

# Sparking a Conversation on Mental Health on This R U OK Day

*On this R U OK day, the team at Bayside Psychotherapy has curated some important statistics from trusted sources on Mental Health in Australia.*

MELBOURNE, VICTORIA, AUSTRALIA, September 7, 2022 /EINPresswire.com/ -- 50% Of Adult Australians Will Face Mental Health Issues: Save a Life by Sparking a Conversation Today



R U OK day is a reminder to have compassion for self and others. With escalating global tensions and economic uncertainties, the time to help each other and provide support is crucial."

*Adam Szmerling, clinical psychotherapist*

Research shows mental health problems are widespread in Australian society. While publicity and awareness about their prevalence and understanding of possible causes continue to grow, stigmas around mental illness remain which can make it difficult for those who suspect they are unwell to speak up about their concerns without feeling embarrassed, ashamed or fearful of being ignored.

On this R U OK day, the team at Bayside Psychotherapy has curated some important statistics from trusted sources around Mental Health in Australia.

## Did You Know

1 in 2 Australian adults will face mental ill-health at some point in their lives  
25% of Australians will experience an anxiety condition in their lifetime.  
Depression is the number one cause of non-fatal disability in Australia (23%)

Some groups of Australians experience higher rates of mental illness and psychological distress than others.

- Aboriginal and Torres Strait Islander people
- LGBTIQ+ Australians
- Australians with disability

For more mental health-related stats visit:

<https://www.baysidepsychotherapy.com.au/blog/mental-health-statistics-in-australia/>

Adam Szmerling, Accredited Mental Health Social Worker (AASW) and clinical psychotherapist (PACFA) at Bayside Psychotherapy Melbourne, states:



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