



Australia's Mental Health and Wellbeing Check

Executive Summary

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



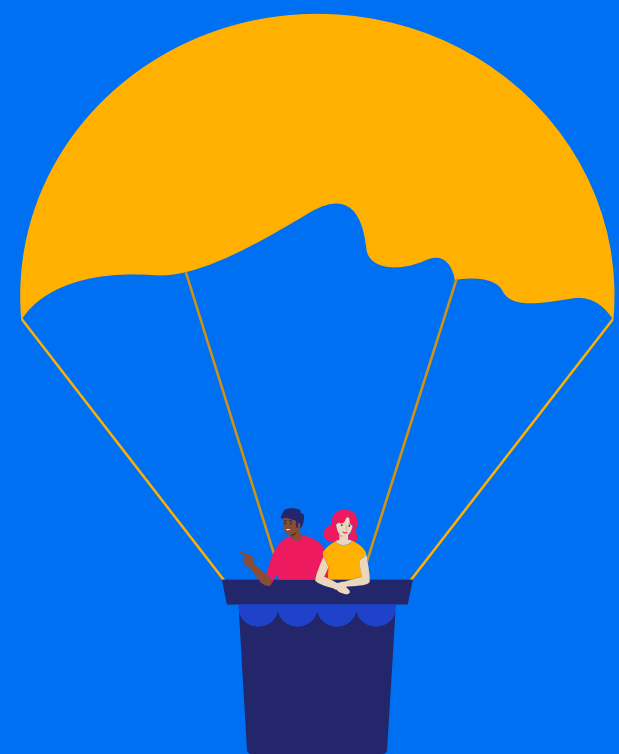
Acknowledgements



Beyond Blue acknowledges the Land on which our head office is based has deep connections to peoples and cultures across the Eastern Kulin Nation. We acknowledge the Traditional Owners of this area, the Wurundjeri Peoples, and pay our respects to their Elders past and present. As an organisation with national reach, we extend our respect to all Elders and Aboriginal and Torres Strait Islander peoples across Australia.



Beyond Blue acknowledges those who are living with and managing mental health conditions such as anxiety and depression, their families, friends and supporters, and those affected by suicide.



Background



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

This report provides a summary of the findings from Australia's Mental Health and Wellbeing check by Beyond Blue.

Mental Health and Wellbeing

The survey found anxiety and depressive symptoms are common among people in Australia.



46%

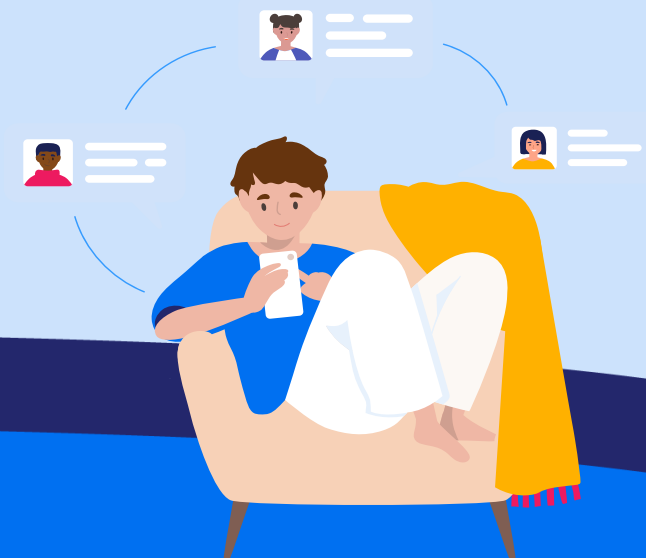
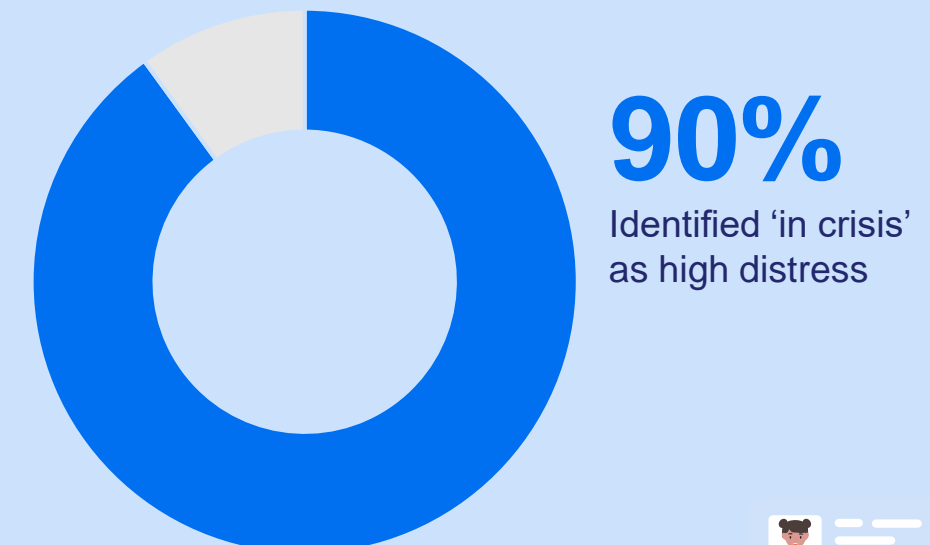
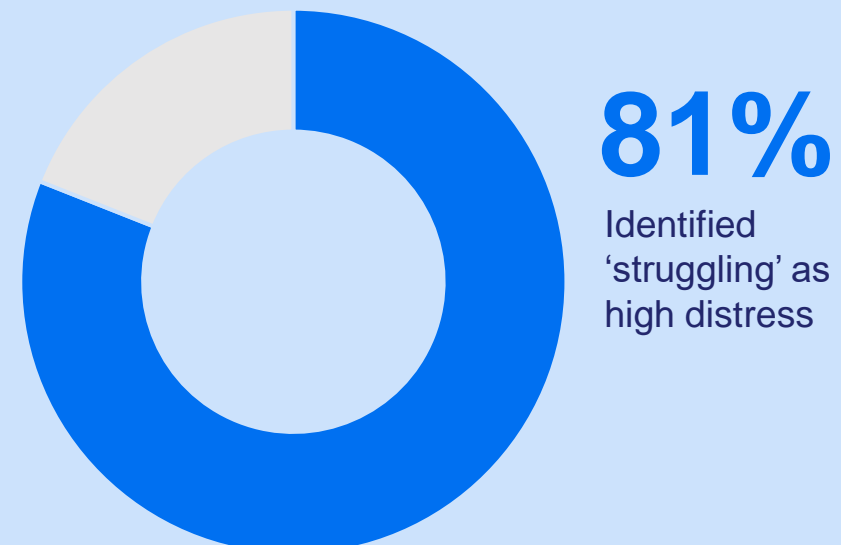
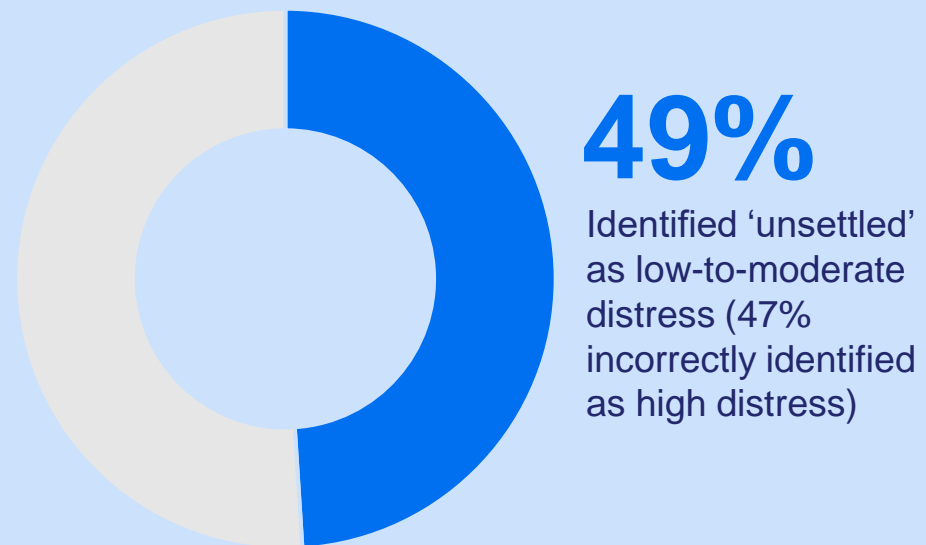
Had experienced anxiety or depressive symptoms in the past 2 weeks

Younger participants and females consistently experienced poorer mental health outcomes. These groups reported the highest levels of anxiety and depressive symptoms in the past 2 weeks.



Mental health literacy

Participants had difficulty identifying symptoms of low to moderate distress, with many incorrectly identifying these symptoms as high distress:



Help and support seeking intentions

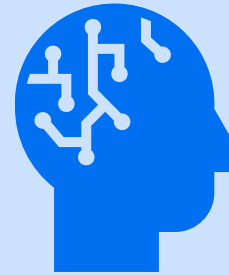
The survey found most people intend to seek help from a partner or health professionals should they have a personal or emotional problem. The top 3 sources people intended to seek help from were:



73%
Intimate
partner



65%
Doctor/
GP



60%
Psychologist or mental
health professional

Concerningly, those experiencing mental health issues had lower levels of help seeking intentions.



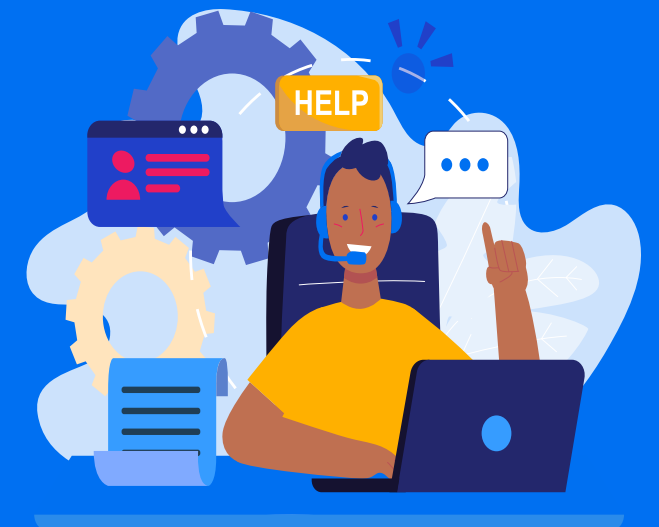
30%

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

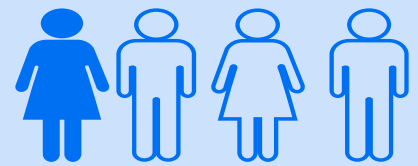


18%

Of participants without a mental health issue said they were likely not to seek help from anyone



Seeking support from a professional



1 in 4 Participants (25%) had sought professional mental health support in the past 12 months



70%

Sought support from a doctor or GP



52%

Sought support from a psychologist or mental health professional



8%

Phone support service



6%

Mental health coach peer worker



2%

Online or digital support service



Barriers for support



21%

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

- **One in two (53%)** experiencing a mental health issue with functional impact reported not receiving help when needed.
- **Two in three (63%)** with suicidal thoughts or behaviours had not received help when needed

Barriers to support:



39% did not get help or delayed seeking help due to costs



30% did not get help or delayed seeking help due to waiting list



27% thought they'd get better without support

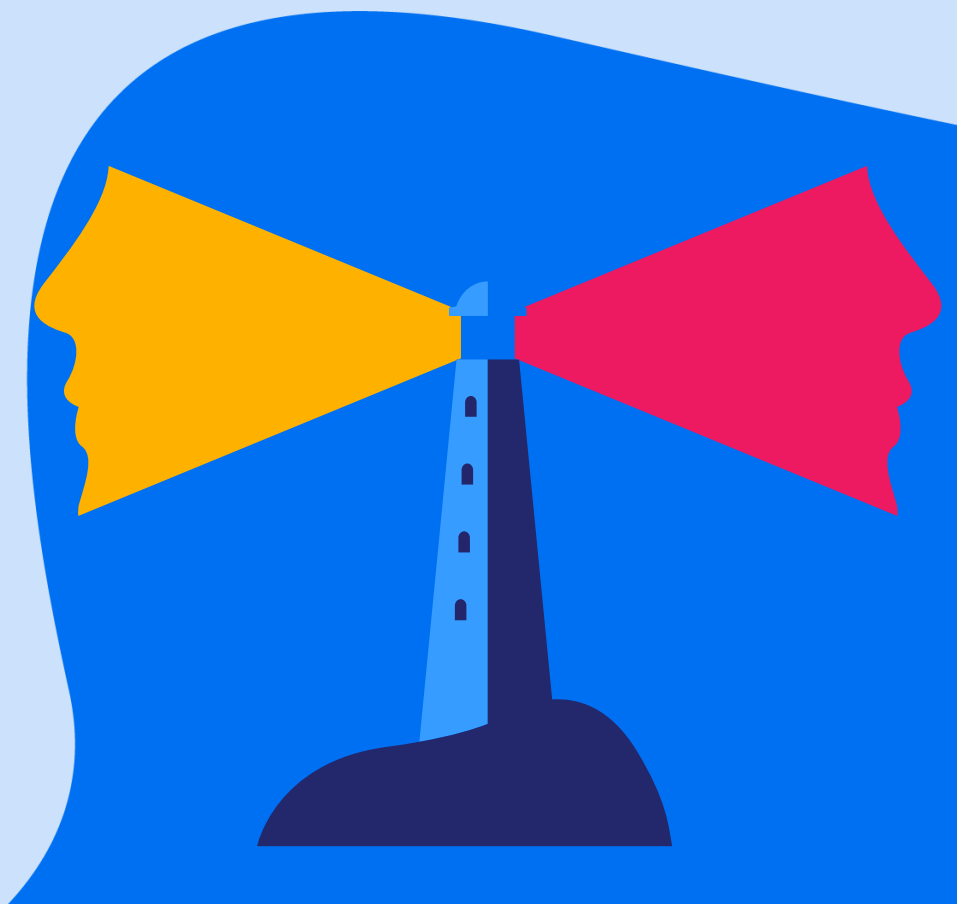
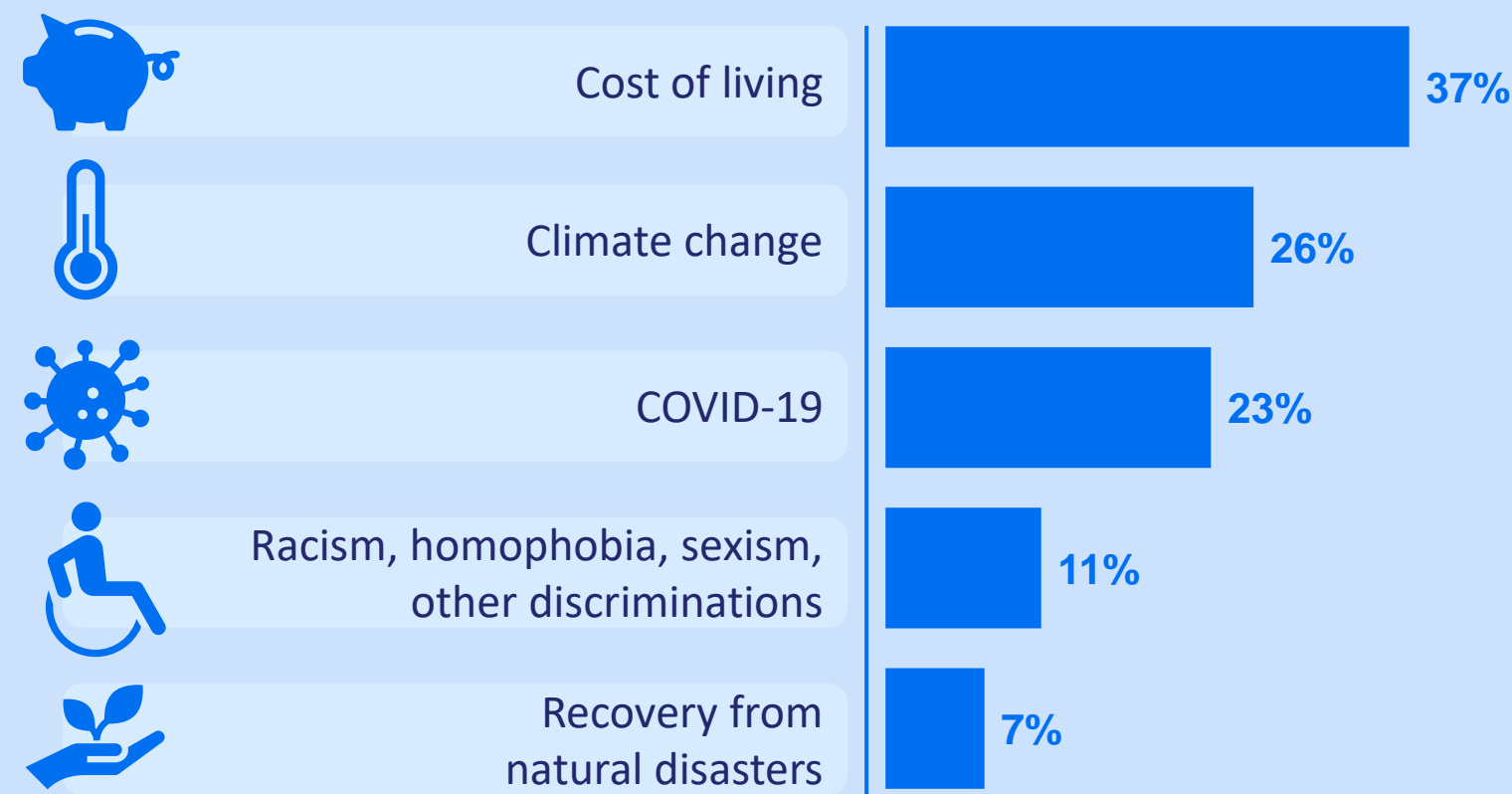


24% didn't think their problem was serious enough



Social and Global issues impacting mental health

Broader social and global issues had negatively impacted on participants mental health in the past 12 months. The areas with the greatest negative impact on mental health were:



Social and Global issues impacting mental health

Poorer mental health outcomes were also associated with other social difficulties. Participants experiencing a mental health issue were more likely than those without to report difficulties with their:

