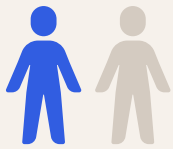


Mental Health

STATS, RESEARCH, AND WHY CONVERSATIONS ARE IMPORTANT



Mental Health Condition



1 in 2 Australians have experienced a mental health condition in their lifetime.



Psychological Distress



Almost 1 in 6 Australians experience high to very high levels of psychological distress



It's important to ask

A global study found that employees that weren't asked if they were doing OK were 38% more likely to say their mental health has declined.



Exposure to R U OK? Day helps

People exposed to R U OK? Day were found to be 6 times more likely to reach out to someone experiencing personal difficulties in one study.



Conversations are positively received

85%

felt the conversation was authentic and genuine

80%

agreed the conversation was meaningful and helpful

References

Australian Bureau of Statistics. National Study of Mental Health and Wellbeing (2020-21)

FiftyFive5 R U OK?Day Research 2022

The other COVID-19 crisis: Mental health, Qualtric, 2020