by vote intention, location, religion and home ownership. Figures in black on the right-hand side of the plot denote the net share who report that their mental health as been negatively affected (total share who report yes, minus the share who report no).

**Table 40:** Do Australians believe that cost of living increases have harmed their mental health over the past 12 months, by vote intention, location, religion and home ownership.

	Yes, definitely	Yes, a bit	No, not really	No, not at all	Prefer not to say	Net yes
All voters	25	32	30	12	1	15
<b>Vote intention</b>						
Labor	21	33	32	13	1	9
Coalition	21	31	32	15	1	5
Greens	43	34	18	4	1	55
Other parties and candidates	29	30	27	14	0	18
<b>Location</b>						
Inner Metropolitan	23	33	31	12	1	13
Outer Metropolitan	26	32	30	11	1	17
Provincial	25	31	28	14	2	14
Rural	27	29	30	13	1	13
<b>Religion</b>						
Protestant	19	31	35	15	0	0
Catholic	26	33	29	11	1	19
Other religions	32	36	22	8	2	38
No religion	27	31	29	12	1	17
<b>Home ownership</b>						
Owned outright	14	24	38	24	0	-24
Owned with a mortgage	28	36	28	7	1	29
Renting and other	36	36	21	5	2	46

Do Australians believe that cost of living increases have harmed their mental health over the past 12 months

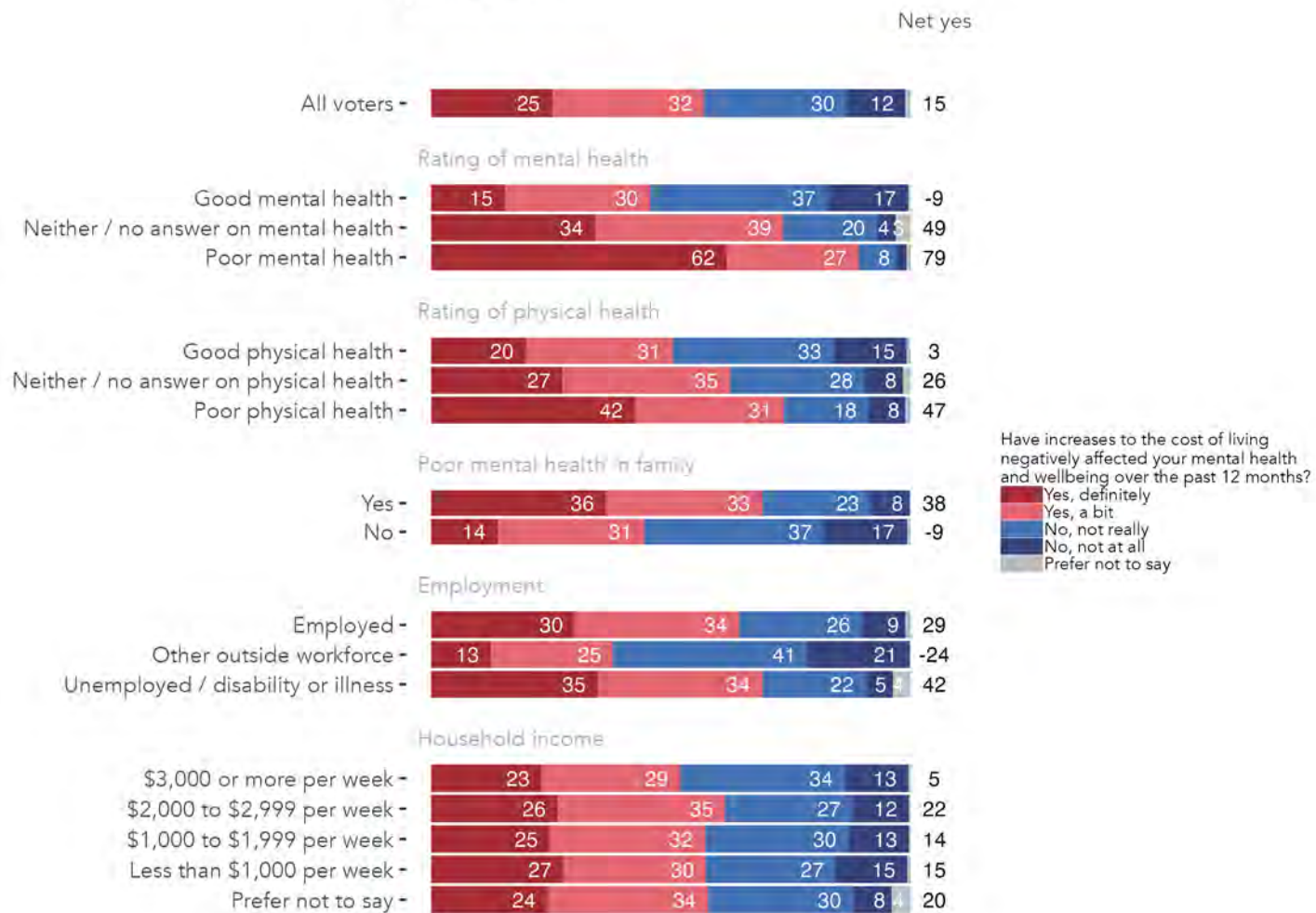


**Figure 46:** Do Australians believe that cost of living increases have harmed their mental health over the past 12 months, by demographic characteristics. Figures in black on the right-hand side of the plot denote the net share who report that their mental health as been negatively affected (total share who report yes, minus the share who report no).

**Table 41:** Do Australians believe that cost of living increases have harmed their mental health over the past 12 months, by demographic characteristics.

	Yes, definitely	Yes, a bit	No, not really	No, not at all	Prefer not to say	Net yes
All voters	25	32	30	12	1	15
<b>Age</b>						
Aged 18-34	38	35	20	5	2	48
35-49	33	37	23	6	1	41
50-64	20	32	32	15	1	5
65 and older	9	23	44	24	0	-36
<b>Gender</b>						
Women	27	34	28	10	1	23
Men	23	30	31	15	1	7
<b>Education</b>						
Less than year 12	22	22	37	18	1	-11
Year 12 or equivalent	28	33	28	9	2	24
TAFE, trade or vocational	26	33	27	13	1	19
University degree	24	34	31	11	0	16
<b>Language spoken at home</b>						
English only	24	31	31	13	1	11
Other languages	33	35	21	8	3	39

## Do Australians believe that cost of living increases have harmed their mental health over the past 12 months



**Figure 47:** Do Australians believe that cost of living increases have harmed their mental health over the past 12 months, by rating of mental and physical health, family experiences of poor mental health, employment and household income. Figures in black on the right-hand side of the plot denote the net share who report that their mental health as been negatively affected (total share who report yes, minus the share who report no).



**Table 42:** Do Australians believe that cost of living increases have harmed their mental health over the past 12 months, by rating of mental and physical health, family experiences of poor mental health, employment and household income.

	Yes, definitely	Yes, a bit	No, not really	No, not at all	Prefer not to say	Net yes
All voters	25	32	30	12	1	15
<b>Rating of mental health</b>						
Good mental health	15	30	37	17	1	-9
Neither / no answer on mental health	34	39	20	4	3	49
Poor mental health	62	27	8	2	1	79
<b>Rating of physical health</b>						
Good physical health	20	31	33	15	1	3
Neither / no answer on physical health	27	35	28	8	2	26
Poor physical health	42	31	18	8	1	47
<b>Poor mental health in family</b>						
Yes	36	33	23	8	0	38
No	14	31	37	17	1	-9
<b>Employment</b>						
Employed	30	34	26	9	1	29
Unemployed / disability or illness	35	34	22	5	4	42
Other outside workforce	13	25	41	21	0	-24
<b>Household income</b>						
\$3,000 or more per week	23	29	34	13	1	5
\$2,000 to \$2,999 per week	26	35	27	12	0	22
\$1,000 to \$1,999 per week	25	32	30	13	0	14
Less than \$1,000 per week	27	30	27	15	1	15
Prefer not to say	24	34	30	8	4	20



INFLUENCE WITH INTEGRITY