



**Mental Health
Australia**
Media release

Three quarters of Australian voters demand more action on mental health

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New polling conducted on behalf of Australia's peak mental health body shows 81% of Australian voters are concerned about mental health and 75% believe government needs to do more to address this issue, as Australia's mental health worsens.

A survey conducted for Mental Health Australia shows mental health is a major priority for Australian voters ahead of the next federal election, regardless of their political preference.

Nearly two thirds (63%) of voters say they are more likely to back parties committed to increasing mental health funding to improve access to services, with more than half (57%) saying cost of living increases have negatively affected their mental health in the last 12 months.

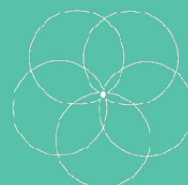
Mental Health Australia CEO Carolyn Nikoloski said given these results, it's no surprise that most voters feel current support for mental health is insufficient. Only 1 in 5 believe current mental health services in their community are adequate.

'More needs to be done and the upcoming federal election is a vital opportunity for government to prioritise the mental health of the Australian community,' Ms Nikoloski said.

'Our research indicates a strong preference among Australian voters for parties that are committed to increasing mental health funding.'

'Voters are demanding greater action from government on mental health, which they see as a pressing, bipartisan issue,' Ms Nikoloski continued.

'Mental health services in Australia are overwhelmed, despite rising community demand for action. Only seven per cent of health funding goes to mental health, far below the 15 per cent of health burden it represents.'



‘With world-class practitioners working in our services every day, an ever-growing knowledge base of lived experience expertise and younger generations of people in Australia champing at the bit to lead the way, we have the expertise to transform our approach to mental health.’

‘But it’s more than that – right now, we have the community will for meaningful reform. The solutions are clear: we need to align funding with need, embed lived experience leadership, strengthen the workforce, and expand prevention and access to care.’

‘As the national peak body for mental health, representing more than 140 members nationwide, we stand ready to work with the next Australian government to reform our mental health system, tackle the underlying drivers of mental ill-health and improve access to effective support.’

‘We have a plan to guide the next government and simplify the task ahead. That’s why today we are releasing our Vision Statement: A mentally healthy Australia, our plan to create a mentally healthy Australia.’

‘Australians are calling for change,’ Ms Nikoloski said. ‘What we need now is the political commitment to deliver. We can meet this challenge together.’

ENDS

Vision Statement: A mentally healthy Australia and

Voters’ attitudes towards mental health policy polling results [available here](#)

Changes in mental health prevalence, particularly amongst young people, outlined here: [Prevalence and impact of mental illness - Mental health - AIHW](#)

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