

2021–22 Federal Budget

Mental Health initiatives for Young People (12–25 years)

Over 75% of mental health challenges occur before the age of 25¹. One in seven young people aged 4 to 17 years' experience a mental health condition in any given year,² and young people are less likely than any other age group to seek professional help.

The changes committed to in the 2021-22 Budget will increase service options and accessibility, and help to normalise help-seeking behaviour. There are a number of initiatives which include targeted support for young people, aimed at ensuring they can access services when and where they need them.

We encourage you to read the full mental health and suicide prevention budget available on our website to appreciate the following information in context.

Key budget initiatives young people:

- **\$278.6 million** headspace youth treatment centres to continue to safeguard the wellbeing of young Australians aged 12–25 by strengthening, enhancing, and expanding the headspace network.
- **\$15.9 million** to support general practitioners (GPs) and other medical practitioners to provide primary mental health care by providing specialised training and resources to enhance their capacity to address the mental health concerns of their patients, including:
 - Reviewing prescribing practices and developing new prescribing guidelines for appropriate and safe use of antidepressants in young people and children.
- **\$12 million** to maintain support to the former National Suicide Prevention Trial sites to continue delivery of local suicide prevention initiatives across Australia. Commencing in 2016, the Trial funded Public Health Networks to develop and implement a local, systems-based approach to suicide prevention for at-risk populations (including young people) in 12 regions across Australia with high rates of suicide.
- **\$13.1 million** to support ReachOut Australia to continue delivering free, high quality digital mental health services to young Australians aged 12–25, their parents, carers and schools.

There are approximately 630,000 young people living with mild to moderate mental illness.



This funding is part of \$111.2 million to create a world-class digital mental health service system, which also funds the commencement of the transformation of the existing Head to Health gateway into a comprehensive national mental health platform. This will provide Australians with greater choice and access to high quality, free and low cost digital mental health services and treatment.

- **\$5.7 million** to build on the Individual Placement and Support (IPS) program to assist young people with mental illness to participate in the workforce.
- **\$0.3 million** to work with mental health stakeholders to investigate and co-design future national peak body arrangements to provide consumers and carers with a greater say in the future of the mental health system.

Some of the key Budget initiatives for everyone:

- **\$487.2 million** to deliver critical community-based multidisciplinary, coordinated care for adults experiencing mental ill-health, including Head to Health adult mental health treatment centres to improve access to community-based mental health services. This includes: the initial establishment of 8 new centres, 24 new satellite centres, and ongoing funding for 8 existing centres, as well as the establishment of a dedicated phone service to support intake, assessment and referral. The Government will also work in partnership with state and territory governments to continue to expand the network of community-based adult mental health services.
- **\$111.2 million** to create a world-class digital mental health service system. This includes: \$11.6 million to commence the transformation of the existing Head to Health gateway into a comprehensive national mental health platform. This will provide Australians with greater choice and access to high quality, free and low cost digital mental health services and treatment.
- **\$158.6 million** for universal suicide aftercare services to all Australians discharged from hospital and pilot broader referral pathways to anyone who has attempted suicide or experienced suicidal distress that may not have presented to a hospital.
- **\$100.9 million** towards supporting Australian children aged 0-12 years by increasing access to multidisciplinary mental health and wellbeing care for them and their families, strengthening support for parents and improving early intervention. This includes:
 - **\$54.2 million** towards working with states and territories to create a network of up to 15 new Head to Health Kids mental health and wellbeing centres for children aged 0-12 years. These centres will provide multidisciplinary support for infants, children and their parents, and improve early intervention outcomes for children's mental health



- **\$42.3 million** to enable access to parent education and support programs to build parenting strategies, and teach parents and carers how to identify and respond to problem behaviours
- **\$0.5 million** to develop national guidelines to support states and territories to include social and emotional wellbeing indicators in early childhood health checks, so any emotional difficulties can be identified early and in a nationally consistent way.

National FREE 24/7 Crisis Services

[Lifeline](#) | [13 11 14](#)

[Suicide Call Back Service](#) | [1300 659 467](#)

[Kids Helpline](#) | [1800 55 1800](#)

[Coronavirus Mental Wellbeing Support Service](#) | [1800 512 348](#)

[Beyond Blue](#) | [1300 22 4636](#)

<https://headtohealth.gov.au/>

1. Kessler, RD et al. (2005). *Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication*. Archives of General Psychiatry, 62: p. 593-602.
2. Slade T, Johnston A, Teesson M, Whiteford H, Burgess P, Pirkis J, et al. (2009) *The Mental Health of Australians 2: Report on the 2007 National Survey of Mental Health and Wellbeing*. Canberra: Department of Health and Ageing.

