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## New data reveals people are highly distressed when seeking support

**ONE in five people** in Australia are experiencing significant impacts from mental health issues and a growing number are turning to people they know for support.

A new report from Beyond Blue's landmark *Australia's Mental Health and Wellbeing Check* reveals the functional impacts of mental health issues in Australia.

The report, *Trends in Mental Health and Support Seeking*, shows that almost one in three Australian adults are experiencing a social and emotional issue that is **negatively impacting their daily activities**.

For one in five, or **4.5 million adults**, these impacts are causing them to cut back on work or other activities to an extent they describe as "moderate", "quite a bit" or "extreme".

The report also shows that almost **one third of people in Australia are experiencing mild** symptoms of anxiety and depression, and that compared to two years ago, more people are experiencing severe symptoms. Yet 49 per cent of people are highly distressed when they seek the professional support they need, and fewer people with significant mental health challenges say they're getting the support they need when they need it.

"This data clearly demonstrates the need for greater focus on earlier intervention and prevention in Australia's mental health system," **Beyond Blue CEO Georgie Harman** said.

"As the report notes, the scaling of novel, outcomes-driven earlier intervention support models and workforces would mean **millions of Australians could be effectively supported** to manage through early and mild symptoms of depression and anxiety, preventing these symptoms becoming more severe or people reaching crisis."

The report shows that two in five people are seeking support for their mental health issues, either from the **mental health workforce** or from someone they know. Now, 23 per cent of support-seekers are **turning to people they know** for support, a significant increase from two years ago (20 per cent).

"Given the high rate at which people turn to someone they know for support, it is important to have appropriate resources and supports available to people who are supporting others," Ms Harman said.

The research is conducted by Beyond Blue and the Australian National University's **Social Research Centre** with a nationally representative sample of more than 5000 people. It is conducted every two years, and the most recent dataset was derived in July 2024.

Beyond Blue last year released survey findings that show people nominate **financial pressure, relationship challenges and housing affordability** as the biggest drivers of distress in Australia today. That release also showed one in eight people wait more than one year and up to ten-plus years before seeking support and that costs, waitlists and **increasingly shame** are barriers to support-seeking in Australia.

The survey found that one in six people in Australia connect with Beyond Blue for information, support and advice about their mental health, and that Beyond Blue is recognised by 94 per cent of people in Australia.

The *Trends in Mental Health and Support Seeking* report can be downloaded from the [Beyond Blue website](https://www.beyondblue.org.au).

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