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✔ Latest release

National Study of Mental Health and Wellbeing

Summary statistics on key mental health issues including national and state and territory estimates of prevalence of mental disorders

Reference period 2020-2022

Released 5/10/2023

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Key statistics

- 42.9% of people aged 16–85 years had experienced a mental disorder at some time in their life
- 21.5% of people had a 12-month mental disorder, with Anxiety being the most common group (17.2% of people aged 16–85 years)
- 38.8% of people aged 16–24 years had a 12-month mental disorder

Mental health is a key component of overall health and wellbeing. A mental disorder is characterised by a 'clinically significant disturbance in an individual's cognition, emotional regulation, or behaviour'.^[1 (/statistics/health/mental-health/national-study-mental-health-and-wellbeing/2020-2022#endnotes)] The term itself covers a range of disorders including Anxiety, Affective and Substance Use disorders.

A person may be negatively affected by symptoms of mental health concerns without necessarily meeting the criteria for a mental disorder. Mental health affects and is affected by multiple socioeconomic factors, including a person's access to services, living conditions and employment status, and impacts not only the individual but also their families and carers.^[2 (/statistics/health/mental-health/national-study-mental-health-and-wellbeing/2020-2022#endnotes)]

The ABS recognises people who have a lived experience of mental health concerns and that having – or not having – mental health concerns does not define a person. We acknowledge that people are living productive, purposeful and meaningful lives with mental health concerns. We acknowledge their unique experiences, and those of carers, families and supporters of people living with mental health concerns.

The ABS uses, and supports the use of, the [Mindframe guidelines \(https://mindframe.org.au/guidelines\)](https://mindframe.org.au/guidelines) on responsible, accurate and safe reporting on suicide, mental health concerns and alcohol and other drugs. The ABS recommends referring to these guidelines when reporting on statistics in this report.

Some of the statistics in this report may cause distress. Services you can contact are detailed in blue boxes throughout this page and in the [Mental health resources \(/statistics/health/mental-health/national-study-mental-health-and-wellbeing/2020-2022#mental-health-resources\)](/statistics/health/mental-health/national-study-mental-health-and-wellbeing/2020-2022#mental-health-resources) section at the bottom of this page.

Crisis support services

24 hours, 7 days

[Lifeline \(https://www.lifeline.org.au/\)](https://www.lifeline.org.au/): 13 11 14

[Suicide Call Back Service \(https://www.suicidecallbackservice.org.au/\)](https://www.suicidecallbackservice.org.au/): 1300 659 467

[Beyond Blue \(https://www.beyondblue.org.au/\)](https://www.beyondblue.org.au/): 1300 224 636

[MensLine Australia \(https://mensline.org.au/\)](https://mensline.org.au/): 1300 789 978

[Kids Helpline \(https://kidshelpline.com.au/\)](https://kidshelpline.com.au/): 1800 551 800

[13YARN \(https://www.13yarn.org.au/\)](https://www.13yarn.org.au/): 13 92 76

For further information see [Mental health resources \(/statistics/health/mental-health/national-study-mental-health-and-wellbeing/2020-2022#mental-health-resources\)](/statistics/health/mental-health/national-study-mental-health-and-wellbeing/2020-2022#mental-health-resources).

COVID-19

The National Study of Mental Health and Wellbeing was conducted from December 2020 to October 2022, during the COVID-19 pandemic. During this time initiatives were in place to help reduce the spread of COVID-19 including border control measures for some states and territories, stay at home orders, remote learning, shutting down non-essential services, limits on gatherings and social distancing rules.

Prevalence of mental disorders

Definition of lifetime and 12-month mental disorders

The 2020–2022 National Study of Mental Health and Wellbeing (NSMHW) measures the prevalence of mental disorders among Australians aged 16–85 years using the World Health Organization Composite International Diagnostic Interview (CIDI 3.0).

Respondents were asked about their experiences and symptoms of mental ill-health throughout their lifetime, from which two key measures were analysed:

- Lifetime mental disorders, which refers to the number of people who met the diagnostic criteria for having a mental disorder at some time in their life. This does not imply that a person has had a mental disorder throughout their entire life
- 12-month mental disorders, which refers to the number of people who met the diagnostic criteria for having a mental disorder at some time in their life and had sufficient symptoms of that disorder in the 12 months prior to when they completed the survey.

In the NSMHW, three groups of mental disorders were assessed – Anxiety, Affective and Substance Use disorders – based on definitions and criteria of the World Health Organization International Classification of Diseases, Tenth Revision (ICD-10). The term mental disorder is used in this publication to align with these definitions and criteria.

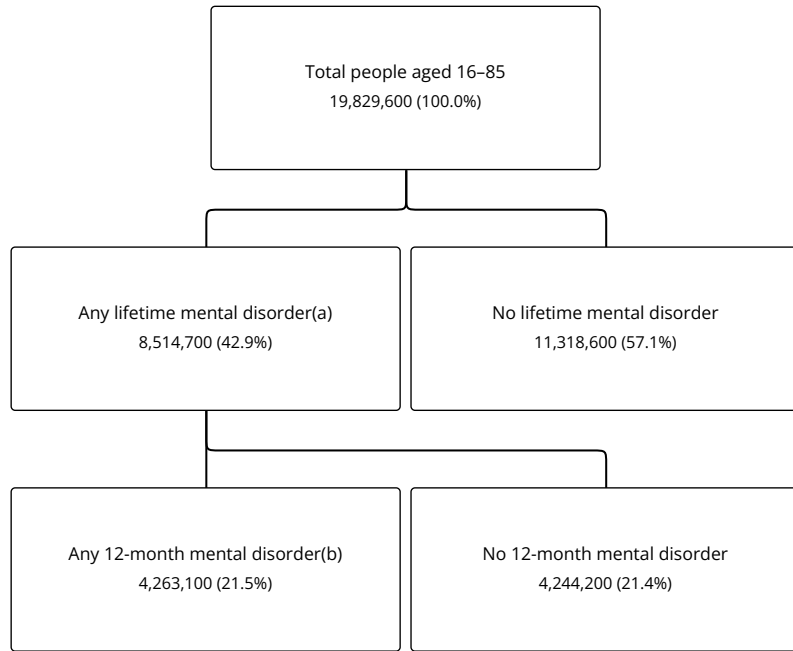
See [Methodology \(/methodologies/national-study-mental-health-and-wellbeing-methodology/2020-2022\)](/methodologies/national-study-mental-health-and-wellbeing-methodology/2020-2022) for more information.

Prevalence of lifetime mental disorders

In 2020–2022, of the 19.8 million Australians aged 16–85 years, 42.9% (8.5 million people) had experienced a mental disorder at some time in their life:

- 28.8% (5.7 million people) had experienced an Anxiety disorder such as Social Phobia or Post-Traumatic Stress Disorder
- 16.0% (3.2 million people) had experienced an Affective disorder such as a Depressive Episode
- 19.6% (3.9 million people) had experienced a Substance Use disorder.

Lifetime and 12-month mental disorders, 2020-2022



- a. People who had experienced at least one mental disorder at some time in their life.
- b. People who had experienced at least one mental disorder at some time in their life and had sufficient symptoms of that disorder in the 12 months prior to the survey.

Prevalence of 12-month mental disorders

In 2020-2022, one in five Australians (21.5% or 4.3 million people) had a 12-month mental disorder:

- 17.2% (3.4 million people) had a 12-month Anxiety disorder
- 7.5% (1.5 million people) had a 12-month Affective disorder
- 3.3% (647,900 people) had a 12-month Substance Use disorder.

12-month mental disorders by type of disorder, 2020-2022

Any 12-month mental disorder(a)(b) (21.5%)	Anxiety disorders(b) (17.2%)	Panic Disorder (3.7%)
	Affective disorders(b) (7.5%)	Agoraphobia (4.5%)
	Substance Use disorders(b) (3.3%)	Social Phobia (7.3%)
		Generalised Anxiety Disorder (3.8%)
		Obsessive-Compulsive Disorder (3.6%)
		Post-Traumatic Stress Disorder (5.6%)
		Depressive Episode (4.9%)
		Dysthymia (1.5%)
		Bipolar Affective Disorder (2.0%)
		Alcohol Harmful Use (1.5%)
		Alcohol Dependence (1.1%)
		Drug Use Disorders(c) (0.9%)

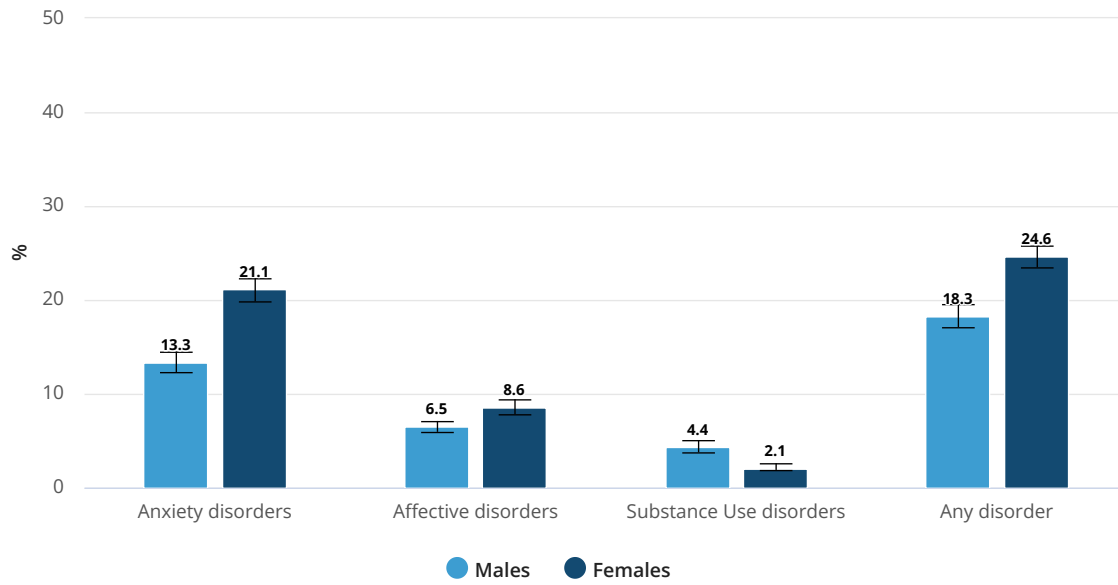
- a. People who had experienced a mental disorder at some time in their life and had sufficient symptoms of that disorder in the previous 12 months to be classified as having that disorder in the previous 12 months.
- b. A person may have had more than one mental disorder.
- c. Includes Drug Harmful Use and Drug Dependence.

Prevalence of 12-month mental disorders by age and sex

One in four females (24.6%) had a 12-month mental disorder in 2020-2022, compared with almost one in five males (18.3%):

- Females experienced higher rates than males of Anxiety disorders (21.1% compared with 13.3%) and Affective disorders (8.6% compared with 6.5%)
- Males had over twice the rate of Substance Use disorders (4.4% compared with 2.1%).

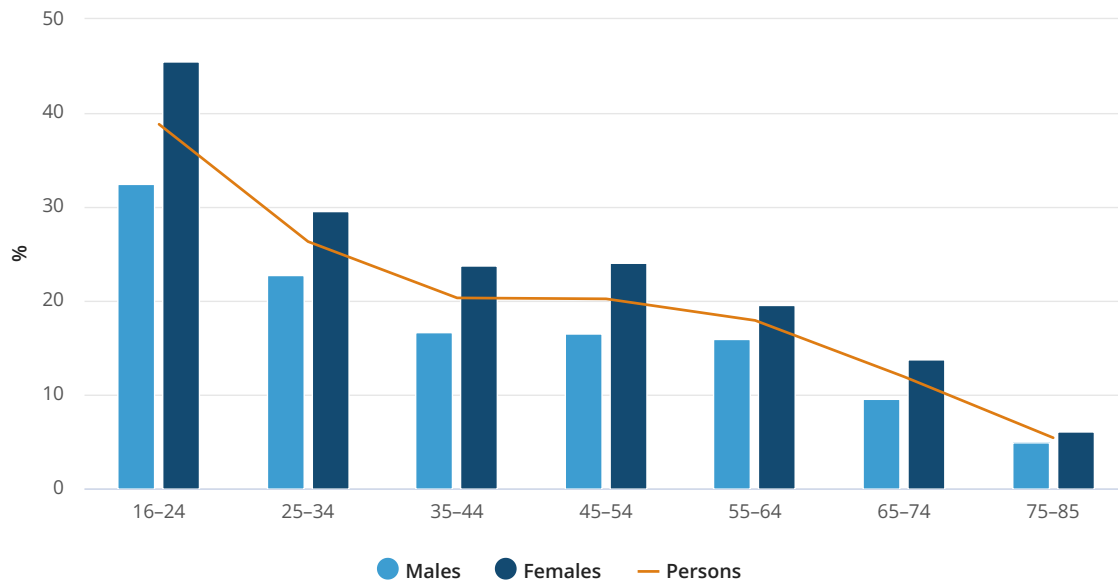
12-month mental disorders, by disorder group and sex, 2020-2022



In 2020–2022, the prevalence of 12-month mental disorders varied by age, with younger people having higher rates:

- Almost two in five people (38.8%) aged 16–24 years had a 12-month mental disorder
- Around one in four people (26.3%) aged 25–34 years had a 12-month mental disorder
- Almost half of females (45.5%) aged 16–24 years and a third of males (32.4%) aged 16–24 years had a 12-month mental disorder.

12-month mental disorders, by age and sex, 2020–2022



Prevalence of 12-month mental disorders by different populations

The prevalence of mental disorders in people aged 16–85 years varied across different populations:

- People who described their sexual orientation as Gay or Lesbian, Bisexual or who used a different term had higher rates of 12-month mental disorders (58.7%) than people who described their sexual orientation as heterosexual (19.9%)

- One in three transgender people (33.1%) had a 12-month mental disorder, compared with one in five cisgender people (21.3%)
- One in three people (32.6%) living in a one parent family with dependent children had a 12-month mental disorder, compared with one in five people living in couple families with dependent children (19.4%)
- People living in group households had higher rates of 12-month mental disorders (34.9%) than people living in lone households (24.3%) or couple only households (16.7%)
- Two in five people (39.1%) who had ever been without a permanent place to live had a 12-month mental disorder compared with one in five people (19.5%) who had never been without a permanent place to live
- People who lived in Major Cities of Australia had similar rates of 12-month mental disorders (21.3%) to those who lived in Inner Regional areas (22.3%) or Outer Regional areas (22.0%) of Australia
- People who had never been married had higher rates of 12-month mental disorders (33.2%) than people who were married or in a de facto relationship (16.2%)
- People aged 16–64 years who were currently unemployed had higher rates of 12-month mental disorders (36.1%) than people who were employed (22.8%) or not in the labour force (28.6%).

Note that rates of 12-month mental disorders in the above populations may be influenced by their differing age structures. Additionally, rates of 12-month mental disorders among different groups in Australia may reflect a range of different life factors experienced by those people. These may include social, economic, or other health-related circumstances.

12-month Anxiety disorders

Anxiety disorders typically involve feelings of tension, distress or nervousness. A person may avoid situations they believe cause these feelings, potentially limiting their interactions with the wider world and impacting the way they live. [[3. \(/statistics/health/mental-health/national-study-mental-health-and-wellbeing/2020-2022#endnotes\)](https://www.abs.gov.au/statistics/health/mental-health/national-study-mental-health-and-wellbeing/2020-2022#endnotes)]

Support Services

[Beyond Blue \(https://www.beyondblue.org.au/\)](https://www.beyondblue.org.au/): 1300 224 636 (24 hours, 7 days)

[Kids Helpline \(https://kidshelpline.com.au/\)](https://kidshelpline.com.au/): 1800 551 800 (24 hours, 7 days)

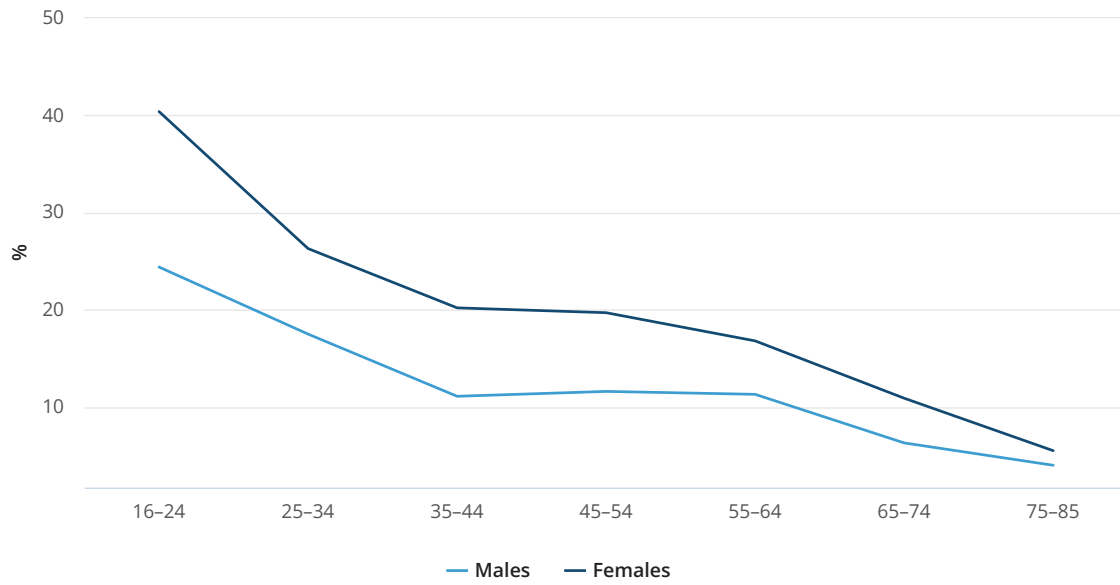
[QLife \(LGBTIQ+\) \(https://qlife.org.au/\)](https://qlife.org.au/): 1800 184 527 (3pm to midnight, 7 days)

[1800RESPECT \(https://www.1800respect.org.au/\)](https://www.1800respect.org.au/): 1800 737 732 (24 hours, 7 days)

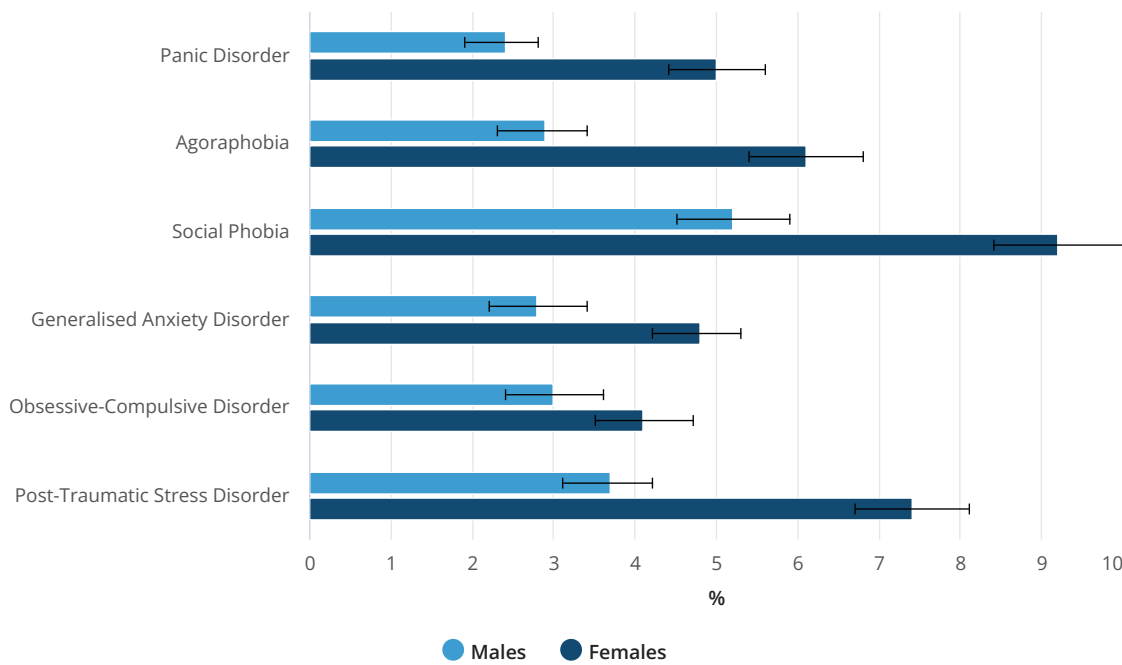
In 2020–2022, more than one in six Australians (17.2% or 3.4 million people) aged 16–85 years had a 12-month Anxiety disorder:

- Females were more likely than males to have had a 12-month Anxiety disorder (21.1% compared with 13.3%)
- Almost one in three people (31.8%) aged 16–24 years had a 12-month Anxiety disorder
- Two in five females (40.4%) aged 16–24 years had a 12-month Anxiety disorder
- One in two people (50.3%) who described their sexual orientation as Gay or Lesbian, Bisexual or who used a different term had a 12-month Anxiety disorder
- One in four people (25.6%) living in one parent family households with dependent children had a 12-month Anxiety disorder
- Females experienced higher rates of Social Phobia (9.2% compared with 5.2%) and Post-Traumatic Stress Disorder (7.4% compared with 3.7%) than males.

Any 12-month Anxiety disorder, by sex and age, 2020–2022



12-month Anxiety disorders, by type of disorder and sex, 2020-2022



12-month Affective disorders

Affective disorders refer to conditions that disturb a person’s mood to the point where it becomes difficult to function in relationships or at work. While people’s experiences with affective disorders vary, they can cause a person to withdraw from social contact, lose interest in the important things in their life and make enjoyable activities seem like too much effort.^[4 (/statistics/health/mental-health/national-study-mental-health-and-wellbeing/2020-2022#endnotes)]^[5 (/statistics/health/mental-health/national-study-mental-health-and-wellbeing/2020-2022#endnotes)]

Support Services

Lifeline (<https://www.lifeline.org.au/>): 13 11 14 (24 hours, 7 days)

[Beyond Blue \(https://www.beyondblue.org.au/\)](https://www.beyondblue.org.au/): 1300 224 636 (24 hours, 7 days)

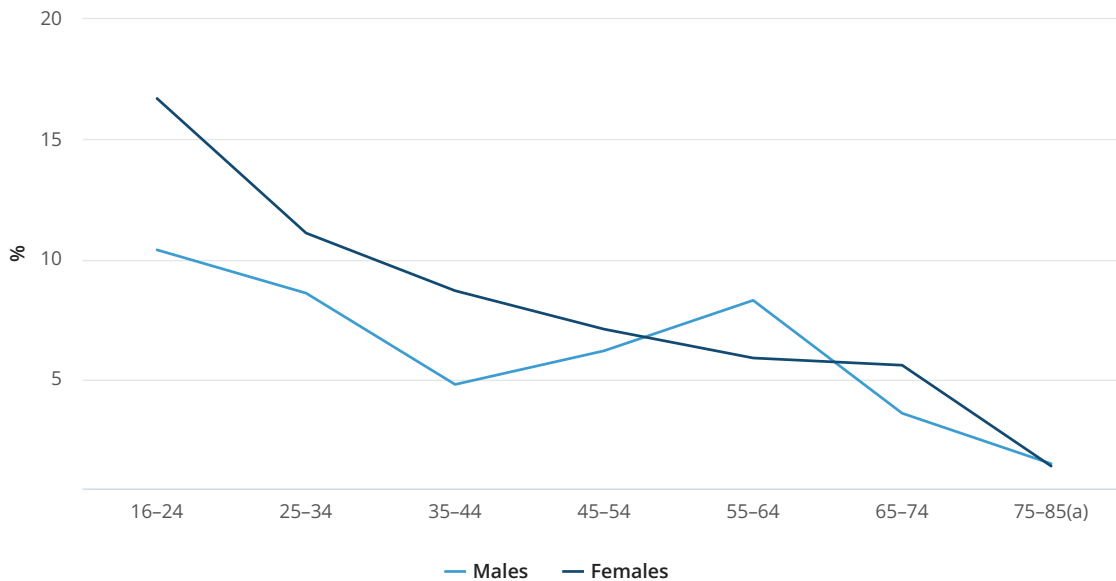
[QLife \(LGBTIQ+\)\(https://www qlife.org.au/\)](https://www qlife.org.au/): 1800 184 527 (3pm to midnight, 7 days)

[1800RESPECT \(https://www.1800respect.org.au/\)](https://www.1800respect.org.au/): 1800 737 732 (24 hours, 7 days)

In 2020–2022, 7.5% of Australians (1.5 million people) aged 16–85 years had a 12-month Affective disorder:

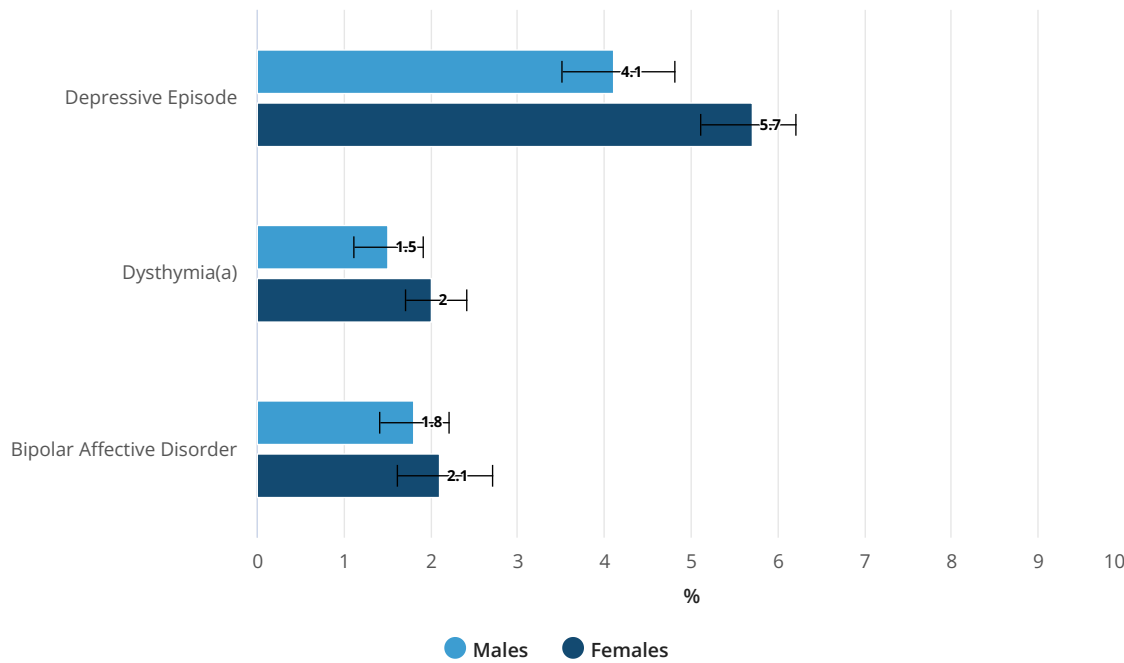
- Females had higher rates of 12-month Affective disorders than males (8.6% compared with 6.5%)
- Almost one in seven people (13.5%) aged 16–24 years had a 12-month Affective disorder
- One in ten people (9.7%) aged 25–34 years had a 12-month Affective disorder
- More than one in four people (28.2%) who described their sexual orientation as Gay or Lesbian, Bisexual or who used a different term had a 12-month Affective disorder
- People who had been without a permanent place to live at some time in their life had higher rates of 12-month Affective disorders than people who had never been without a permanent place to live (16.9% compared with 6.5%)
- People aged 16–64 years who were not engaged in any study or work had higher rates of 12-month Affective disorders (12.1%) than people fully engaged in work and/or study (7.5%)
- Depressive Episode was the most common Affective disorder (4.9%).

Any 12-month Affective disorder, by age and sex, 2020–2022



a. Proportions for males and females aged 75–85 have a relative standard error of 25–50% and should be used with caution.

12-month Affective disorders, by type of disorder and sex, 2020–2022



a. A disorder characterised by at least two years of constant (or constantly recurring) chronic depressed mood, where intervening periods of normal mood rarely last for longer than a few weeks.

12-month Substance Use disorders

Substance Use disorders involve the harmful use or dependence on alcohol or drugs. While people use substances for a range of reasons, misuse of substances may have serious long-term consequences on a person's health and wellbeing, as well as negatively impacting families and communities. [6 (/statistics/health/mental-health/national-study-mental-health-and-wellbeing/2020-2022#endnotes)] Substances included in the NSMHW were alcohol and four groups of drugs: sedatives, stimulants, cannabinoids and opioids.

Support Services

National Alcohol and Other Drugs Hotline: 1800 250 015 (24 hours, 7 days)

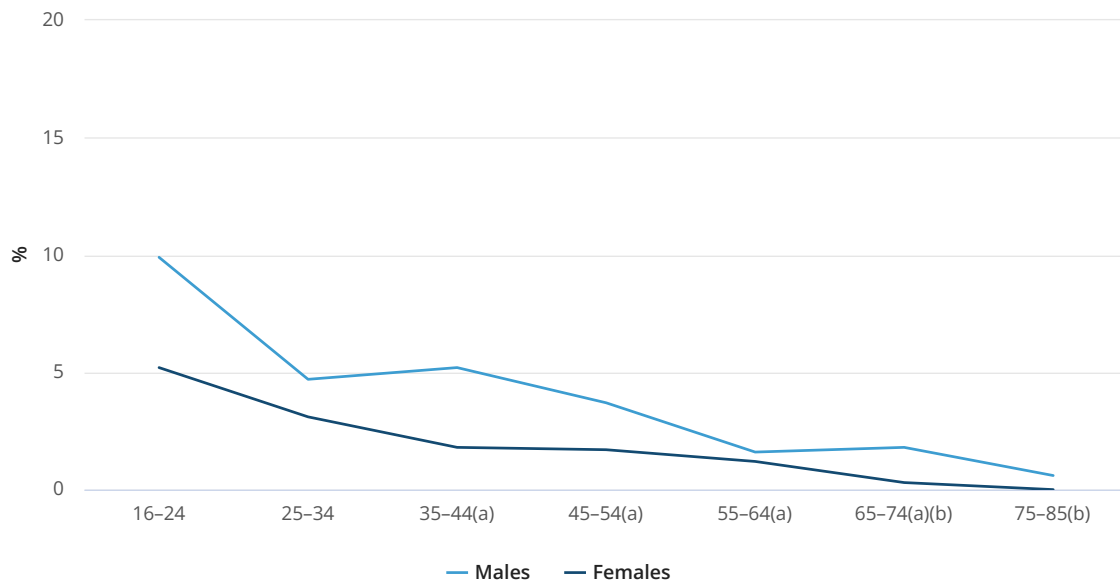
[Family Drug Support \(https://www.fds.org.au/\)](https://www.fds.org.au/): 1300 368 186 (24 hours, 7 days)

[MensLine Australia \(https://mensline.org.au/\)](https://mensline.org.au/): 1300 789 978 (24 hours, 7 days)

In 2020–2022, 3.3% of Australians (647,900 people) aged 16–85 years had a 12-month Substance Use disorder:

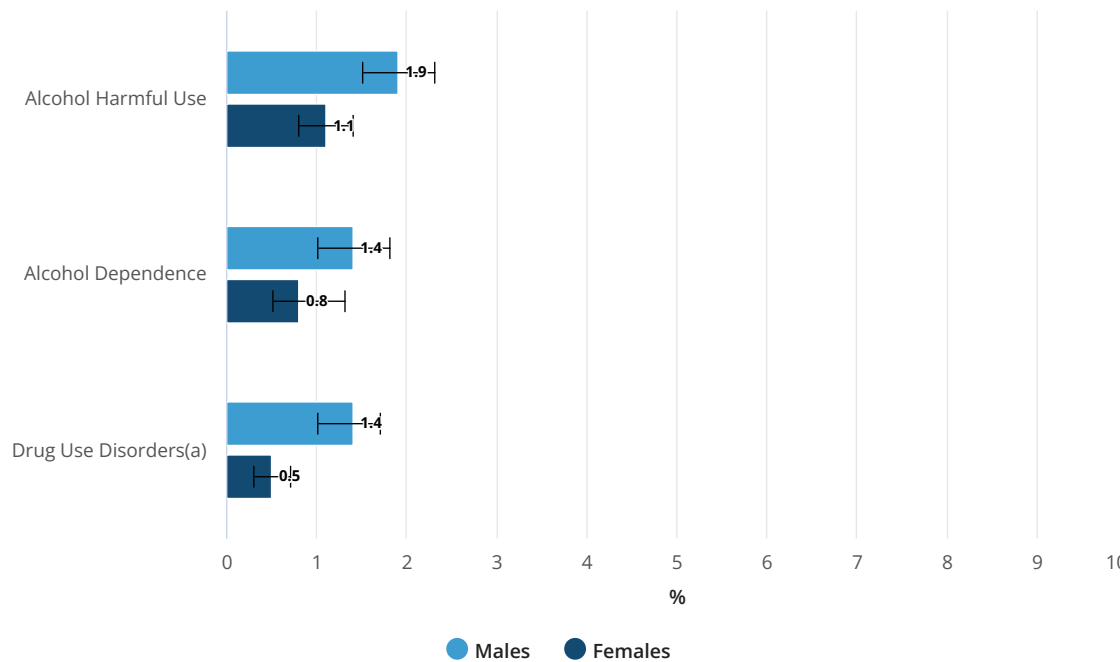
- Males were twice as likely as females to have had a 12-month Substance Use disorder (4.4% compared with 2.1%)
- People aged 16–24 years had the highest rates of 12-month Substance Use disorders (7.8%) compared with other age groups
- Current smokers were nearly five times more likely to have a 12-month Substance Use disorder than people who had never smoked (8.7% compared with 1.8%)
- People who had been without a permanent place to live at some time in their life had higher rates of Substance Use disorders than people who had never been without a permanent place to live (7.0% compared with 2.8%).

Any 12-month Substance Use disorder, by age and sex, 2020–2022



a. Proportions for males aged 55-64 and 65-74 and females aged 35-44, 45-54, 54-55 and 55-64 have a relative standard error of 25-50% and should be used with caution.
 b. Proportions for males aged 75-85 and females aged 65-74 and 75-85 have a relative standard error of greater than 50% and are considered too unreliable for general use.

12-month Substance Use disorder, by type of disorder and sex, 2020-2022



a. Includes Drug Harmful Use and Drug Dependence.

Comorbidity of mental disorders and physical conditions

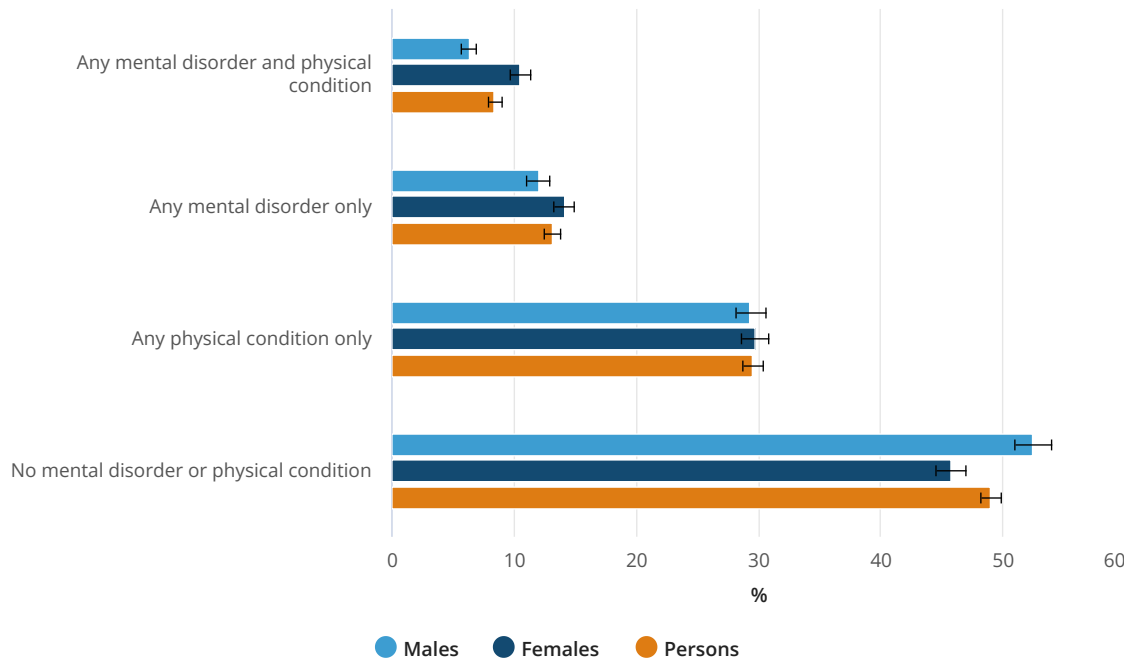
Comorbidity is the co-occurrence of more than one disease and/or disorder in an individual. A person with co-occurring diseases or disorders is likely to experience more severe and chronic medical, social and emotional problems than if they had a single disease or disorder. [[/statistics/health/mental-health/national-study-mental-health-and-wellbeing/2020-2022#endnotes](https://www.abs.gov.au/statistics/health/mental-health/national-study-mental-health-and-wellbeing/2020-2022#endnotes)]

In this section, physical conditions have only been included where a person reported having been told by a doctor or nurse that they currently had the long-term physical health condition, which had lasted, or was expected to last, for 6 months or more.

In 2020–2022, 4.3 million people (21.5%) aged 16–85 years had a 12-month mental disorder while 7.5 million people (37.9%) had a selected physical condition:

- 1.7 million people (8.4%) had both a 12-month mental disorder and a physical condition
- 2.6 million people (13.1%) had a 12-month mental disorder only
- 5.8 million people (29.5%) had a physical condition only.

Comorbidity(a) of 12-month mental disorders and physical conditions, by sex, 2020–2022



a. Comorbidity data presented in this figure does not incorporate hierarchy rules which give precedence to diagnosis of one mental disorder over another.

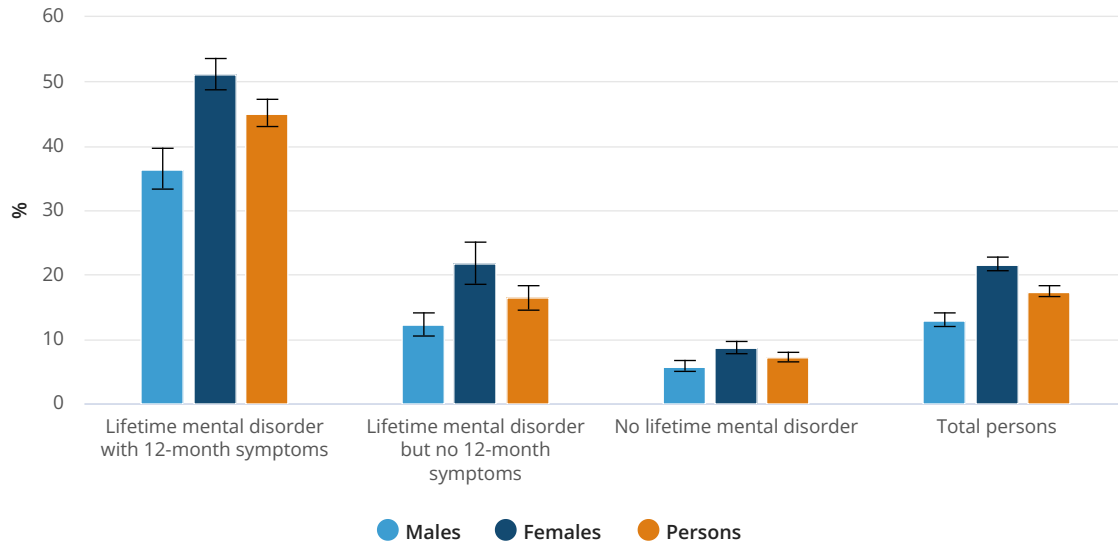
Use of services

Consultations with health professionals for mental health

In 2020–2022, 17.4% of Australians (3.4 million people) aged 16–85 years saw a health professional for their mental health in the 12 months prior to interview:

- 21.6% of females saw a health professional for their mental health, compared with 12.9% of males
- 22.9% of people aged 16–34 years saw a health professional for their mental health, compared with 17.4% of people aged 35–64 years and 8.1% of people aged 65–85 years
- 12.4% of people saw a general practitioner for their mental health and 7.8% saw a psychologist.

Consultations with health professionals for mental health(a), by lifetime and 12-month mental disorders, 2020–2022

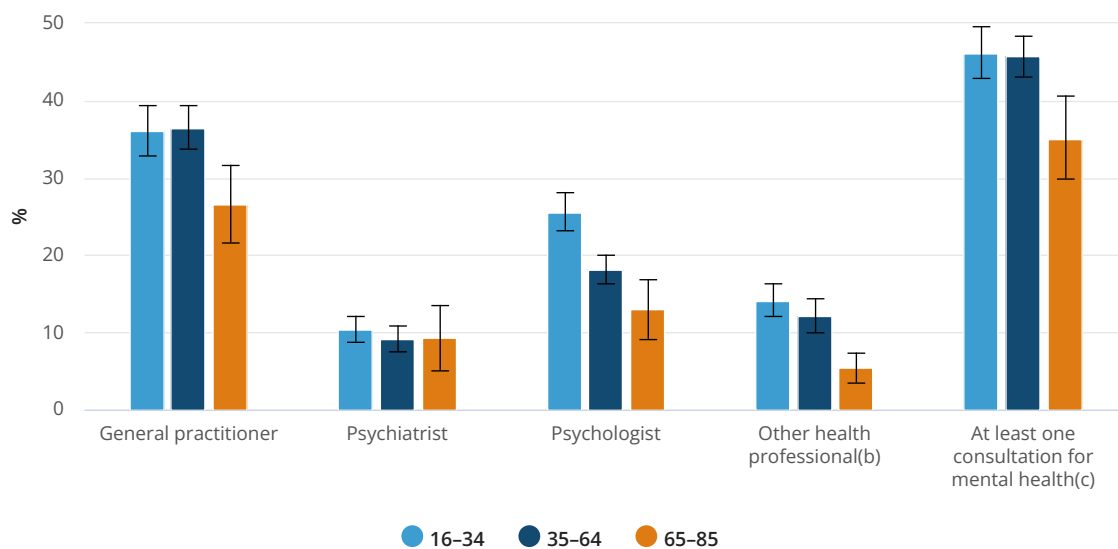


a. In the 12 months prior to interview.

There were 4.3 million Australians aged 16–85 years with a 12-month mental disorder. Of these, 1.9 million (45.1%) saw a health professional for their mental health in 2020–2022:

- Females with a 12-month mental disorder were more likely to have seen a health professional for their mental health than males with a 12-month mental disorder (51.1% compared with 36.4%)
- People aged 16–34 years with a 12-month mental disorder were more likely to have seen a health professional for their mental health than people aged 65–85 years with a 12-month mental disorder (46.2% compared with 35.1%)
- 35.5% of people with a 12-month mental disorder saw a general practitioner for their mental health and 21.3% saw a psychologist.

Consultations with health professionals for mental health(a) by people with any 12-month mental disorder, by age, 2020–2022



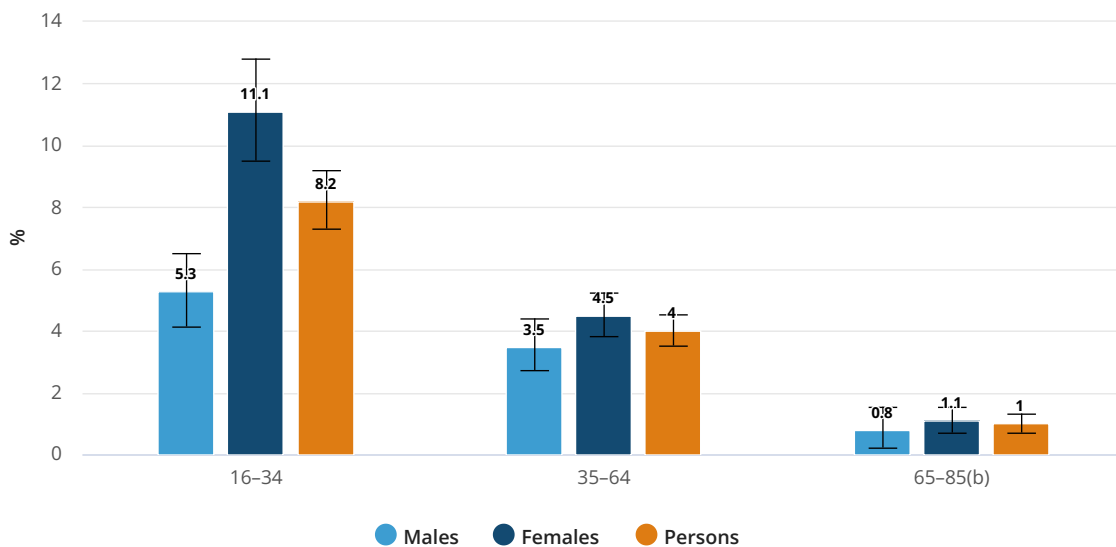
- a. In the 12 months prior to interview.
- b. Includes mental health nurse and other mental health professional, specialist doctor or surgeon and other health professional.
- c. Also includes hospital admissions for mental health.

Other services for mental health accessed using digital technologies

In addition to mental health related consultations with health professionals, people also accessed other services for their mental health using phone, internet, or another digital technology. Nearly 945,000 Australians (4.8%) aged 16–85 years used these methods to access other services for their mental health in the 12 months prior to interview:

- Females were almost twice as likely as males to have accessed other services by phone, internet, or another digital technology (6.0% compared with 3.6%)
- 8.2% of people aged 16–34 years accessed other services by phone, internet, or another digital technology compared with 1.0% of people aged 65–85 years
- 11.1% of females aged 16–34 years accessed other services by phone, internet, or another digital technology compared with 5.3% of males in the same age group.

Other services for mental health(a) accessed using digital technologies, by age and sex, 2020–2022

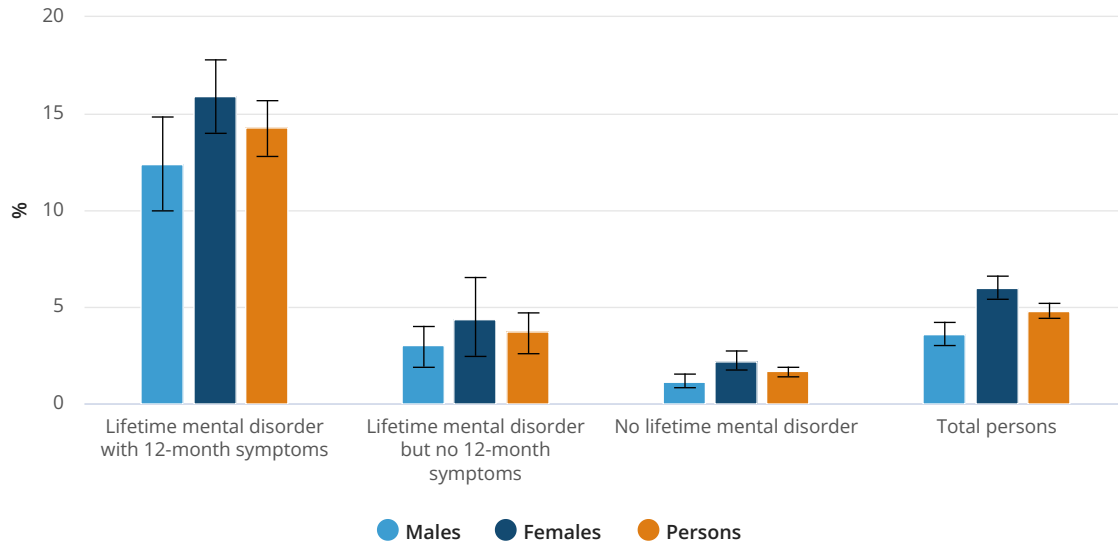


- a. In the 12 months prior to interview.
- b. Proportions for males aged 65–85 has a relative standard error of 25–50% and should be used with caution.

There were 4.3 million Australians aged 16–85 years with a 12-month mental disorder. Of these, 607,700 (14.3%) accessed other services for their mental health by phone, internet, or another digital technology in 2020–2022:

- Females with a 12-month mental disorder were more likely to have accessed other services for their mental health by phone, internet, or another digital technology than males (15.9% compared with 12.4%)
- People aged 16–34 years with a 12-month mental disorder were more likely to have accessed other services for their mental health by phone, internet, or another digital technology than people aged 35–64 years (18.2% compared with 12.0%).

Other services for mental health(a) accessed using digital technologies, by lifetime and 12-month mental disorders, 2020–2022



a. In the 12 months prior to interview.

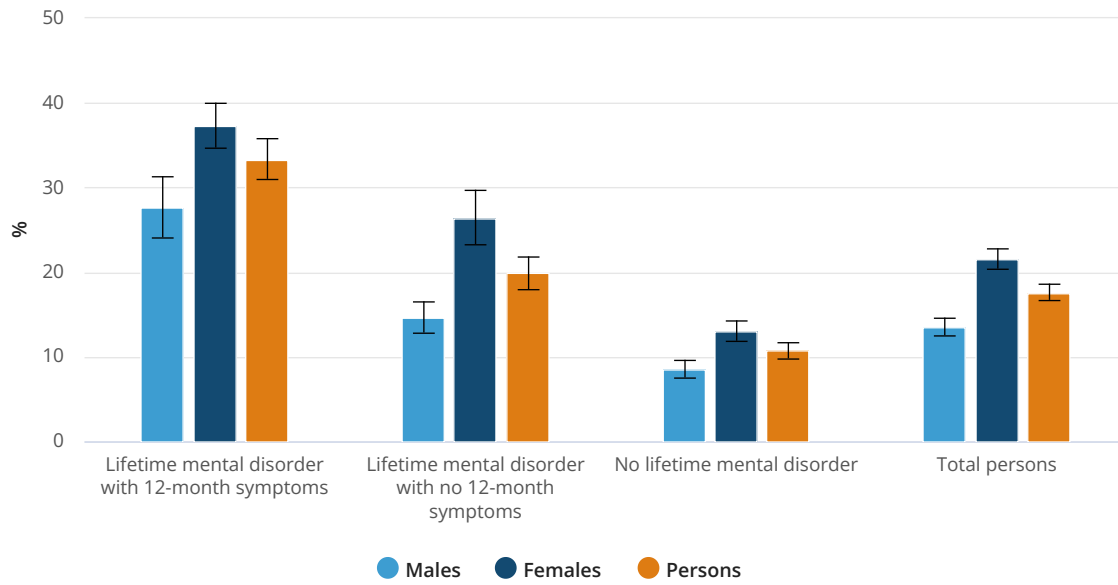
Mental health-related medications

This section presents information on mental health-related medications sourced from the Pharmaceutical Benefits Scheme (PBS). While these medications are commonly prescribed for treating mental health conditions, they may also be prescribed to treat other conditions. PBS data cannot determine what condition a medication was prescribed for and only shows that a medication has been dispensed. Additionally, the data does not provide information on how or if the medication was used.

In 2020–2022, 17.6% of Australians (3.5 million people) aged 16–85 years were dispensed at least one PBS subsidised mental health-related medication in the 12 months prior to interview:

- 21.6% of females were dispensed at least one mental health-related medication compared with 13.5% of males
- 12.0% of people aged 16–34 years were dispensed at least one mental health-related medication, compared with 18.0% of people aged 35–64 years and 25.8% people aged 65–85 years
- 14.2% of Australians aged 16–85 years were dispensed at least one Antidepressants medication and 3.1% were supplied with at least one Anxiolytics medication.

Mental health-related medications(a), by lifetime and 12-month mental disorders, 2020–2022



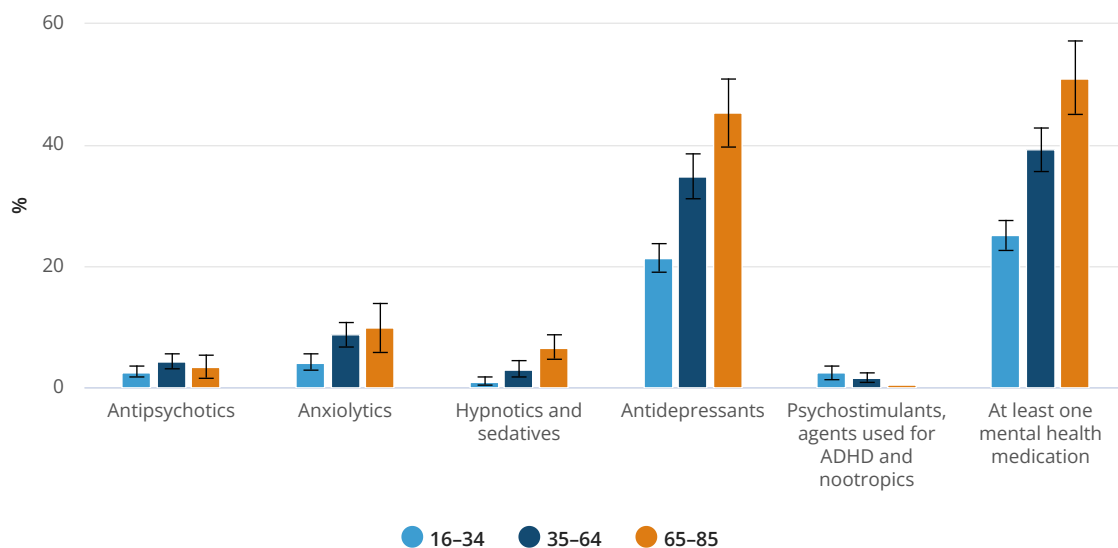
a. In the 12 months prior to interview.

Mental health-related medications dispensed to people with a 12-month mental disorder

There were 4.3 million Australians aged 16–85 years with a 12-month mental disorder. Of these, 1.4 million (33.3%) were dispensed at least one PBS subsidised mental health-related medication in the 12 months prior to interview:

- 37.3% of females with a 12-month mental disorder were dispensed at least one mental health-related medication, compared with 27.7% of males
- 51.0% of people aged 65–85 years with a 12-month mental health disorder were dispensed at least one mental health-related medication, compared with 25.1% of people aged 16–34 years
- 29.4% of people with a 12-month mental disorder were dispensed at least one Antidepressants medication.

Type of mental health-related medication supplied(a) to people with 12-month mental disorders, 2020–2022



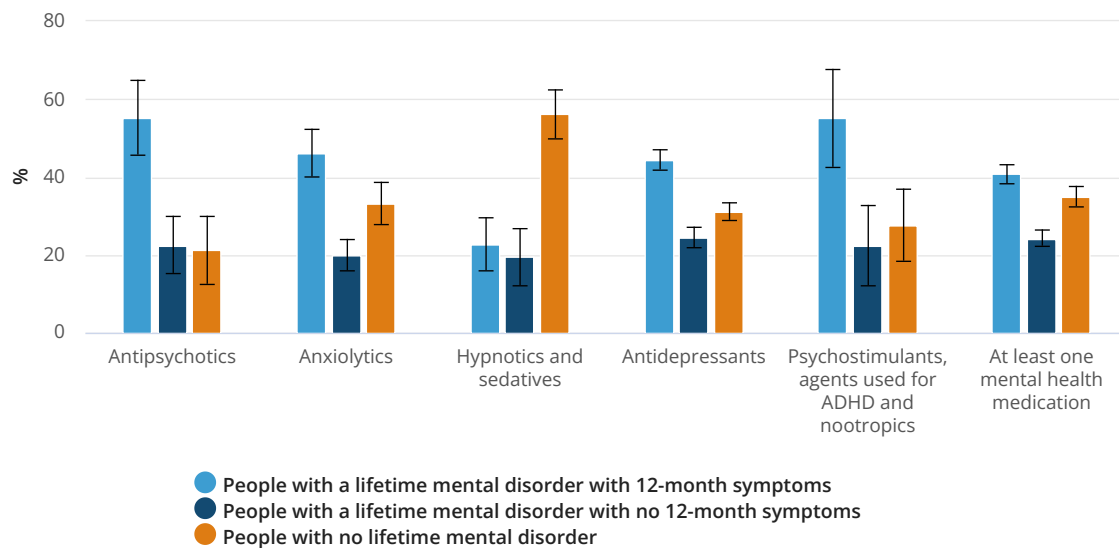
a. In the 12 months prior to interview.

People who were dispensed a mental health-related medication

Of the 3.5 million people aged 16–85 years who were dispensed at least one PBS subsidised mental health-related medication in the 12 months prior to interview, 40.7% had a 12-month mental disorder, 24.2% had a lifetime disorder with no 12-month symptoms, and the remainder (34.9%) had no lifetime disorder. These proportions varied according to type of medication:

- 55.1% of people who were dispensed at least one Antipsychotics medication had a 12-month mental disorder
- 55.1% of people who were dispensed at least one Psychostimulants, agents used for ADHD and nootropics medication had a 12-month mental disorder
- 56.1% of people who were dispensed at least one Hypnotics and sedatives medication had no lifetime disorder.

Proportion of mental health-related medications dispensed(a), by lifetime and 12-month mental disorders



a. In the 12 months prior to interview.

Lived experience of suicide

Suicidal behaviour is complex, with many influencing factors. Dealing with stressful or traumatic past or present events, death, separation, loss, bullying, mental ill-health, alcohol and drugs can play a role in causing emotional pain. Other factors may include life-changing events, family history and relationships, work, education, and social pressures. [\[8\] \(/statistics/health/mental-health/national-study-mental-health-and-wellbeing/2020-2022#endnotes\)](#).

Suicide can also have a profound emotional effect not only on family and friends, but on the whole community. [\[9\] \(/statistics/health/mental-health/national-study-mental-health-and-wellbeing/2020-2022#endnotes\)](#). The ABS acknowledges the individuals, families and communities affected by suicide each year in Australia.

Support services

24 hours, 7 days:

[Lifeline \(https://www.lifeline.org.au/\)](https://www.lifeline.org.au/): 13 11 14

[Suicide Call Back Service \(https://www.suicidecallbackservice.org.au/\)](https://www.suicidecallbackservice.org.au/): 1300 659 467

[Kids Helpline \(https://www.kidshelpline.com.au/\)](https://www.kidshelpline.com.au/): 1800 551 800 (for people aged 5 to 25 years)

[MensLine Australia \(https://mensline.org.au/\)](https://mensline.org.au/): 1300 789 978

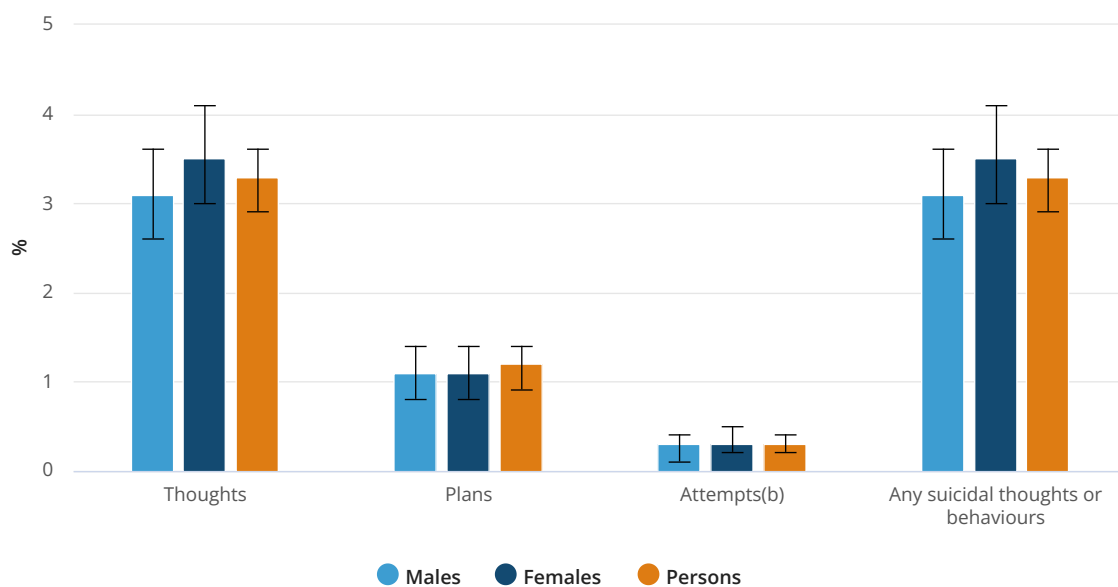
[StandBy - Support After Suicide \(https://standbysupport.com.au/\)](https://standbysupport.com.au/): 1300 727 247

Suicidal thoughts and behaviours in the NSMHW refer to whether a person had ever seriously thought about taking their own life, made a plan to take their own life, or attempted to take their own life, and whether they had done so in the last 12 months. A person must have said they had seriously thought about taking their own life to be asked if they had made a plan and/or attempt.

In 2020–2022, one in six Australians (16.7% or 3.3 million people) aged 16–85 years had experienced any suicidal thoughts or behaviours in their life, while 3.3% (644,600 people) had experienced suicidal thoughts or behaviours in the previous 12 months. This includes:

- 3.3% of people who had seriously thought about taking their own life
- 1.2% who had made a plan to take their own life
- 0.3% who had attempted to take their own life.

12-month suicidal thoughts and behaviours(a), by sex, 2020–2022



a. A person must have said they had seriously thought about taking their life to be then asked if they had made a plan or attempt to take their own life. Rates for 'Any suicidal thoughts or behaviours' are therefore the same as for 'Thoughts'.

b. Proportions for males have a relative standard error of 25–50% and should be used with caution.

Of the 644,600 people who reported any suicidal thoughts or behaviours in the last 12 months, three in four (74.9%) had a 12-month mental disorder.

The NSMHW asked people whether they have ever been close to someone who had taken or attempted to take their own life. More than one in three people (36.2%) aged 16–85 years had ever been close to someone who had taken or attempted to take their own life, while 4.7% had been close to someone who had taken or attempted to take their own life in the last 12 months.

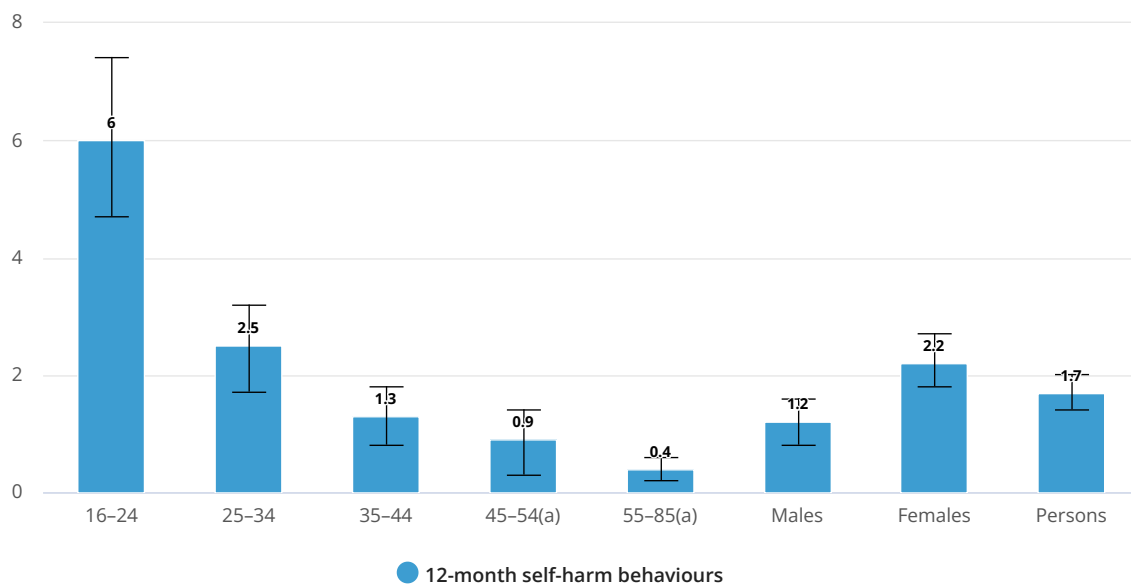
Self-harm

Self-harm refers to a person intentionally causing pain or damage to their own body. This behaviour may be motivated as a way of expressing or controlling distressing feelings or thoughts. Self-harm and suicide are distinct and separate acts although some people who self-harm are at an increased risk of suicide.[\[10\].\(statistics/health/mental-health/national-study-mental-health-and-wellbeing/2020-2022#endnotes\)](https://www.abs.gov.au/statistics/health/mental-health/national-study-mental-health-and-wellbeing/2020-2022#endnotes)

In 2020–2022, 8.7% of Australians (1.7 million people) aged 16–85 years had self-harmed in their lifetime and 1.7% (342,100) had self-harmed in the previous 12 months:

- Females had higher rates of self-harm than males in the previous 12 months (2.2% compared with 1.2%) as well as across their lifetime (10.4% compared with 6.8%)
- More than one in four females (27.9%) aged 16–24 years had self-harmed in their lifetime
- 8.7% of females aged 16–24 years had self-harmed in the last 12 months, compared with 3.3% of males aged 16–24 years.

12-month self-harm behaviours, by age then sex, 2020–2022



a. Proportions for persons aged 45–54 and 55–85 have a relative standard error of 25–50% and should be used with caution.

Prevalence of mental disorders by state and territory

This release presents limited estimates for states and territories. The NSMHW sample was designed to provide reliable national-level estimates. While estimates are available for each state and territory, the sample size does not allow for detailed analysis and care should be taken if comparing states and territories.

Additionally, the scope of the NSMHW excludes people living in Very Remote areas and discrete Aboriginal and Torres Strait Islander communities. This is unlikely to impact national estimates and will only have a minor impact on aggregate estimates produced for individual states and territories, except the Northern Territory where the excluded population accounts for around 21% of people.

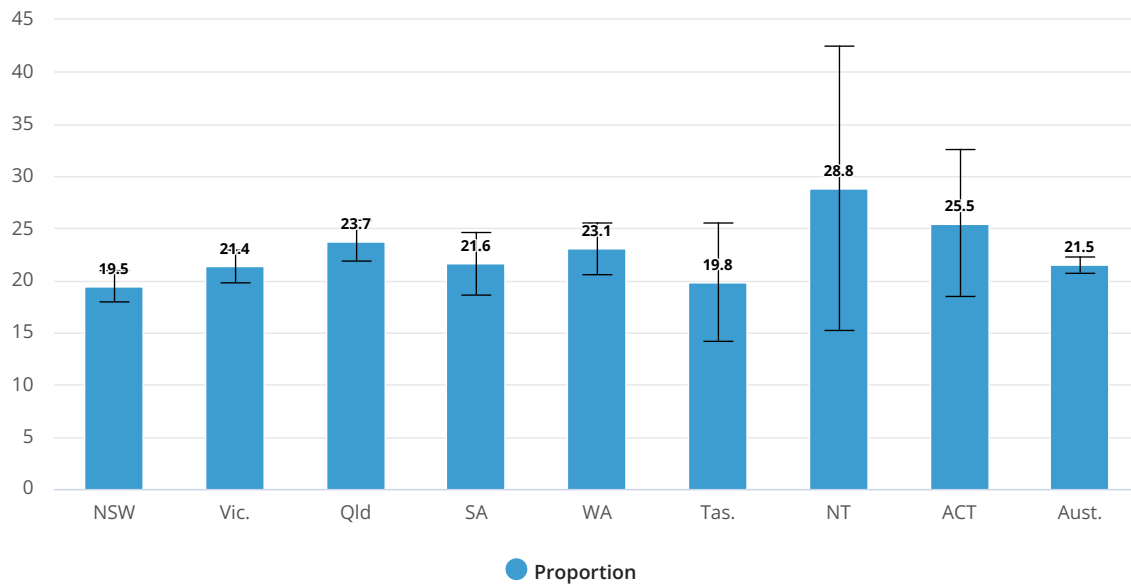
Interpreting sampling error for states and territories

Sampling error is the difference that can occur between an estimate from a survey and the value that would have been produced if the entire population had been surveyed.

One measure of sampling error is the Margin of Error (MOE). This describes the distance from the population value that the estimate from a survey is likely to lie within, and assists in understanding the accuracy of proportion estimates.

The graph below shows the proportion of people with a 12-month mental disorder for each state and territory, with margins of error included. In general, where MOEs overlap for any two individual proportions, any apparent difference between the two proportions cannot be considered to be statistically significant; that is, it cannot be stated with confidence that there is a real difference between the two proportions. See the Accuracy section of the [Methodology \(/methodologies/national-study-mental-health-and-wellbeing-methodology/2020-2022#how-the-data-is-processed\)](https://www.abs.gov.au/methodology/2020-2022#how-the-data-is-processed) for more information.

Interpreting sampling error: 12-month mental disorders by state/territory



New South Wales

In 2020–2022, of the 6.3 million people aged 16–85 years in New South Wales, 40.5% or 2.5 million people had a lifetime mental disorder:

- 19.5% (1.2 million people) had a 12-month mental disorder
- 15.4% had a 12-month Anxiety disorder
- 6.6% had a 12-month Affective disorder
- 3.0% had a 12-month Substance Use disorder.

Victoria

In 2020–2022, of the 5.1 million people aged 16–85 years in Victoria, 42.4% or 2.2 million people had a lifetime mental disorder:

- 21.4% (1.1 million people) had a 12-month mental disorder
- 17.4% had a 12-month Anxiety disorder
- 7.6% had a 12-month Affective disorder
- 3.1% had a 12-month Substance Use disorder.

Queensland

In 2020–2022, of the 4.0 million people aged 16–85 years in Queensland, 45.2% or 1.8 million people had a lifetime mental disorder:

- 23.7% (954,400 people) had a 12-month mental disorder
- 19.2% had a 12-month Anxiety disorder
- 8.6% had a 12-month Affective disorder
- 3.2% had a 12-month Substance Use disorder.

South Australia

In 2020–2022, of the 1.4 million people aged 16–85 years in South Australia, 40.0% or 564,200 people had a lifetime mental disorder:

- 21.6% (304,500 people) had a 12-month mental disorder
- 16.6% had a 12-month Anxiety disorder
- 6.6% had a 12-month Affective disorder

- 3.9% had a 12-month Substance Use disorder.

Western Australia

In 2020–2022, of the 2.1 million people aged 16–85 years in Western Australia, 45.3% or 940,300 people had a lifetime mental disorder:

- 23.1% (478,100 people) had a 12-month mental disorder
- 18.2% had a 12-month Anxiety disorder
- 8.5% had a 12-month Affective disorder
- 3.2% had a 12-month Substance Use disorder.

Tasmania

In 2020–2022, of the 448,200 people aged 16–85 years in Tasmania, 52.9% or 237,000 people had a lifetime mental disorder:

- 19.8% (88,700 people) had a 12-month mental disorder.

Northern Territory

In 2020–2022, of the 137,600 people aged 16–85 years in the Northern Territory, 51.7% or 71,100 people had a lifetime mental disorder:

- 28.8% (39,600 people) had a 12-month mental disorder.

Australian Capital Territory

In 2020–2022, of the 347,900 people aged 16–85 years in the Australian Capital Territory, 45.7% or 159,000 people had a lifetime mental disorder:

- 25.5% (88,800 people) had a 12-month mental disorder.
-

Modelled estimates for Primary Health Networks

The NSMHW was designed to provide reliable national-level estimates. Reliable direct estimates for sub-state regions are therefore not possible. Instead, statistical modelling techniques combining NSMHW data with administrative data sources and the ABS 2021 Census have been used to produce modelled estimates for 2020–2022 for each Primary Health Network (PHN) in Australia.

Modelled estimates are provided in the Data downloads section. These include estimates of the number of people with 12-month mental disorders, as well as selected other mental health-related topics.

Interpreting modelled estimates

The modelled estimates are intended to provide an indication of the likely number and age/sex distribution of people with particular attributes (e.g. people with a 12-month mental disorder) within each PHN in Australia. Used in conjunction with an understanding of local area characteristics, they can assist decision-making on issues such as requirements for services. The modelled estimates and proportions may not be appropriate for all instances, as some circumstances unique to particular PHNs are not able to be captured by the models used. Comparisons between modelled estimates for PHNs are therefore generally not recommended.

For more information see [Modelled estimates for Primary Health Networks \(/methodologies/national-study-mental-health-and-wellbeing-methodology/2020-2022#modelled-estimates-for-primary-health-networks\)](#) in the Methodology.

Mental health resources

Crisis support: available 24 hours, 7 days

Organisation	About	Telephone number	Website
Lifeline (https://www.lifeline.org.au)	Provides access to crisis support and suicide prevention services.	13 11 14	lifeline.org.au
Suicide Call Back Service (https://www.suicidecallbackservice.org.au)	Provides immediate telephone counselling and support in a crisis.	1300 659 467	suicidecallbackservice.org.au
Beyond Blue (https://www.beyondblue.org.au/)	Supporting people affected by anxiety, depression and suicide.	1300 224 636	beyondblue.org.au
MensLine Australia (https://www.mensline.org.au)	Telephone and online support, information and referral service for men with concerns about family and relationships, mental health, anger management, family violence (using and experiencing), substance abuse and wellbeing. The service is available from anywhere in Australia and is staffed by professional counsellors, experienced in men's issues.	1300 789 978	mensline.org.au
Kids Helpline (https://www.kidshelpline.com.au)	Telephone and online counselling service for young people aged 5 to 25.	1800 551 800	kidshelpline.com.au
ReachOut (https://au.reachout.com/)	Online mental health service for under-25s and their parents.		au.reachout.com
National Alcohol and Other Drugs Hotline	Hotline for anyone affected by alcohol or other drugs. Support includes counselling, advice and referral to local services.	1800 250 015	
Family Drug Support (https://www.fds.org.au)	Help for individuals and families dealing with drug and alcohol use. Also provide support groups, education programs, counselling and bereavement services for families.	1300 368 186	fds.org.au
1800RESPECT (https://www.1800respect.org.au/)	National domestic, family and sexual violence counselling, information and support service.	1800 737 732	1800respect.org.au
13YARN (https://www.13yarn.org.au/)	Aboriginal & Torres Strait Islander crisis support line for people feeling overwhelmed or having difficulty coping.	13 92 76	13yarn.org.au
StandBy - Support After Suicide (https://standbysupport.com.au/)	Australia's leading suicide postvention program dedicated to assisting people and communities bereaved or impacted by suicide, including individuals, families, friends, witnesses, first responders and service providers.	1300 727 247	standbysupport.com.au

State and territory support and resources

New South Wales

Organisation	About	Telephone number	Website
Mental Health Line Rural Adversity Mental Health Program Save Haven Transcultural Mental Health Line	<p>Free statewide phone service staffed by registered mental health professionals who can provide advice, assessments, recommendations and, when appropriate, referrals to NSW Health mental health services.</p> <p>Coordinators across regional, rural and remote NSW providing personalised advice to link individuals who need assistance for their mental health to the most appropriate services and resources.</p> <p>A Safe Haven is a place you can go if you're feeling distressed or having suicidal thoughts. It's free and you don't need an appointment. The Safe Haven initiative provides a calm, culturally sensitive and non-clinical alternative to hospital emergency departments, for people experiencing distress or suicidal thoughts. There are Safe Havens throughout NSW.</p>	<p>1800 011 511 (24 hours, 7 days. NSW only)</p> <p>Currently 19 Save Haven locations across NSW (24 hours, 7 days)</p> <p>1800 648 911 (Mon to Fri 9am to 4:30pm, NSW only)</p>	<p>health.nsw.gov.au/mentalhealth/Pages/mental-health-line.aspx</p> <p>ramhp.com.au</p> <p>health.nsw.gov.au/towardszerosuicides/Pages/safe-haven.aspx</p> <p>dhi.health.nsw.gov.au/transcultural-mental-health-centre</p>

Victoria

Organisation	About	Telephone number	Website
Head to Health Victoria SuicideLine Victoria Wellways	<p>Offering support to 16 to 65 year-olds in the LGBTQIA+ community in metropolitan Melbourne who are having thoughts or intentions of suicide. Recovery-focused, short-term (up to six months) community-based and therapeutic support by a peer-led team.</p> <p>Free mental health and wellbeing service for anyone who needs support.</p> <p>Free, professional telephone counselling service to support people at risk of suicide, concerned about someone at risk, bereaved by suicide and people experiencing emotional or mental health issues.</p> <p>Free service offering mental health information, wellbeing support and referral advice for people with a mental health issue, as well as carers and family members.</p>	<p>1300 286 463 (Business hours)</p> <p>1800 595 212 (Mon to Fri 8.30am to 5pm, except public holidays)</p> <p>1300 651 251 (24 hours, 7 days)</p> <p>1300 111 500</p>	<p>Email: aftercare@mindaustrialia.org.au (mailto:aftercare@mindaustrialia.org.au)</p> <p>headtohealth.gov.au</p> <p>suicideline.org.au</p> <p>wellways.org</p>

Queensland

Organisation	About	Telephone number	Website
Alcohol and Drug Information Service (ADIS) ARAFMI Fortify Health Group (formerly Harmony Place)	<p>Confidential mental health telephone triage service staffed by trained and experienced mental health clinicians.</p> <p>Confidential counselling, information and referral service for people in Queensland with alcohol and other drug concerns, their loved ones and health professionals.</p> <p>Anytime of the day or night carers can talk with someone, receive support, find new resources and learn helpful information to assist them as carers. (Note: is a support line, not a crisis line)</p> <p>Mental health services for people aged 16 to 65 from culturally and linguistically diverse backgrounds and communities in Southeast Brisbane.</p>	<p>1300 MH CALL (1300 642 255) (24 hours, 7 days)</p> <p>1800 177 833 (24 hours, 7 days)</p> <p>Southeast QLD: 1300 554 660 /07 3254 1881. Regional QLD: 1800 351 881 (24 hours, 7 days)</p> <p>07 3416 6660 (Mon to Fri, 8.30am to 4.30pm)</p>	<p>adis.health.qld.gov.au</p> <p>arafmi.com.au/</p> <p>fortifyhealth.com.au/clinical-care-coordination/</p>

South Australia

Organisation	About	Telephone number	Website
Regional Access	<p>Staffed by mental health clinicians which can provide advice and information in a mental health emergency or crisis situation.</p> <p>Free professional telephone and chat counselling for people 15 years and older living or working in regional South Australia. Can help with: anger management, anxiety, financial worries, grief and loss, hopelessness, isolation and loneliness, low self-esteem, relationship issues and family problems, sadness, short-term depression, stress, wellbeing and work stress. The Regional Access counselling service is hours, 7 days available for anyone who lives or works in regional, rural or remote South Australia; outside of the Adelaide metropolitan region.</p>	<p>13 14 65 (24 hours, 7 days)</p> <p>1300 032 186 (24 hours, 7 days)</p>	<p>saregionalaccess.org.au</p>

Western Australia

Organisation	About	Telephone number	Website
Alcohol and Drug Support Line	<p>Confidential telephone counselling, information and referral services for anyone seeking help for their own or another person's alcohol or drug use.</p>	<p>Metro: 08 9442 5000. Rural: 1800 198 024 (24 hours, 7 days)</p>	

Organisation	About	Telephone number	Website
Crisis Care Helpline	Western Australia's after-hours response to reported concerns for a child's safety and wellbeing, information and referrals for people experiencing crisis, advice around homelessness services, and to discuss accommodation assistance and support services for those experiencing Family and Domestic Violence.	1800 199 008 (24 hours, 7 days)	
Helping Minds (https://www.helpingminds.org.au)	Free support to family, friends and carers of people living with mental health challenges in Western Australia.	08 9427 7100 (Metro) 1800 811 747 (Regional) (8.30am to 4.30pm)	helpingminds.org.au
Here For You (https://www.mhc.wa.gov.au/here4u)	Confidential telephone service for anyone in Western Australia concerned about their own or another person's alcohol and other drug use &/or mental health issues.	1800 here4u (1800 437 348) (7am to 10pm, 7 days)	mhc.wa.gov.au/here4u
Mental Health Emergency Response Line (MHERL)	For anyone involved in a mental health emergency in the community – both members of the public and health professionals. Callers are referred to acute response teams.	Metro: 1300 555 788, Peel: 1800 676 822, RuralLink: 1800 552 002. (24 hours, 7 days)	
Parent and Family Drug Support Line	Confidential, non-judgemental telephone counselling, information and referral service for anyone concerned about a loved one's alcohol or drug use. Callers have the option to speak to an experienced parent volunteer.	Metro: 08 9442 5050 Rural: 1800 653 203 (24 hours, 7 days)	
Strong Spirit Strong Mind (https://strongspiritstrongmind.com.au/getting-help/)	Website with an extensive directory of resources to support Aboriginal and Torres Strait Islander peoples' social and emotional wellbeing.		strongspiritstrongmind.com.au/getting-help/
The Samaritans (https://thesamaritans.org.au/)	Confidential counselling, providing emotional support and referral options if needed.	135 247 (8am to 8pm)	thesamaritans.org.au/

Tasmania

Organisation	About	Telephone number	Website
Access Mental Health Helpline	Mental health support, triage and referral phone line delivered by the Department of Health, Tasmania in partnership with Lifeline Tasmania.	1800 332 388 (9am to 10pm, 7 days)	
Drug and Alcohol Counselling	Information about alcohol and other drugs including written resources, options and referral to appropriate treatment services or further assistance and opportunity to discuss your own situation and concerns with someone who understands and can help.	1800 811 994 (24 hours, 7 days)	

Northern Territory

Organisation	About	Telephone number	Website
headspace Alice Springs	Help for 12-25 year-old with topics such as: mental health issues, general physical health, sexual health, family and relationships, drug and alcohol issues, education and training, sexuality issues and accommodation.	08 8958 4544 (Mon: 8:30am to 5pm, Tues: 8:30am to 6:30pm, Wed: 8:30am to 6:30pm, Thurs: 8:30am to 5pm, Fri: 8:30am to 5pm, weekends: closed)	
headspace Darwin	A range of free services and support to young people aged 12 to 25 years, including: youth friendly counselling, drug and alcohol counselling, psychological support services, information and resources for mental health and wellbeing, and youth community engagement workers.	08 8931 5999 (Mon: 9am to 5pm, Tues: 9am to 7pm, Wed: 9am to 7pm, Thurs: 9am to 7pm, Fri: 9am to 5pm, weekends: closed)	
Northern Territory Mental Health Line (https://nt.gov.au/wellbeing/mental-health/support-services-for-mental-health)	Government-supported help line and extensive online list of support services in the Northern Territory.	1800 682 288 (24 hours, 7 days)	nt.gov.au/wellbeing/mental-health/support-services-for-mental-health
Standby Support After Suicide	Australia's leading suicide postvention program dedicated to assisting people and communities bereaved or impacted by suicide, including individuals, families, friends, witnesses, first responders and service providers.	For NT callers only: 0418 575 680 (Top End) or 0439 842 155 (Central Australia)	

Australian Capital Territory

Organisation	About	Telephone number	Website
Access Mental Health	Offers access to assessment and treatment services as well as advice and information on a range of mental health issues.	1800 629 354 (24 hours, 7 days)	
Men's Link (https://menslink.org.au/help/counselling-for-young-guys/)	Complete an online form to arrange free counselling for 10 to 25-year old males on topics including: school or job stress, bullying, anger and violence, loneliness, alcohol and other drugs, addictions and relationships.		menslink.org.au/help/counselling-for-young-guys/

Other selected support and resources

Organisation	About	Telephone number	Website
All-hours Support Line (https://www.defence.gov.au/adf-members-families/health-well-being/services-support-fighting-fit/need-help-now/all-hours-support-line)	Free confidential phone service for Australian Defence Force (ADF) members and their families. Helping people access ADF and civilian mental health services through a triage system.	1800 628 036	defence.gov.au/adf-members-families/crisis-support/helplines
Alcohol and Drug Foundation (https://www.adf.org.au)	Mission is to inspire positive change and deliver evidence-based approaches to minimise alcohol and drug harm.		adf.org.au
Australian Indigenous HealthInfoNet (https://www.healthinonet.ecu.edu.au)	Provides the knowledge and other information needed for practitioners and policy-makers to make informed decisions in their work about many health topics, including links to programs for individuals.		healthinonet.ecu.edu.au
Black Dog Institute (https://www.blackdoginstitute.org.au/)	A wide range of mental health resources and support tools including links to support groups and fact sheets.		blackdoginstitute.org.au
Butterfly (https://www.butterfly.org.au)	Phone, webchat and email support for those experiencing an eating disorder or body image issues, their friends, family, carers and professionals. Also factsheets and other resources.	1800 334 673	butterfly.org.au
Counselling Online (https://www.counsellingonline.org.au)	A confidential service that provides support to people across Australia affected by alcohol or other drug use, 24 hours, 7 days.		counsellingonline.org.au
Embrace Multicultural Mental Health (Culturally and Linguistically Diverse) (https://www.embracementalhealth.org.au)	A national platform for people from culturally and linguistically diverse (CALD) backgrounds, multicultural communities and mental health services to access resources, services and information in a culturally accessible format with a national focus on mental health and suicide prevention.		embracementalhealth.org.au
headspace (https://www.headspace.org.au)	Online and telephone counselling service supporting young people aged 12 to 25 and their families who need help with mental health, physical health (including sexual health), alcohol and other drugs, or work and study support.	1800 650 890	headspace.org.au
Head to Health (https://www.headtohealth.gov.au)	Provides free mental health information, services and supports online, via phone or in person at a Head to Health centre	1800 595 212 (Mon to Fri 8:30am to 5pm)	headtohealth.gov.au
Health Direct (https://www.healthdirect.gov.au/mental-health-resources-for-me)	A government-funded site with links to resources.		healthdirect.gov.au/mental-health-resources-for-me
InsideOut (https://www.insideoutinstitute.org.au)	Australia's national eating disorder research and clinical excellence institute, including resources and support programs.		insideoutinstitute.org.au
Life in Mind (https://www.lifeinmind.org.au)	A national gateway connecting Australian suicide prevention services to each other and the community.		lifeinmind.org.au
National Eating Disorders Collaboration (https://www.nedc.com.au)	Bringing research, expertise and evidence from leaders in the field together in one place.		nedc.com.au
Open Arms - Veterans & Families Counselling (https://www.openarms.gov.au/)	Free confidential counselling services and group programs for Australian veterans (former and current) and their families.	1800 011 046	openarms.gov.au
OzHelp - Building and construction (https://ozhelp.org.au/ozhelp-support-services/)	Confidential counselling services for people in high-risk, blue-collar industries. Services help clients with anxiety, depression, suicidal ideation, mental and physical health, bullying, social isolation, family and relationship conflict, alcohol and other drugs (AOD) and issues with work.	1300 694 357	ozhelp.org.au
OzHelp - Transport and logistics (https://ozhelp.org.au/ozhelp-support-services/)	Confidential counselling services for people in high-risk, blue-collar industries. Services help clients with anxiety, depression, suicidal ideation, mental and physical health, bullying, social isolation, family and relationship conflict, alcohol and other drugs (AOD) and issues with work.	1300 464 327	ozhelp.org.au
Positive Choices (https://www.positivechoices.org.au)	An online portal to help Australian schools and communities access accurate, up-to-date evidence based alcohol and other drug education resources.		positivechoices.org.au
QLife (LGBTIQ+) (https://www qlife.org.au)	Anonymous nation-wide, early intervention, peer supported telephone and web based services to diverse people of all ages to talk about sexuality, identity, gender, bodies, feelings or relationships, including those experiencing poor mental health, psychological distress, social isolation, discrimination, experiences of being misgendered and/or other social determinants that impact on their health and wellbeing.	1800 184 527 (3pm to midnight, 7 days)	qlife.org.au
SANE Australia (https://www sane.org/)	A national online and freecall service, providing information, support and referral to people concerned about complex mental health issues, including friends, family members and health professionals.	1800 187 263 (10am to 8pm Mon to Fri AEST/AEDT)	sane.org
Turning Point (https://www.turningpoint.org.au)	A national addiction treatment, training and research centre, which seeks to transform the way society provides treatment, specialist care and support for those affected by addiction.		turningpoint.org.au

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Data downloads

Mental health, National

↓ [Download all \(803.02 KB\)](#)

Table 1 - Lifetime mental disorders

↓ [Download XLSX](#)
[44.49 KB]

Table 2 - 12-month mental disorders

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Table 3 - 12-month mental disorders by age and sex

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[54.25 KB]

Table 4 - 12-month mental disorder groups by selected household and population characteristics

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[70.2 KB]

Table 5 - 12-month mental disorders by selected health characteristics

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[78.87 KB]

Table 6 - Consultations with health professionals for mental health

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Table 7 - Other services for mental health accessed using digital technologies

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[51.01 KB]

Table 8 - Comorbidity of mental disorders and physical conditions

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Table 9 - Lived experience - Suicidal thoughts and behaviours

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Table 10 - Lived experience - Whether close to someone who took or attempted to take own life

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Table 11 - Self-harm behaviours

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Table 12 - Perceived need for help for people who consulted a health professional

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[61.86 KB]

Table 13 - Perceived need for help for people who did not consult a health professional

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[45.33 KB]

Table 14 - Aspects of disordered eating

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Table 15 - Social connectedness and self-management strategies for mental health

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[88.46 KB]

Table 16 - Psychological distress

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[45.29 KB]

Table 17 - Mental health-related medications dispensed

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Mental health, State and Territory[Download all \(575.05 KB\)](#)**New South Wales**[Download XLSX](#)
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[43.74 KB]**Mental health, Primary Health Networks - modelled estimates**[Download all \(1.17 MB\)](#)**Any 12-month mental disorder**[Download XLSX](#)
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[228.17 KB]**12-month Anxiety disorders**[Download XLSX](#)
[119.89 KB]**12-month Affective disorders**[Download XLSX](#)
[117.77 KB]**12-month Substance Use disorders**[Download XLSX](#)
[108.69 KB]**Comorbidity of 12-month mental disorders and physical conditions**[Download XLSX](#)
[121.05 KB]**Use of services for mental health**[Download XLSX](#)
[178.3 KB]**Lived experience - Suicidal thoughts**[Download XLSX](#)
[182.38 KB]

Self-harm behaviours

[↓ Download XLSX](#)
[156.13 KB]

Previous catalogue number

This release previously used catalogue number 4326.0.

Post release changes

26/07/2024

The addition of 9 new data downloads containing modelled estimates for Primary Health Networks:

- Any 12-month mental disorder
 - Any 12-month mental disorder by severity
 - 12-month Anxiety disorders
 - 12-month Affective disorders
 - 12-month Substance Use disorders
 - Comorbidity of 12-month mental disorders and physical conditions
 - Use of services for mental health
 - Lived experience - Suicidal thoughts
 - Self-harm behaviours
-

22/03/2024

The addition of information on mental health-related medications and one new data download:

- Table 17 - Mental health-related medications dispensed
-

01/12/2023

The addition of 5 new data downloads:

- Table 12 - Perceived need for help for people who consulted a health professional
 - Table 13 - Perceived need for help for people who did not consult a health professional
 - Table 14 - Aspects of disordered eating
 - Table 15 - Social connectedness and self-management strategies for mental health
 - Table 16 - Psychological distress
-

Methodology

Scope

Includes:

- all usual residents in Australia aged 16–85 years living in private dwellings
 - urban and rural areas in all states and territories, excluding Very Remote parts of Australia and discrete Aboriginal and Torres Strait Islander communities.
-

Geography

The data available includes estimates for:

- Australia
 - States and territories.
-

Source

The Survey of Health and Wellbeing conducted by the Australian Bureau of Statistics. Medications data from the Pharmaceutical Benefits Scheme.

Collection method

Face-to-face interview with an Australian Bureau of Statistics Interviewer. Linkage to the [Person Level Integrated Data Asset](#).

Concepts, sources and methods

Mental disorders are classified according to the [World Health Organization's International Classification of Diseases, Tenth Revision \(ICD-10\)](#).

History of changes

For 2020-2022, medications data was sourced from the Pharmaceutical Benefits Scheme (PBS) rather than collected directly from survey respondents.

[View full methodology →](#)