

10 September 2023

New Beyond Blue data shows one in 3 people with a mental health condition don't get support

On World Suicide Prevention Day, new data from Beyond Blue shows almost one in 3 people with a mental health condition that impacts their life, are unlikely to reach out for support.

The results of Australia's Mental Health and Wellbeing Check, a survey of more than 5,000 people commissioned by Beyond Blue and carried out by the Social Research Centre, reveals the main reasons why people don't reach out.

The research found:

- 30% of people living with a mental health condition that was impacting their lives were unlikely to seek support from anyone.
- 39% of people delay seeking support due to costs.
- 30% delay seeking support due to waitlists.
- 27% think they'll get better without support.
- 24% think their problem isn't serious enough.

Beyond Blue CEO Georgie Harman says the data is concerning given the deep impact of poor mental health and suicide on people, families and communities.

"People need to know accessing support early, before they reach crisis point, can help alleviate stress, worry and isolation, and prevent depression and anxiety from getting worse. My message is don't wait, don't hesitate," Ms Harman said.

"We know people can think their problems are too small or trivial, or they believe they are taking up valuable mental health resources. But the impacts of depression, anxiety and emotional stress can be cumulative, and small problems can snowball and become harder to manage.

"Accessing support early for yourself or someone you care about, can prevent problems escalating."

Nearly 80% of people who contacted Beyond Blue's Support Service reported an immediate reduction in distress, and ongoing feelings of reduced distress two weeks later.

"If you are delaying getting mental health support due to costs, or waitlists, you can reach out to the Beyond Blue Support Service or join our Online Community Forums. We are here for you regardless of how big or small the problem feels. It's never too soon to seek support," Ms Harman said.

Beyond Blue Support Service: 1300 22 4636 or [beyondblue.org.au/getsupport](https://www.beyondblue.org.au/getsupport)

Australia's Mental Health and Wellbeing Check

Reference: Social Research Centre (2023) Australia's Mental Health and Wellbeing Check, Beyond Blue.



Quantitative research undertaken on the Social Research Centre's probability-based online panel, known as Life in Australia™



n = 5,212 respondents



Sample: Australian residents aged 18 years and older



7 November – 21 November 2022

Help and support seeking intentions



30%

Of participants experiencing a mental health issue with functional impact said they were likely to not seek help from anyone

Barriers to getting support



21%

Of participants did not get professional mental health support when they needed it or delayed getting it in the past 12 months

- 39% did not get help or delayed seeking help due to costs
- 30% did not get help or delayed seeking help due to the waiting list
- 27% thought they'd get better without support
- 24% didn't think their problem was serious enough