



ALMOST

1 in 2

Australian adults will experience mental illness in their lifetime



1 in 5

Australian workers have taken time off because they felt mentally unwell in the past year

At any point in time,

20%
OF AUSTRALIANS
are experiencing
a diagnosable
mental illness

The annual cost of mental illness in First World countries is 4% of GDP.
FOR AUSTRALIA THAT EQUALS

\$60
BILLION
A YEAR



\$4,000
PER
TAXPAYER

19,000
working weeks lost
every year in SA due
to mental health-related
compensation claims

77%
of all disease-related
compensation claims
in SA are for mental
health issues

SA: a great state of mind.

Investing in Strengthening our Mental Wellbeing Makes Good \$ense

samentalhealthcommission.com.au

EVERY \$1
INVESTED
in strengthening
mental health
& wellbeing in the
workplace has an
AVERAGE RETURN OF
\$2.30



of workers
BELIEVE
mental health
in the workplace
is important



of workers
BELIEVE
their workplace
is mentally
healthy

ONLY
56%
of workers
believe their
senior leaders
value mental
health

**SA MENTAL HEALTH
COMMISSIONER
CHRIS BURNS CSC**



Our vision is for South Australia to be internationally recognised as a resilient, compassionate and connected community that takes a whole-of-person, whole-of-life, whole-of-government and whole-of-community approach to building, sustaining and strengthening the mental health and wellbeing of South Australians in order to grow the state's mental wealth."