

# SNAPSHOT: THE STATE OF MENTAL HEALTH IN NSW



NSW total population  
**8.09 million**



**16.7%**  
of people in NSW live with high or very high psychological distress



**\$143.4 million**  
investment over four years in suicide prevention



**7% severe**  
244,000 people in Australia experience a severe mental health condition



**6% moderate**  
374,133 people in Australia experience a moderate mental health condition



**11% mild**  
732,000 people in Australia experience a mild mental health condition (2017-2019)



**15% of Australians**  
experience high or very high levels of psychological distress

- **19%** of women experience high or very high levels of psychological distress
- **12%** of men experience high or very high levels of psychological distress
- **Younger Australians** aged 16 - 34 are more likely to experience high or very high levels of psychological distress

## Sources of pressure



### High rates of mental health emergency department presentations and admissions

Since 2016-17, the number of emergency department presentations and mental health presentations per 100,000 population increased by 2.8% and 1.5% respectively (2020-2021 est.)



### Mental health impacts of COVID-19 with higher rates of psychological distress during 2020

15% increase in the number of Medicare-subsidised mental health services delivered across Australia in March to October 2020



### High rates of mental health challenges for young people

Young people aged 16-24 (39.6%) are most likely to have experienced symptoms of a mental health disorder in the previous 12 months



### High number of people missing out on psychosocial supports

- 154,000 people are missing out on psychosocial supports nationally
- Approximately 50,000 people are missing out on psychosocial support in NSW