

Media statement

16 December 2015

Report tells the state of our mental health

For the first time, Queensland has a report on the state of our mental health and wellbeing.

It brings together a range of data from State and national bodies and confirms that while Queenslanders use illicit drugs and experience mental health problems at similar levels to other Australians, we have higher rates of suicide, risky alcohol consumption and daily tobacco smoking.

The Queensland Mental Health Commission's *2015 Performance Indicators* report provides the first comprehensive set of measures to benchmark improvements in mental health and wellbeing.

Queensland Mental Health Commissioner Dr Lesley van Schoubroeck said the report contained a mix of good and bad news.

"Improving mental health and wellbeing is not a quick-fix," Dr van Schoubroeck said. "It requires systemic change and collective actions by all levels of government, the non-government sector, private industry and communities.

"We need to look beyond the health and mental health sectors and include all sectors that influence the social and economic conditions in which Queenslanders live. We've seen excellent examples of this in the area of social housing."

The *2015 Performance Indicators* report identified that a greater proportion of Queenslanders living with mental health conditions are unemployed, experience discrimination and have cardiovascular disease – a major risk factor for early death.

In 2014 a slightly higher proportion of Queenslanders (18.7%) reported experiencing a mental health condition than the national percentage (18.2%).

Nearly one in three Queenslanders living with a mental health condition reported experiencing discrimination or unfair treatment.

Dr van Schoubroeck said: "I am disappointed that stigma and discrimination continue to cast a long shadow on the journey to recovery for Queenslanders with mental health conditions. Every one of us can do something about this.

"The indicators in this report align with the outcomes sought in the *Queensland Mental Health, Drug and Alcohol Strategic Plan 2014-2019*.

"Together with research and the views of those with a lived experience, their families and carers and other stakeholders, this report will help drive and direct future work to improve outcomes for all Queenslanders living with mental health problems, mental illness and problematic alcohol and other drug use."

Get the full report at www.qmhc.qld.gov.au

Snapshot of Queensland's mental health and wellbeing

Outcome 1

A population with good mental health and wellbeing

Domains and performance indicators	State status	National status	Progress update
1.1 Mental health of all Queenslanders			
1.1.1 Age standardised percentage of people 18 years and over experiencing high or very high levels of psychological distress	10.8	10.8	2019
1.2 Levels of mental health problems and illness			
1.2.1 Percentage of people aged 15 years and over reporting that they live with a mental health condition	18.7	18.2	2019
1.2.2 Percentage of people aged 15 years and over who report that they, or someone close to them, has experienced a mental illness as a personal stressor in the last 12 months	13.7	13.4	2019

Outcome 4

People living with mental health difficulties or issues related to substance use have lives with purpose

Domains and performance indicators	State status	National status	Progress update
4.1 Economic participation			
4.1.1 Age standardised percentage of people aged 16 to 30 years living with a mental/behavioural condition, who were employed and/or enrolled in study	79.4	79.2	2018
4.1.2 Age standardised percentage of people aged 16 to 64 years living with a mental/behavioural condition who were employed	57.7	61.7	2018
4.1.3 Percentage of people aged 15 years and over living with a mental health condition who have undertaken unpaid volunteer work	25.8	30.9	2019
4.2 Community participation			
4.2.1 Percentage of people aged 15 years and older living with a mental health condition and who participated in social groups	44.4	48.9	2019
4.2.2 Percentage of people aged 15 years and over living with a mental health condition who participated in community support groups	32.7	34.5	2019
4.2.3 Percentage of people aged 15 years and over living with a mental health condition who participated in civic or political groups	14.1	15.4	2019
4.2.4 Percentage of people aged 15 years and over living with a mental health condition and attended cultural or leisure activities	85.7	82.8	2019

Outcome 2

Reduced stigma and discrimination

Domains and performance indicators	State status	National status	Progress update
2.1 Discrimination			
2.1.1 Percentage of people aged 15 years and over living with a mental health condition who have experienced any discrimination or been treated unfairly	31.7	29.1	2019
2.1.2 Percentage of people aged 15 years and over living with a mental health condition who have experienced discrimination as a personal stressor	6.7	3.9	2019

Outcome 3

Reduced avoidable harm

Domains and performance indicators	State status	National status	Progress update
3.1 Suicide			
3.1.1 Age standardised suicide rate per 100,000 people	14.3	10.7	2016
3.1.2 Age standardised suicide rate for Aboriginal and Torres Strait Islander per 100,000 people	30.9	23.8	2016
3.1.3 Age standardised suicide rate for areas outside of Brisbane and urban areas per 100,000 people	17.1	NA	TBC
3.2 Alcohol and other drug-related harms			
3.2.1 Percentage of people aged 14 years and older who report drinking alcohol at life-time risky levels	20.2	18.2	2018
3.2.2 Percentage of people aged 14 years and older who report drinking alcohol at single occasion risky levels	40.6	37.8	2018
3.2.3 Percentage of people aged 14 years and older who smoke tobacco daily	15.0	12.8	2018
3.2.4 Percentage of people aged 14 years and older who recently used an illicit drug	15.5	15.0	2018
3.2.5 Percentage of people aged 14 years and older who recently misused pharmaceuticals	4.8	4.7	2018

Outcome 5
People living with mental illness and substance use disorders have better physical and oral health and live longer

Domains and performance indicators	State status	National status	Progress update
5.1 Long-term health conditions			
5.1.1 Age standardised percentage of people living with a mental/behavioural problem with cardiovascular disease	12.9	9.5	2018
5.1.2 Age standardised percentage of people living with a mental/behavioural problem with cancer	3.2	3.5	2018
5.1.3 Age standardised percentage of people living with a mental/behavioural problem with diabetes	7.2	6.6	2018
5.1.4 Age standardised percentage of people living with a mental/behavioural problem with arthritis	25.1	26.9	2018
5.1.5 Age standardised percentage of people living with a mental/behavioural problem with asthma	15.5	16.7	2018
5.2 Risk factors			
5.2.1 Age standardised percentage of people living with a mental/behavioural problem who smoke daily	25.7	26.1	2018
5.2.2 Age standardised percentage of people living with a mental/behavioural problem who are obese or overweight	65.4	67.0	2018
5.2.3 Age standardised percentage of people living with a mental/behavioural problem who are at risk of long-term harm from alcohol consumption	20.4	21.3	2018
5.3 Protective factors			
5.3.1 Percentage of people aged 15 years and over living with a mental health condition who participated in physical activity	63.8	65.1	2019

Outcome 6
People living with mental illness and substance use disorders have positive experiences of their support, care and treatment

Domains and performance indicators	State status	National status	Progress update
6.1 Consumer satisfaction			
6.1.1 Consumer satisfaction with public community mental health services (index score)*	7.5	NA	2016
6.2 Consumer and carer engagement			
6.2.1 Number of paid full-time equivalent (FTE) consumer workers per 1,000 FTE direct care, consumer and carer staff in mental health services	2.8	2.7	2016
6.2.2 Number of paid full-time equivalent carer workers per 1,000 FTE direct care, consumer and carer staff in mental health services	0.6	1.4	2016
6.3 Ability to access services			
6.3.1 Percentage of people aged 15 years and over experiencing a mental health condition and who have difficulty accessing service providers	41.3	38.0	2019