

Domain 1 Mental Health

Need remains high but is not fully visible in the data.

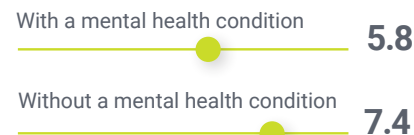
Psychological distress is high across the Australian population (aged over 15 years).



People with a mental health condition were more likely to experience very high psychological distress.



Life satisfaction remains significantly lower for people with a mental health condition.



i This gap has not improved since 2020 and is more pronounced among young people aged 15–24.

Domain 2 Social Determinants

Overall, people with mental health challenges face greater social pressures and poorer wellbeing outcomes.

People with a mental health condition are almost twice as likely to experience discrimination.

Than people who don't have a mental health condition.



31%

of specialist homelessness services clients had a current mental health issue.

i Up from 25% in 2014/15



Financial stress remains higher for people with a mental health condition.

1 IN 3 With a mental health condition

Compared with



1 IN 5 Without a mental health condition

i

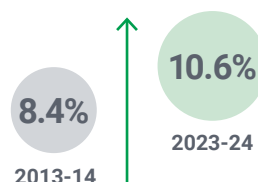
This gap has not improved on previous years.

Domain 3 Mental Health System

The service system is doing more, but uneven access, system fragmentation, workforce pressures and data gaps limit impact and opportunity to improve.

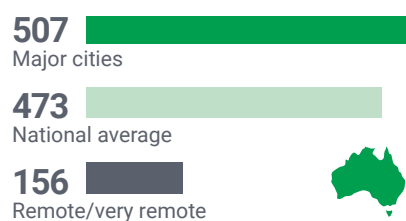
More Australians are accessing subsidised mental health services.

% of Australians who have received one or more Medicare/ DVA subsidised mental health-related services.



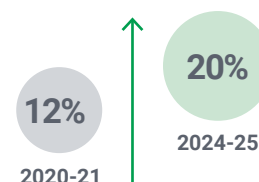
Service access is over three times higher in major cities than remote areas.

Medicare mental health-related services received per 1,000 people.



Cost is becoming a greater barrier to accessing mental health care.

% indicating cost as a reason for not seeing a mental health professional



Future reform needs to combine prevention, service system improvement, workforce growth and more comprehensive national data.

