



The National Centre of Excellence
in Youth Mental Health

Australians' attitudes to youth mental health

Results of a Galaxy YouGov poll
on voter perceptions of
youth mental health in Australia

[#AusVotes](#) [#youngfuturesmatter](#)



Over the past 10 years the largest increases in suicide rates in Australia were among young people¹



There has been a 300% increase in the rates of young people experiencing high or very high levels of psychological stress in the past 12 years²



Young people with mental ill-health are more likely to experience homelessness and unemployment. Investing in youth mental health now will save money that would be spent on addressing these issues in the future³



Almost half of young people identify mental health as the top issue facing Australia today⁴



Young people make up a quarter of all mental health-related emergency department presentations⁵

¹ ABS. 3303.0 Causes of Death, Australia, 2017: Table 11.1 Intentional self-harm, Number of deaths, 5 year age groups by sex 2008-2017. In: ABS, editor. 2018.

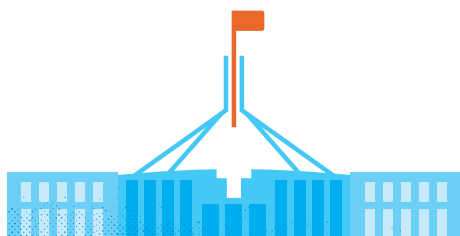
² Colmar Brunton & headspace National. headspace National Youth Mental Health and Wellbeing Survey, 2018. 2019.

³ Orygen Youth Research Centre (2014) *Tell them they're dreaming: work, education and young people with mental illness in Australia*

⁴ Mission Australia, Youth Survey Report 2018

⁵ AIHW. Mental health services in Australia: Services provided in public hospital emergency departments. Table ED.6: Mental health-related emergency department presentations in public hospitals, by patient demographic characteristics, 2016-17. Canberra: Australian Institute of Health and Welfare; 2018.

Most Australians express concern about youth mental health and recognise that accessing services is a major problem



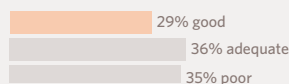
76% agree

that mental health should be a top priority for the next Australian Government



only 29% believe

that we have good access to treatment for young people with mental illnesses



less than 15%

have confidence

that if a young family member or friend was struggling with mental health issues, they would get the help they needed before it reached crisis point



88% agree

that untreated mental health issues can derail young people's lives and lead to lifelong problems



87% agree

that young Australians should have ready access to community-based mental health care



2 in 3 agree

that there are thousands of young Australians with serious mental illness who are currently unable to access the specialist care they need



90% agree

that it's better to be able to access mental health care from services from their local community rather than waiting until a point of crisis and having to go to an emergency department



88% agree

that we need to treat mental illnesses like other illnesses, nipping them in the bud when they first emerge rather than waiting until people get really sick

