

Statistics from Productivity Commission, released with draft report on mental health.

More detail:

<https://www.pc.gov.au/inquiries/current/mental-health/draft>

Statistics from the report

Prevalence of mental illness and access to services

- There are 3.9 million people with mental illness in Australia. 2.9 million people access mental health care services. ¹
- One in five people will experience mental ill-health (diagnosable mental illness and mental health problems) in any year. Over their life time, one in two people will experience mental ill-health. ²
- 1 in 8 visits to GPs are related to mental health issues. ³
- About 1.2 million people access Medicare-subsidised psychological therapy through the Better Access program. ⁴ However, one in three only attend one or two sessions, dropping out due to the out-of-pocket cost or difficulty finding a suitable provider. ⁵
- The rate of mental health presentations at emergency departments has risen by about 70% over the past 15 years. ⁶
- The prevalence of mental illness is relatively similar across Australia. However, people in capital cities are nearly twice more likely to access mental health services compared to people in remote areas. ⁷

Young people and mental illness

- One in seven children and young people (aged 4–17) have mental illness. ¹¹
- About 75% of adult mental health disorders emerge by the time people are 25 years. ¹²
- Mental health is the leading cause of disability in people aged 10–24 years. ¹³
- By year 9, students with mental illness may be up to 5 years behind students who do not have mental illness. ¹⁴

Suicide

- In 2018, 3046 people lost their lives to suicide. We lose 8 people a day to suicide, compared to 3 a day who die on our roads.
- Suicide is the leading cause of death for Australians aged 15–44 years.
- Regional communities have a 54% higher rate of suicide than capital cities. ¹⁵

Workplace effects

- In 2017-18, 55% of working age Australians with mental illness were employed, compared with 64% of all working age Australians. ¹⁶
- The costs of lost productivity due to mental ill-health range from \$10 to 18 billion. ¹⁷