



Domain 1: Mental health

Rates of mental health concerns and distress have not improved



An estimated **4.3 million people** (or 1 in 5 people)

in Australia had a mental disorder in 2020–2022*

* People aged 16–85 years who met diagnostic criteria for a mental disorder and had sufficient symptoms of that disorder in the 12 months before completing the survey (i.e., a 12-month mental disorder)



Increase in **psychological distress**

over last decade
(2011–12: 10.8%, 2017–18: 13.6%, 2022: 14.6%)

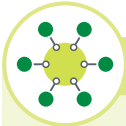
More young women are experiencing mental health disorders



46% compared to 29%

(Young women 16–24 years experiencing a 12-month mental disorder in 2020–22 compared to 2007)

Life satisfaction has slightly declined for people with a mental health condition (from 2014 to 2020)



Domain 2: Social determinants

People with a mental health condition are more likely to report:

- Experiences of discrimination
- Being without a permanent place to live
- Loneliness
- Lower life satisfaction
- Unemployment



Nationally, we are also seeing:

- Increased financial stress
- A slight increase in the proportion of children considered developmentally vulnerable



Domain 3: System inputs and activities

32% shortfall in mental health workers

(2019 – against the National Mental Health Service Planning Framework target)

19% delayed or did not see any mental health professional in the last 12 months due to cost

(2022–23 – proportion of respondents to the Patient Experience Survey aged 15 years and over)

3 in 4 receive community follow-up after treatment

in an acute inpatient psychiatric unit

(National rate of community follow-up for people within the first 7 days of discharge from an acute inpatient psychiatric unit increased to 75.2% in 2021–22 from 60.6% in 2012–13)

No significant improvement

in outcomes and experiences from public mental health care

(Proportion of consumers experiencing a significant improvement following care or reporting positive experiences)

Rates of physical restraint falling

(2022–23 national rate of physical restraint in public mental health hospital care is the lowest since 2015–16)

Rates of seclusion falling

(2022–23 national rate of isolation in public mental health hospital care was less than half the rate reported in 2009–10)

