

Useful Statistics

Sometimes it can feel like we're drowning in statistics. We are constantly bombarded with reports, data updates, analyses and evaluations. Knowing where to go for the right facts and figures can be confusing. That's why QAMH have compiled a list of reliable websites which can become your new 'go to place' for sourcing just the right statistic.

Resource Links

- **AIHW Mental Health Statistics**

<https://www.aihw.gov.au/mental-health>

The latest AIHW data are out and there is some good news, with national use of some crisis and support organisations remaining the same or reducing in the June quarter 2023, compared to 2021.

The data also shows that more people are accessing mental health-related prescriptions, with 11.5 million prescriptions dispensed in the June quarter 2023, 3% higher than the same quarter in 2022 and 5% higher than the same quarter in 2021.

- **National Study of Mental Health and Wellbeing (ABS)**

[National Study of Mental Health and Wellbeing, 2020-2022 | Australian Bureau of Statistics \(abs.gov.au\)](https://www.abs.gov.au/national-study-of-mental-health-and-wellbeing-2020-2022)

This Australian Bureau of Statistics (ABS) release provides national mental health and wellbeing data for the period 2020-2022. The National Study of Mental Health and Wellbeing includes national summary statistics on key mental health issues including prevalence of mental disorders by state and territory.

- **Mental Health Statistics (AIHW)**

[Mental health - AIHW](https://www.aihw.gov.au/mental-health)

This site by the Australian Institute of Health and Welfare describes the activity and characteristics of Australia's health and social care services accessed by people with a mental illness. It includes mental health-related services provided by various levels of government, how much was spent, who provided the funds, where mental health services were delivered and data on the mental health workforce.

- **Suicide and Self-Harm Monitoring Data (AIHW)**

[Suicide & self-harm monitoring data - Australian Institute of Health and Welfare \(aihw.gov.au\)](https://www.aihw.gov.au/suicide-and-self-harm-monitoring-data)

This statistical data release on suicide and self-harm from the Australian Institute of Health and Welfare (AIHW) collates and compares state and territory data and includes information on the demographics, trends, methods and risk factors of suicide and self-harm in Australia.

- **Causes of Death, Australia (ABS)**

[Causes of Death, Australia, 2022 | Australian Bureau of Statistics \(abs.gov.au\)](https://www.abs.gov.au/causes-of-death)

This data collection includes statistics on the number of deaths, by sex, selected age groups, and cause of death, including suicide.

- **Interventions for Substance Use Disorders**

[Interventions for substance use disorders | NDARC - National Drug and Alcohol Research Centre \(unsw.edu.au\)](https://www.ndarc.unsw.edu.au/interventions)

Understanding what interventions work is critical to provide treatment and other services to people who use drugs. But it is often hard to find the time to read all the research and understand what it means. To help, the National Drug and Alcohol Research Centre has put together the latest evidence available to support different interventions for substance use disorders.

- **The Australian Inequality Index**

[The Australian Inequality Index](https://www.austlii.edu.au/au/other/dfat/special/inequality/index.html)

The Australian Inequality Index is a new tool that provides insights into progress across income, wealth, gender, generation, ethnicity, disability and First Nations. It provides a better measure of social and economic progress than GDP or GNI, and helps us to understand whether benefits are being shared equitably between various groups and to what extent our society is becoming more or less equal.

- **Voice of Queenslanders with a Disability Report**

[Voice-of-Queenslanders-with-Disability-report.pdf \(qdn.org.au\)](https://www.qdn.org.au/voice-of-queenslanders-with-disability-report.pdf)

The Voice of Queenslanders with Disability report provides insights gathered from a sample of 291 Queenslanders with disability, 117 family/carers and 34 organisational representatives who engaged with the research survey. It shows that for most Queenslanders, while progress is being made, there is still much room for improvement,

with nearly one in four survey respondents (24 per cent) stating that they felt life had worsened in the last year.

- **AIHW Mental Health Resources**

The Australian Institute of Health and Welfare (AIHW) regularly releases reports, data tables and other key resources that draw on national major health and welfare data collections, including AIHW data.

Mental Health Services in Australia

<https://www.aihw.gov.au/reports/mental-health-services/mental-health-services>

This AIHW release looks at national data on Mental Health Services, across topics that include:

- What do we know about mental health?
- Mental health services activity
- Service use
- Spending
- Workforce
- Safety and quality
- Patient-reported experiences of care

Mental Health Hub

<https://www.aihw.gov.au/mental-health>

This AIHW site contains links to AIHW analyses and data relevant to mental health. It describes the activity and characteristics of Australia's health and social care services accessed by people with a mental illness. It includes mental health-related services provided by various levels of government, how much was spent, who provided the funds, where mental health services were delivered and data on the mental health workforce. Safety, quality and monitoring measures are also reported via the mental health-related indicators and the impact of COVID-19.

- **Nearly 1 in 200 People Homeless on Census Night 2021**

<https://www.abs.gov.au/media-centre/media-releases/nearly-1-200-people-homeless-census-night-2021>

Homelessness data from the Australian Bureau of Statistics shows that in 2021, fewer people were 'sleeping rough' in improvised dwellings, tents or sleeping out than in 2016. Fewer people were also in living in 'severely' crowded dwellings and staying temporarily with other households than in the previous Census. However, more people were living in

supported accommodation for the homeless, boarding houses and other temporary lodgings, such as a hotel or motel showing that the housing crisis is biting for many.

- **MHA Annual National Benchmarking Survey**

[mental_health_australia_2022_report_to_the_nation.pdf \(mhaustralia.org\)](https://www.mhaustralia.org/mental_health_australia_2022_report_to_the_nation.pdf)

MHA Australia have released the results of their annual national benchmark survey, developed in collaboration with Ipsos. This survey aims to address a key gap in mental health data and provide regular insight into the mental health and wellbeing of Australians. These facts and figures will be enormously useful to organisations in their advocacy work.

Key findings include:

- LGBTIQ+ and First Nations people had significantly lower self-rated mental health scores
- Only 48% of Australians have felt part of a community in the past three months
- Only 62% of Australians felt like had been filled with interesting or enjoyable things in the last three months
- Over the last three months, 53% of Australians needed mental health support but only 42% obtained it

- **National Study of Mental Health and Wellbeing**

[National Study of Mental Health and Wellbeing, 2020-21 | Australian Bureau of Statistics \(abs.gov.au\)](https://www.abs.gov.au/national-study-of-mental-health-and-wellbeing-2020-21)

The Australian Bureau of Statistics tracks the nation's mental health and wellbeing trajectory through a five-yearly survey. The most recent statistics come from 2021 and reveal some particularly grim figures on the prevalence of mental illness in young women and the LGBTIQ+ community.

- **Australia's Health 2022**

[Australia's health 2022 - Australian Institute of Health and Welfare \(aihw.gov.au\)](https://www.aihw.gov.au/australias-health-2022)

The Australian Institute of Health and Welfare releases biennial Health Reports which provide the most comprehensive overview of our country's health and wellbeing.

- **Australian Institute of Health and Welfare (AIHW) – Mental Health Services**

[Mental health services Overview - Australian Institute of Health and Welfare \(aihw.gov.au\)](https://www.aihw.gov.au/mental-health-services-overview)

Good for:

- State/territory specific statistics
- Prevalence and burden of mental health
- Mental health-related hospital admissions and emergency presentations

- Number of people receiving community mental health care
- Number of restrictive practices used
- Mental health workforce data
- Covid impact on mental health
- Expenditure on mental health services

- **Australian Institute of Health and Welfare – Suicide and Self-Harm Monitoring**

[Suicide & self-harm monitoring - Australian Institute of Health and Welfare \(aihw.gov.au\)](https://www.aihw.gov.au/suicide-self-harm-monitoring)

Good for sourcing national statistics on suicide and self-harm.

- **Queensland Suicide Register**

[QSR \(griffith.edu.au\)](https://www.qsr.qld.gov.au/)

Good for sourcing Queensland-specific statistics on suicide and self-harm.

- **Queensland State Budget 2022-23**

[Budget Papers - Queensland Budget 2022-23](https://www.qld.gov.au/budget/papers)

An overview of the funding committed by the Queensland government for proposed capital outlays and other expenses over the coming financial year (with four year forward estimates).

- **Indigenous Mental Health and Suicide Prevention Clearing House**

[Mental health - AIHW Indigenous MHSPC](https://www.aihw.gov.au/indigenous-mental-health)

Good for sourcing key statistics on mental health conditions experienced by Aboriginal and Torres Strait Islander peoples, including employment and indigenous mental health, Indigenous mental health and homelessness, and Indigenous mental health workforce data.

- **ABS National Health Survey**

[National Health Survey: First results, 2017-18 financial year | Australian Bureau of Statistics \(abs.gov.au\)](https://www.abs.gov.au/national-health-survey)

Good for providing national survey data on the health and wellbeing of people in Australia, including the prevalence of long-term health conditions, health risk factors such as smoking, drinking alcohol, diet and physical activity; and demographic and socioeconomic characteristics.

- **Australian Bureau of Statistics - Census**

[Census data by topic | Australian Bureau of Statistics \(abs.gov.au\)](https://abs.gov.au/census/data/by-topic)

Good for searching by geographic location (state/territory/postcode) with a focus on the number of people with a long-term mental health condition, disability or caring for a person with disability.

- **Emergency Presentations and Hospital Admissions**

[Hospitals - Australian Institute of Health and Welfare \(aihw.gov.au\)](https://aihwh.gov.au/hospitals)

The Australian Institute of Health and Welfare's *MyHospitals* gives a picture of emergency presentations and hospital admissions around the country. Data nerds can drill down to the level of state or territory figures, analyse the various coded principal diagnoses, or glean fascinating insights about expenditure on public hospitals.

- **Mental Health in Australia: Psychological Distress**

[Frontiers | Mental Health in Australia: Psychological Distress Reported in Six Consecutive Cross-Sectional National Surveys From 2001 to 2018 \(frontiersin.org\)](https://frontiersin.org/articles/10.3389/fpsyg.2019.01611)

This study looks at six consecutive national health surveys from 2001 to 2018, which use the Kessler Psychological Distress Scale (K10). It finds that Australia's population level of psychological distress increased significantly from 2001–2018, with levels highest in women and with rates inversely associated with income.