

Tuesday 9 September 2025

World Suicide Prevention Day: Early Intervention Key to Supporting Mental Health in a Changing Australia

As World Suicide Prevention Day approaches this Wednesday, Beyond Blue findings reveal that many Australians experiencing suicidal distress are grappling with multiple life stressors, highlighting the urgent need for earlier, more compassionate support.

The data, from Beyond Blue's Australia's Mental Health and Wellbeing Check found that challenges included financial strain (71%), loneliness (66%), personal relationship difficulties (65%), housing insecurity (53%) and experiencing job loss, transition or insecurity (39%).

The results also highlighted how the pressures were not just personal — they instead reflected broader social, economic, environmental and technological shifts that are reshaping how Australians live, work and connect.

CEO of Beyond Blue, Georgie Harman AO said mental health challenges don't happen in isolation.

"They're shaped by the world around us — and that world is changing fast. Early intervention means wrapping support around people when they're facing stressors and adversity, not just when they're in crisis," she said.

"We need to shift the focus from crisis response to prevention — recognising the signs of distress early and acting with compassion and urgency. This is how we build a more resilient and connected Australia."

Of Australians experiencing suicidal thoughts or behaviours (13%), other findings included:

- Nearly two in three (64%) people said their mental health had caused them to cut down on work or other activities — compared to just 22% of the general population.
- Only 13% rated their sense of community as "excellent" or "very good", compared to 33% of the general population, while just 32% felt they could get support from family or friends when needed — significantly lower than the general population (56%).
- More than half said they didn't receive the professional help they needed or delayed getting it.
- People aged 18-24 years old experienced higher rates (23%), as did those aged between 25-34 years old (20%).

"These insights are a powerful reminder that behind every statistic is a person navigating complex challenges — often quietly, and without the support they need," Ms Harman said.

“Addressing various stressors requires more than individual resilience — it demands coordinated support across health, housing, employment and social systems.”

The ABS’ National Study of Mental Health and Wellbeing found that one in 6 Australians aged 16-85 had experienced serious thoughts about taking their own life at some point in their life. Timely and appropriate care and a strong support system, are some of the factors that can help.

This World Suicide Prevention Day, Beyond Blue is calling for a strategic and compassionate approach to mental health — one that prioritises early intervention, strengthens community connections, and ensures support is accessible when and where people need it most.

Beyond Blue’s free, 24/7, non-judgemental Support Service can support anyone experiencing mental health challenges and distress.

“Early intervention is one of the most powerful tools we have in suicide prevention,” said Ms Harman.

“When we help people access the support they need before they reach crisis point, they experience less distress and we ease pressure on the broader mental health and suicide prevention systems.”

-ENDS-

Beyond Blue’s Support Service is available 24/7 on 1300 22 4636 and via web chat or email

beyondblue.org.au/getsupport

Beyond Blue's **Forums** can be accessed here forums.beyondblue.org.au

Talent: Beyond Blue Spokesperson and psychologist Dr Luke Martin available for interview.

For interview requests: please contact Maureen Devlin on 0404853764 or email

media@beyondblue.org.au.

Background

Australia’s 2024 Mental Health and Wellbeing Check

- [Australia’s 2024 Mental Health and Wellbeing Check](#) was undertaken by Australian National University’s Social Research Centre on behalf of Beyond Blue
- Researchers surveyed more than 5000 people around the country to understand the impact of common life stressors on mental health in the past 12 months
- The Check was a representative survey that gives a reliable pulse check on the current state of mental health and wellbeing in Australia