



Barrier Breakers Inc

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Barrier Breakers Fact Sheet.

Statistic on Mental Health in Australia.

- One out of every five Australians (about 20%) will experience some form of mental illness each year. Three out of every hundred (about 3%) will be seriously affected.
- Depression and anxiety are the most prevalent mental disorders experienced by Australians. Depression alone is predicted to be one of the world's largest health problems by 2020.
- Nearly one in 10 Australians will experience some type of anxiety disorder each year- around one in twelve woman and one in eight men. One in four people will experience an anxiety disorder at some stage of their lives.
- Around one million Australian adults and 100,000 young people live with depression each year. On average, one in five people will experience depression in their lives: one in four females and one in six males.
- Mental illness affects young people. Around 14% of 12-17 year olds and 27% of 18-25 year olds experience a mental illness in any given year. At least one third of young people have had an episode of mental illness by the age of 25 years.
- The majority of mental illnesses begin between the ages of 15-25 years. This poses a significant threat to nation's future workforce capacity and economic prosperity.
- The 2001 National Health Survey estimated that 1.8 million Australians (9.6% Of the population) had a long term mental or behavioural problem of more than 6 months duration. Of these, 130,600 (.07%) were related to drug and alcohol problems.
- Approximately two-thirds of people with a mental illness do not receive any treatment in any 12 month period.
- Mental disorders and suicide account for 14.2% of Australia's total health burden- which equates to 374,541 years of healthy life lost.
- Estimates suggest that up to 75% of people presenting with alcohol and drug problems also have additional mental health problems.
- Reports indicate that up to 85% of homeless people have a mental illness.

Information printed with the consent of the Mental Health Council of Australia.