

Mental health conditions affect many people

In light of the increasing awareness of mental health, it's important that we recognise the complexity of these conditions and how they impact people.

According to studies conducted by the Australian Institute of Health and Welfare between 2020 and 2024:



1 in 5 Australians

are living with a mental health condition¹.



Anxiety

is the most common mental health condition, affecting **17%** of the population¹.



8.5 million Australians

have experienced a mental disorder at some time in their life¹.



5 million Australians

filled a mental health-related prescription in 2023–24².

Despite its growing prevalence, many Australians living with a mental health condition may have limited access to regular treatment or may not be receiving evidence-based care.



2.2 million Australians

living with a mental health condition and experiencing symptoms did not see a health professional, according to a study conducted by the Australian Bureau of Statistics³.



1. Australian Institute of Health and Welfare (2024). Prevalence and Impact of Mental Illness – Mental Health. [online] Australian Institute of Health and Welfare. Available at: <https://www.aihw.gov.au/mental-health/overview/prevalence-and-impact-of-mental-illness> [Accessed August 2025].
2. Australian Institute of Health and Welfare (2025). Mental Health Prescriptions. Available at: <https://www.aihw.gov.au/mental-health/topic-areas/mental-health-prescriptions> [Accessed August 2025].
3. Australian Bureau of Statistics (2023). National Study of Mental Health and Wellbeing. Available at: <https://www.abs.gov.au/statistics/health/mental-health/national-study-mental-health-and-wellbeing/latest-release> [Accessed August 2025].