



SUICIDE PREVENTION AUSTRALIA COMMUNITY TRACKER

MARCH 2025

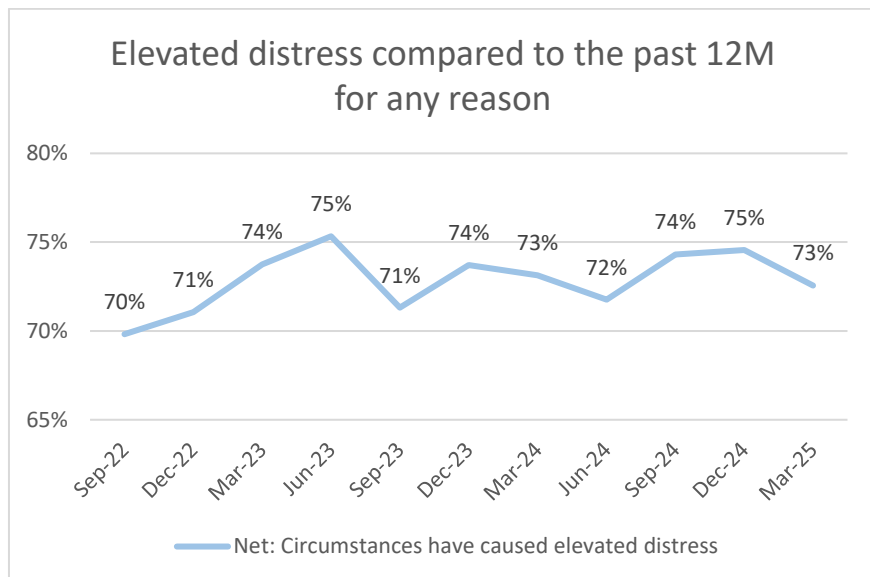
The Suicide Prevention Australia Community Tracker is a quarterly survey that sheds light on the prevalence of suicidal behaviours, what social and economic issues are driving distress and the impact of suicide in our community. It is designed to provide real-time, community-wide insights to policy makers,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

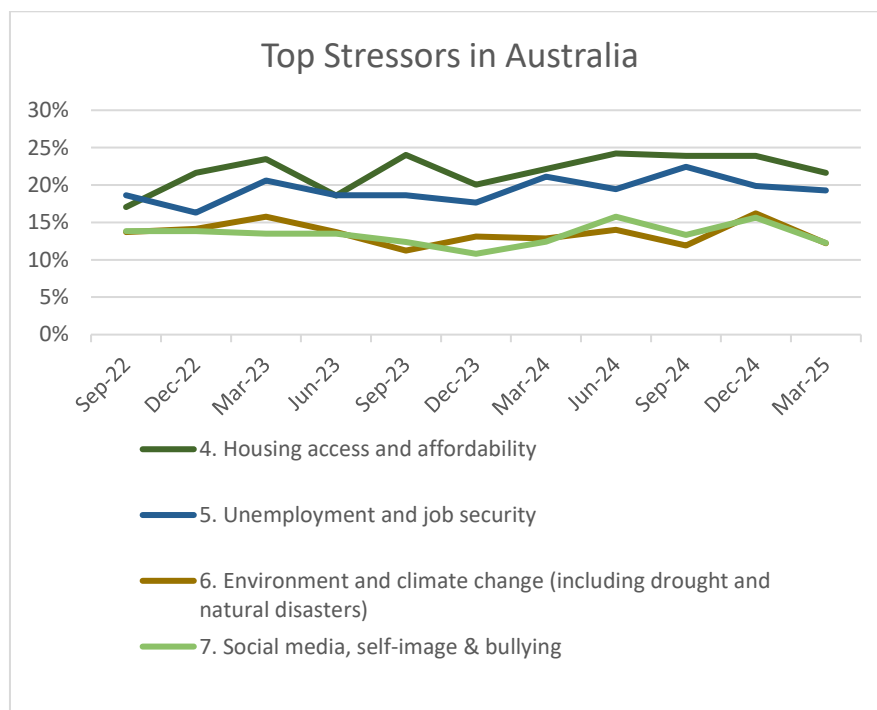
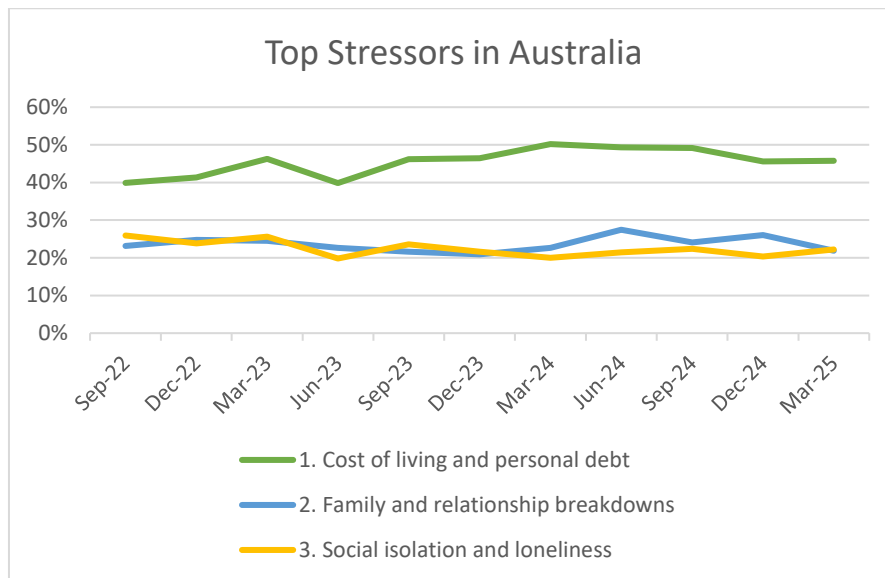
High Level Overview

- Over 7 in 10 (73%) Australians reported distress beyond normal levels in the March 2025 quarter.
- Under 1 in 10 Australians 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 – social isolation and loneliness – by 20 percentage points during this quarter.
- Australians under the age of 50 years remain more likely than those over 50 years to report having experienced suicidal behaviour in the past 12 months.
- Help-seeking (across all service types) fell by four percentage points compared to the last quarter.

Elevated Distress

- Over 7 in 10 (73%) Australians experienced elevated distress beyond normal levels compared to the same time last year due to social and economic circumstances.
- Cost-of-living and personal debt distress remained the top stressor for 11 quarters in a row.

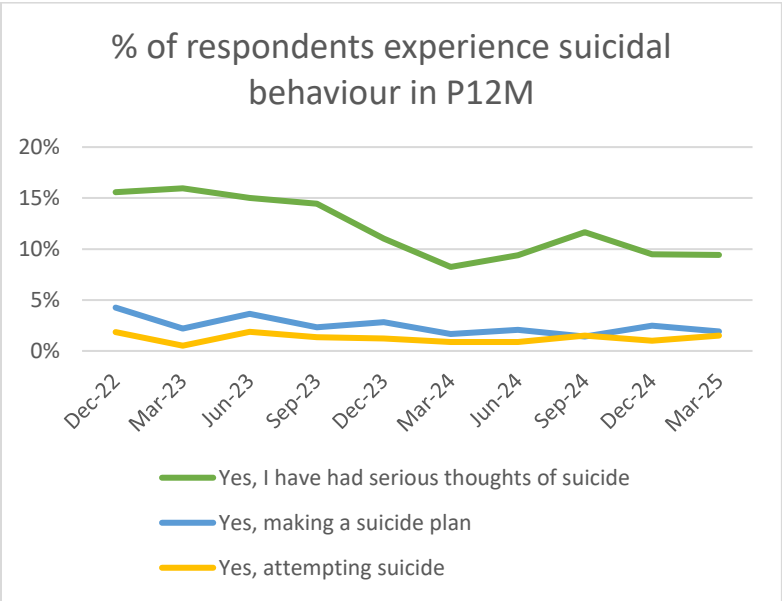




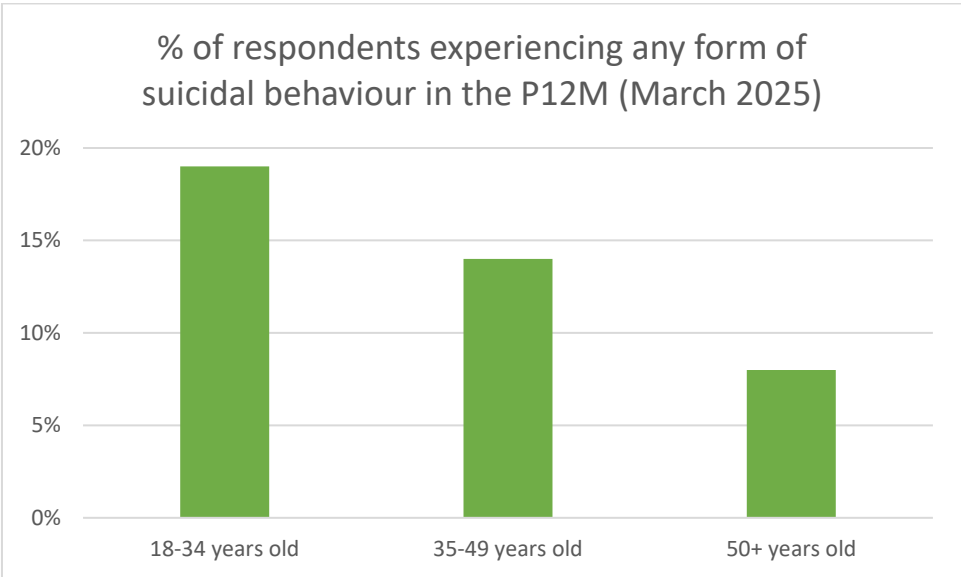
Causes of elevated distress	11-Qtr Average
Cost of living and personal debt	45%
Family and relationship breakdowns	24%
Social isolation and loneliness	22%
Housing access and affordability	22%
Unemployment and job security	19%
Environment and climate change	14%
Social media, self-image & bullying	13%
Overall reporting levels of elevated distress	73%

Suicidal behaviour

- The percentage of respondents who said they have had serious thoughts of suicide in the past 12 months has remained the same compared to the previous quarter. The figure has slowly been falling since the September 2024 quarter.

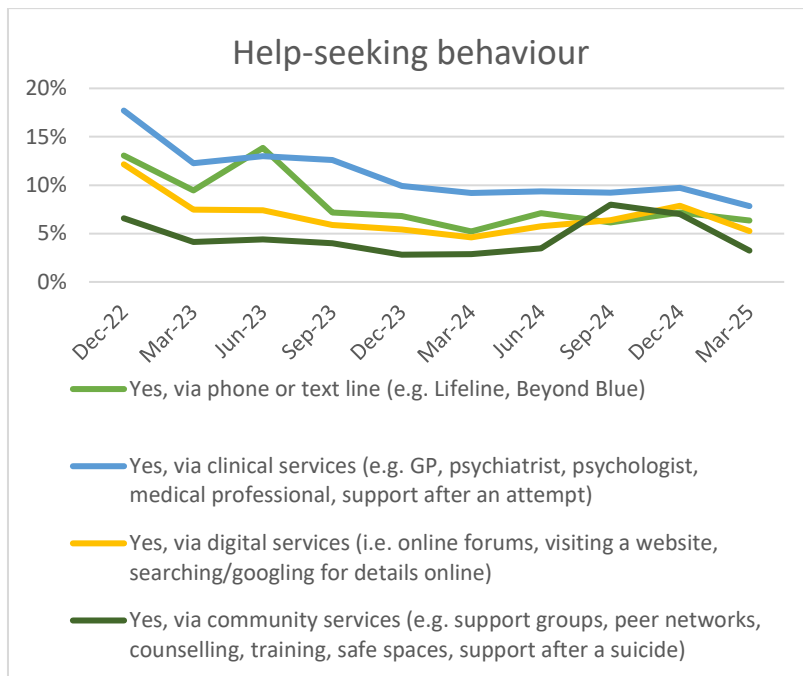


- Australians under the age of 50 years remain more likely than those over 50 years to report having experienced suicidal behaviour in the past 12 months (18-34: 19% and 35-49: 14%, compared to 50+: 8%).

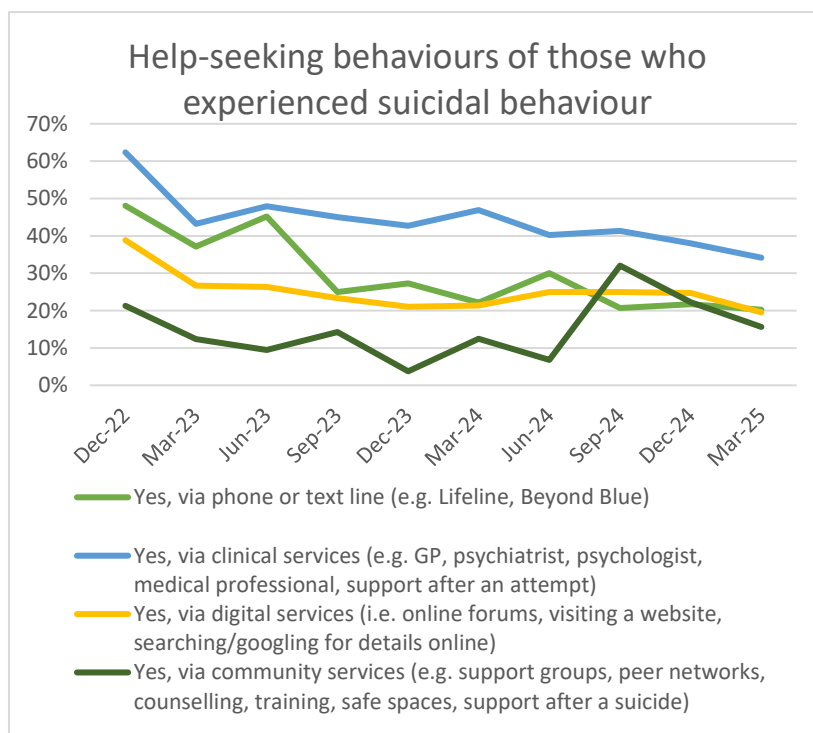


Help-seeking

- Help-seeking behaviour amongst all Australians across all service types fell from the previous quarter (a decrease in four percentage points compared to the previous quarter).
- The gap between the percentage of people seeking help via clinical services and other services has narrowed over-time.



- Help-seeking for those who experienced suicidal behaviour has remained consistent with close to 7 in 10 seeking help through any service. However, the sample size for this group is quite small, and would need to be larger to provide more conclusive evidence about help-seeking behaviours.



About the survey

The Suicide Prevention Australia Community Tracker is undertaken in partnership with YouGov Australia. The total sample size was 1024 adults. The survey was conducted online between 6 – 10 February 2025. The figures have been weighted and are representative of all Australian adults (aged 18+). Respondents that participated in the survey in November 2024 were excluded from this sample.

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