



The Suicide Prevention Australia Community Tracker is a quarterly survey that sheds light on the prevalence of suicidal behaviours, what social and economic issues are driving distress and the impact of suicide in our community. It is designed to provide real-time, community-wide insights to policy makers, practitioners and the community and to support suicide prevention activities across Australia.

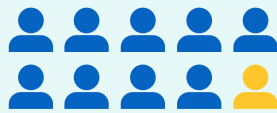


This report focuses on survey participants who resided in **New South Wales** at the time of the survey.

High Level Overview



Nearly **7 in 10** NSW residents reporting distress beyond normal levels for the past 11 quarters — **distress peaking in December 2024**, affecting more than 4 in 5 residents



Over the past 11 quarters, over **1 in 10** NSW residents said that they have had serious **thoughts of suicide in the past 12 months**.

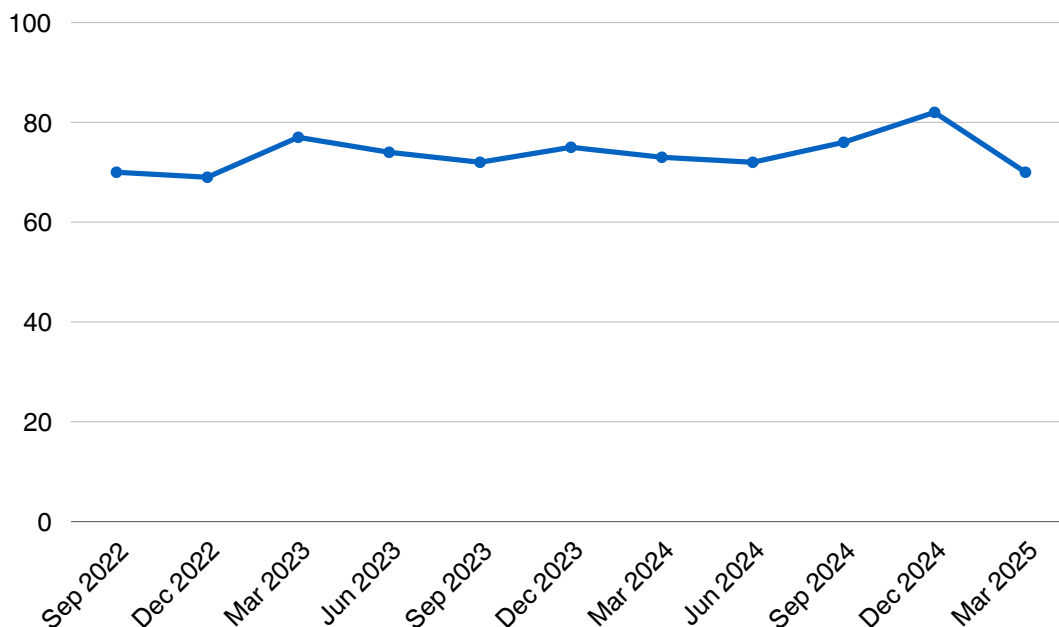


Cost-of-living and personal debt distress remained the top stressor for 11 quarters in a row – which was ahead of the no 2 stressor - family and relationship breakdown – by 20 percentage points.



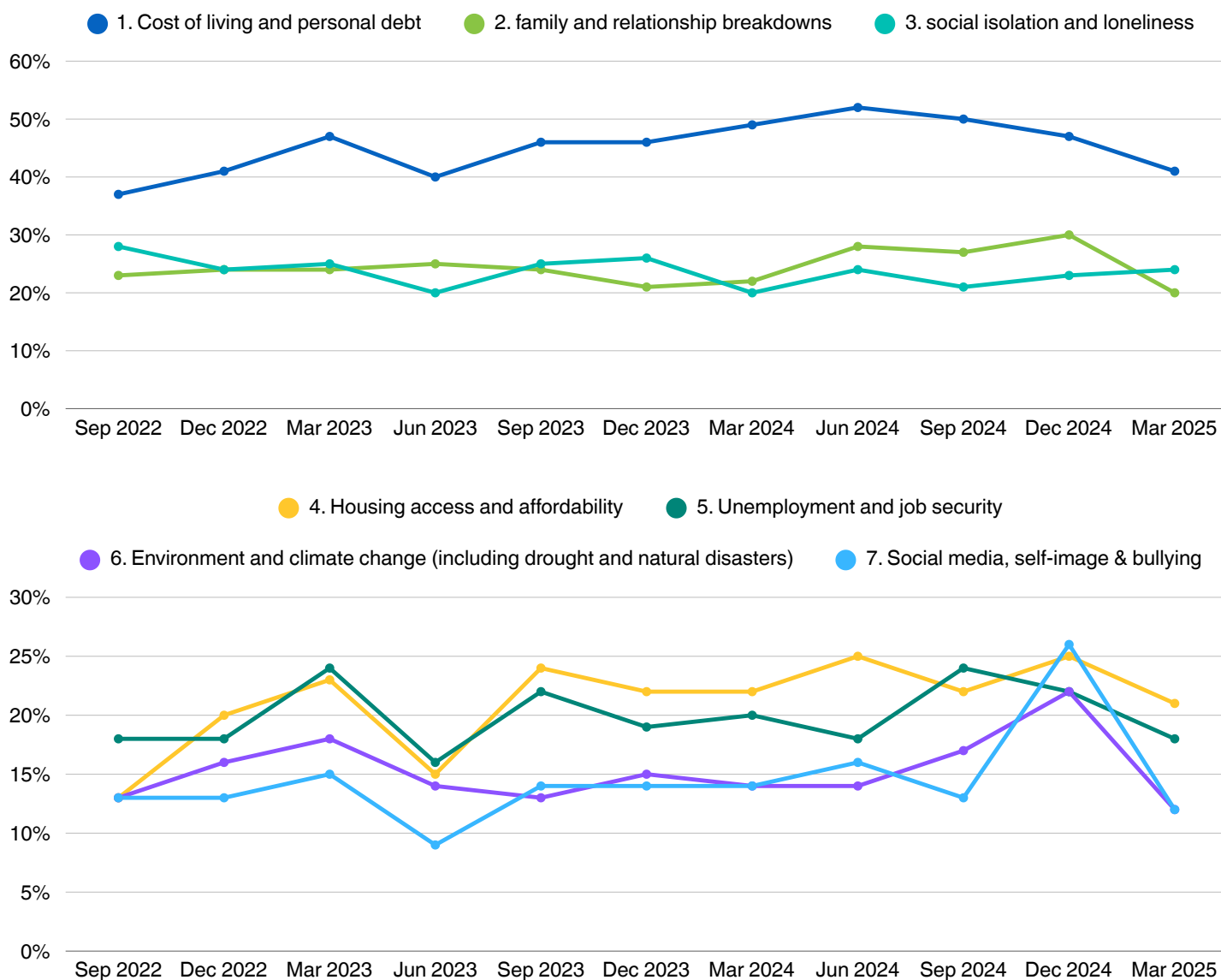
Despite consistent or higher levels of distress, **help seeking has reduced** in NSW, since 2022.

Elevated distress compared to the past 12M for any reason



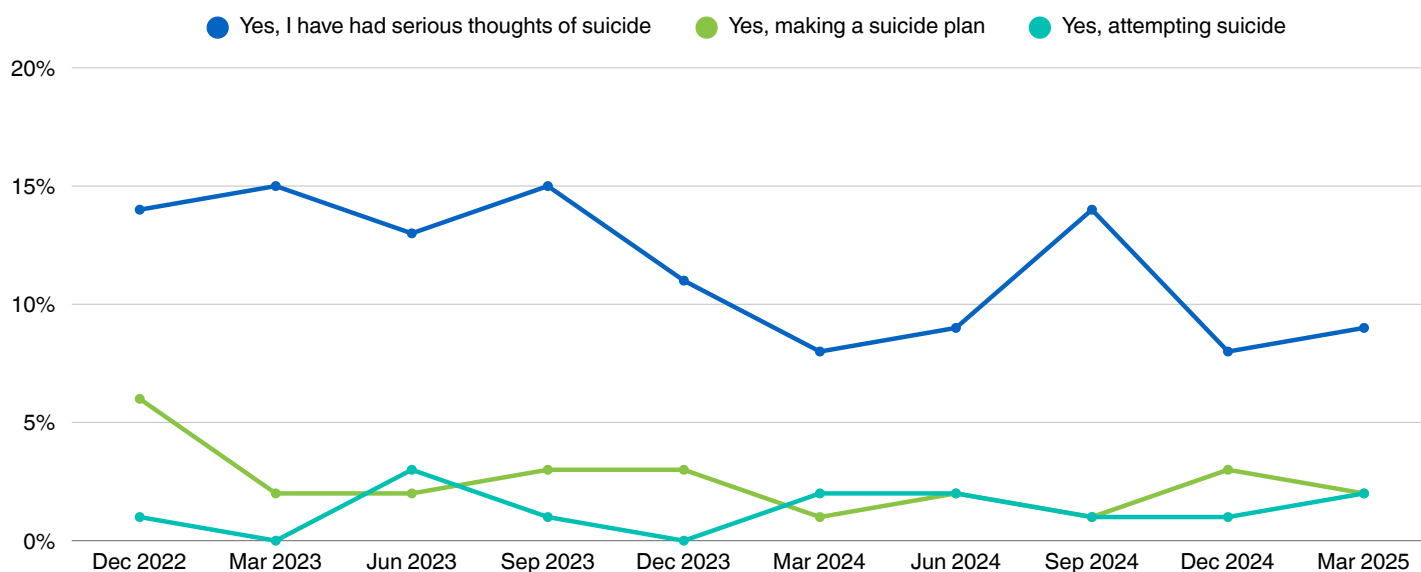
- Over the past 11 quarters, close to 7 in 10 residents of New South Wales experienced elevated distress beyond normal levels compared to the same time last year due to social and economic circumstances
- Distress peaked during the December 2024 quarter, affecting more than 4 in 5 New South Wales residents
- Cost-of-living and personal debt distress remained the top stressor for 11 quarters in a row.

Top Stressors in NSW



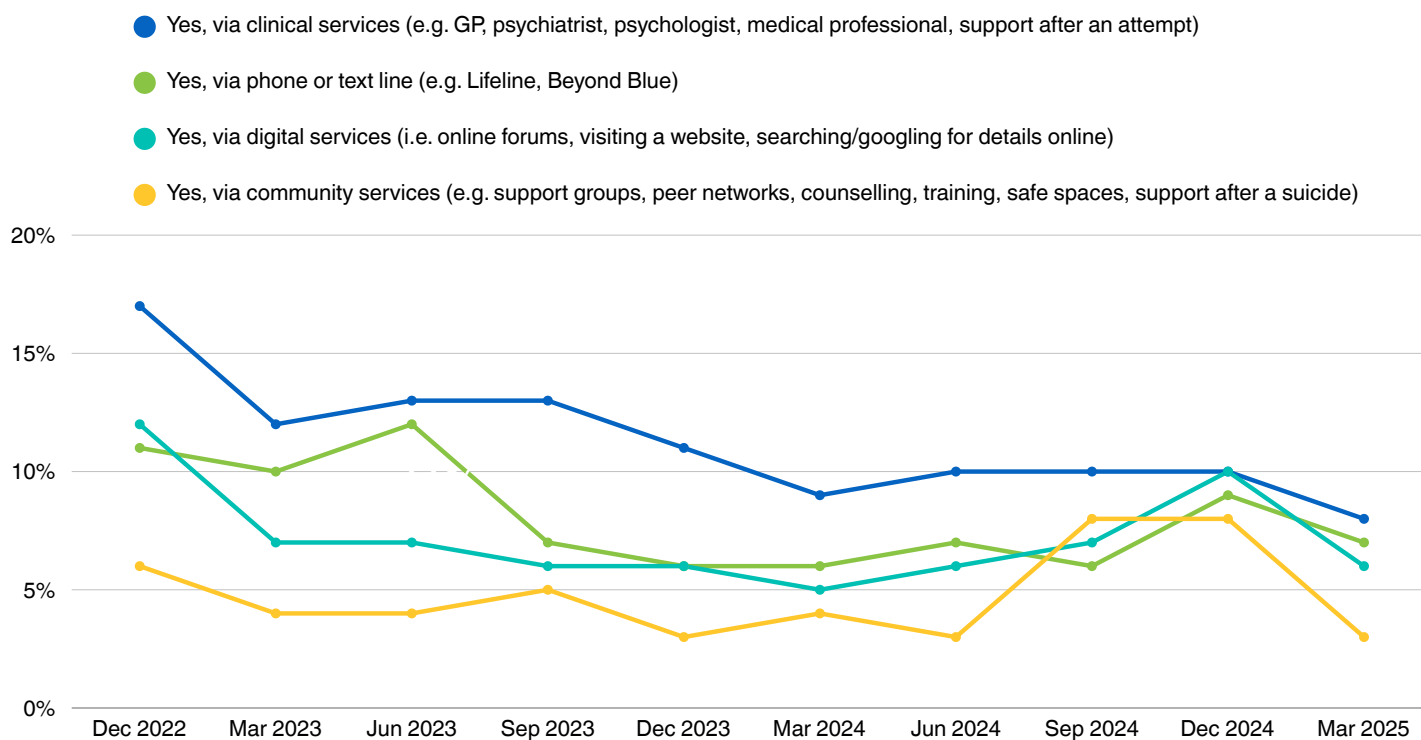
Causes of elevated distress (NSW)	11-Qtr Average
Cost of living and personal debt	45%
Family and relationship breakdowns	24%
Social isolation and loneliness	24%
Housing access and affordability	21%
Unemployment and job security	20%
Environment and climate change	15%
Social media, self-image & bullying	15%
Overall reporting levels of elevated distress	74%

Suicidal behaviour



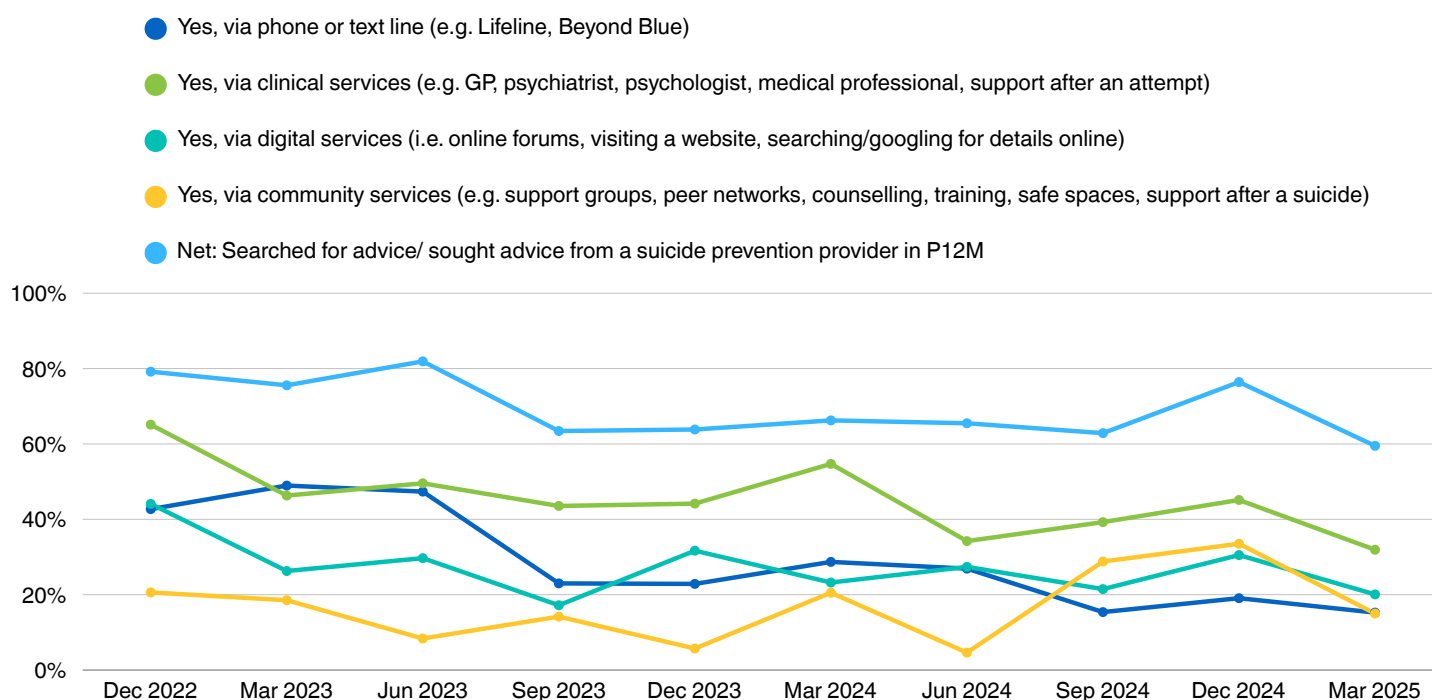
Over the past 11 quarters, more than 1 in 10 New South Wales residents said that they have had serious thoughts of suicide in the past 12 months.

Help-seeking



Help-seeking behaviour amongst all residents of New South Wales for all service types has fallen since 2022. The gap between the percentage of people seeking help via clinical services and other services has narrowed over time.

Help-seeking behaviour of those who experienced suicidal behaviour



Implications for suicide prevention in New South Wales

The NSW Community Tracker data highlights a sustained and concerning level of elevated distress across the state, with social and economic pressures continuing to take a toll on the community.

With nearly 7 in 10 NSW residents reporting distress beyond normal levels for the past 11 quarters — and distress peaking in December 2024, affecting more than 4 in 5 residents — it is clear that financial pressures, social isolation, and uncertainty are significantly impacting people's sense of wellbeing. Cost of living has remained the top stressor for 11 consecutive quarters, underscoring the urgent need for comprehensive economic and social support measures as part of suicide prevention efforts.

Sadly, more than 1 in 10 NSW residents have experienced serious thoughts of suicide in the past year. Despite this, help-seeking behaviour has declined since December 2022 across all service types, suggesting that people are either unable or unwilling to access support when they need it most. This may be due to barriers such as cost, stigma, or lack of service availability.

The narrowing gap between those seeking help from clinical services versus other support options suggests that people are looking beyond traditional healthcare for assistance. It is also interesting to see fewer people seeking help from clinical services, despite the expansion of the Urgent Care clinics, which has been an important initiative in providing access to GPs, who can refer to psychologists or psychiatrists. Given many of the causes of distress are not mental health issues, this also suggests a greater need for other sources of support for people experiencing suicidal distress due to financial pressures or housing stress. This reinforces the need for a whole-of-community approach to suicide prevention, ensuring that people can access help in multiple ways, whether through mental health services, financial and social support programs, or community-led initiatives.

This data is a clear call to action: suicide prevention in NSW must extend beyond crisis response and include early intervention. We need sustained investment in upstream, preventative measures that address financial stress, housing insecurity, and strengthen community and family connections. This highlights the importance of embedding a whole-of-government approach in NSW, through a Suicide Prevention Act. The Act needs to be fast-tracked in order to bring about this reform as soon as possible.

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All figures, unless otherwise stated, are from YouGov Australia. Total sample size was 1024 adults. Fieldwork was undertaken between 6th – 10th February 2025. The survey was carried out online. The figures have been weighted and are representative of all Australian adults (aged 18+).