



## Domain 1: Mental health

Mental disorders are highly prevalent, particularly among young people



**1 in 5 people**  
in Australia had a mental disorder<sup>a</sup> in 2020–2022

Prevalence<sup>b</sup> has increased among people aged 16–24 years

**25.8%** in 2007 → **38.8%** in 2020–2022

Sense of control<sup>c</sup> has declined

**75.8%**  
in 2019



**71.3%**  
in 2023

Life satisfaction and psychological distress

has remained stable in recent years  
(2020 to 2024)



## Domain 2: Social determinants

More people receiving specialist homelessness services support had a current mental health issue



**32%** in 2023–24  
up from 25% in 2014–15

Signs of financial stress are elevated



**34.6%**

**17.1%**

NOV 2020

JAN 2024

People financially stressed<sup>d</sup>

Women consistently reported **more** financial stress compared with men<sup>e</sup>

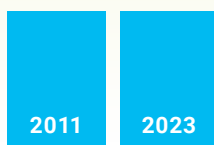
Discrimination is persistently common



**1 in 6 people**  
experienced discrimination in 2024<sup>f</sup>

No recent improvement in loneliness<sup>g</sup>

**15.3%** **15.3%**



## Domain 3: System inputs and activities

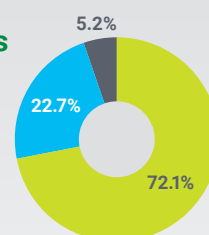


Clinical outcomes and experiences of public mental health care are **not improving**

Consumer reported positive experiences of hospital care ranged from

**51% to 69%**  
in Qld and Vic in NSW<sup>i</sup>

Clinical mental health outcomes following discharge from a hospital psychiatric inpatient unit have not shown improvement over time<sup>j</sup>  
(2022–23)



● Significant improvement  
● No significant change  
● Significant deterioration

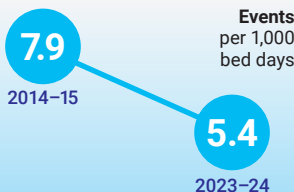
**45.1%**

of people with a 12-month mental disorder saw a health professional for their mental health in 2020–2022



Progress continues in **reducing** seclusion and restraint

Seclusion rate



Physical restraint rate

