

2021-22 Federal Budget

Mental health initiatives for Men

One in five Australian adults experience a mental illness in any year and almost half the total Australian population will experience a mental disorder at some time in their lives. The level of diagnosed mental illness in men is very high. Adult men are the most likely group to die by suicide or be at risk to suicide. Ongoing improvements to system and services that increase accessibility, and support men to appreciate the mental health and wellbeing are welcome.

While many of the 2021-22 Budget initiatives are designed to provide universal access to support for all Australians, there are specific initiatives to reduce barriers to help-seeking behaviour and target industries that predominantly employ men.

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 for men:

- **\$12 million** to maintain support to the former National Suicide Prevention Trial sites to continue delivery of local suicide prevention initiatives across Australia.
- **\$6.3 million** to increase specialised early intervention mental health support and suicide prevention services available to fly-in, fly-out (FIFO) and drive-in, drive-out (DIDO) workers.

Mental ill-health remains high among Australian men, with up to 25% experiencing a diagnosed mental health disorder in their lifetime, and 15% experiencing a disorder in a 12-month period.¹

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.
- **\$158.6 million** for universal suicide aftercare services to all Australians discharged from hospital, and piloting of broader referral pathways to anyone who has attempted suicide or experienced suicidal distress that may not have presented to a hospital.
- **\$117.2 million** to establish a comprehensive evidence base to support real time monitoring and data collection for Australia's mental health and suicide prevention systems.



- **\$111.2 million** to create a world-class digital mental health service system, including:
 - Commencement of the transformation of the existing Head to Health gateway into a comprehensive national mental health platform providing greater access to high quality, free and low cost digital mental health services and treatment.
 - Providing support to existing digital mental health services, including to manage the continuing increased demand due to the COVID-19 pandemic and 2019-20 summer bushfires.
- **\$58.8 million** for growing and upskilling the mental health workforce, including:
 - Boosting the psychiatrist workforce by increasing the number of training places available, including in regional and remote areas
 - Increasing the number of nurses, psychologists and allied health practitioners working in mental health settings through 280 scholarships and 350 clinical placements
 - Sponsoring up to 390 peer workers to undertake vocational training
 - Reducing the stigma associated with mental health among health practitioners, and promote mental health as a preferred career option
 - Supporting greater representation of Aboriginal and Torres Strait Islander peoples in the mental health workforce through additional mental health-specific scholarships
 - Providing training to support healthcare workers to deliver culturally safe care
 - Continuing mental health training for practitioners working in aged care and supporting professional collaboration through the Mental Health Professionals' Network.

The Government is also leading work with state and territory governments, through the National Agreement on Mental Health and Suicide Prevention, to achieve stronger governance structures and clearer roles and responsibilities to support a more connected and accountable mental health and suicide prevention system.

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

1. https://tentomen.org.au/sites/default/files/publication-documents/2020_ttm_insights_report_chapter_1.pdf



Australian Government

National Mental Health Commission