

Australian Mental Health Statistics - National Survey of Mental Health and Wellbeing

20%

1 in 5, Australian population aged
16-85 years, experienced mental
disorders in the previous 12
months



3.2 million
Australians

Anxiety
Disorder
1 in 7



Mood
Disorder
1 in 16



Substance
Use Disorder
1 in 20



65%

of people with a
common mental
illness did not receive
professional help.

3rd

In Australia, mental
illness is the cause of
the 3rd largest disease
burden.

8

Everyday 8 people
die by suicide
30 people attempt to
take their own life.