



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

A MENTALLY HEALTHY WORKPLACE REDUCES:

- ✔ staff turnover
- ✔ absenteeism
- ✔ insurance
- ✔ compensation claims

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

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 most 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."