



The Suicide Prevention Australia Community Tracker is a quarterly survey that sheds light on the prevalence of suicidal behaviours, which 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



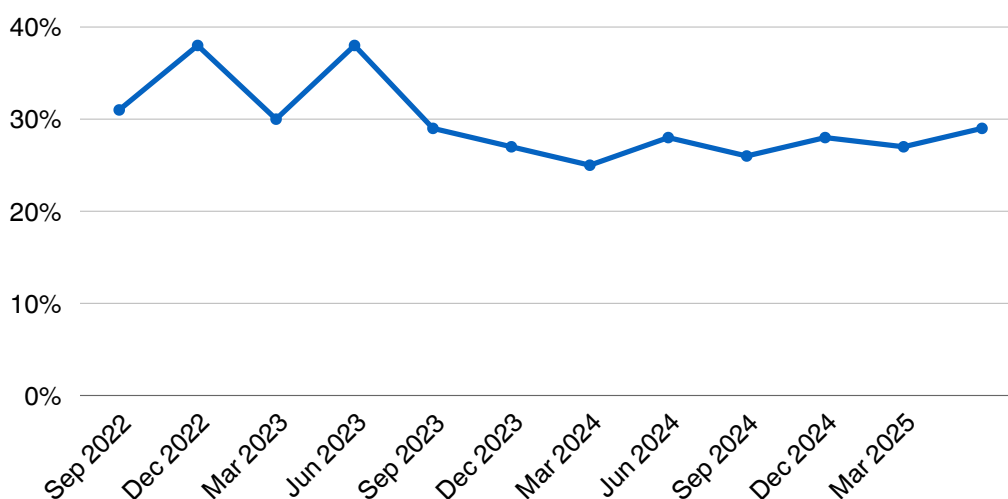
Australians are experiencing a major shift in distress drivers, with **social isolation** and **loneliness** surpassing housing affordability stress as the top suicide risk for the first time since 2023.

The impact of suicide is felt across the country. **Three in ten** Australians know someone, either **directly or indirectly**, who has died by or attempted suicide in the past year



Young Australians feel isolated but are increasingly connecting with peers for support. More than 1 in 4 young Australians have experienced suicidal behaviour in the past 12 months, with over a third of all young Australians feeling elevated distress due to loneliness. **Encouragingly, help-seeking is rising**; proving the desire and need for peer and community connection.

Australians who personally know someone who has died or attempted suicide in the past 12 months

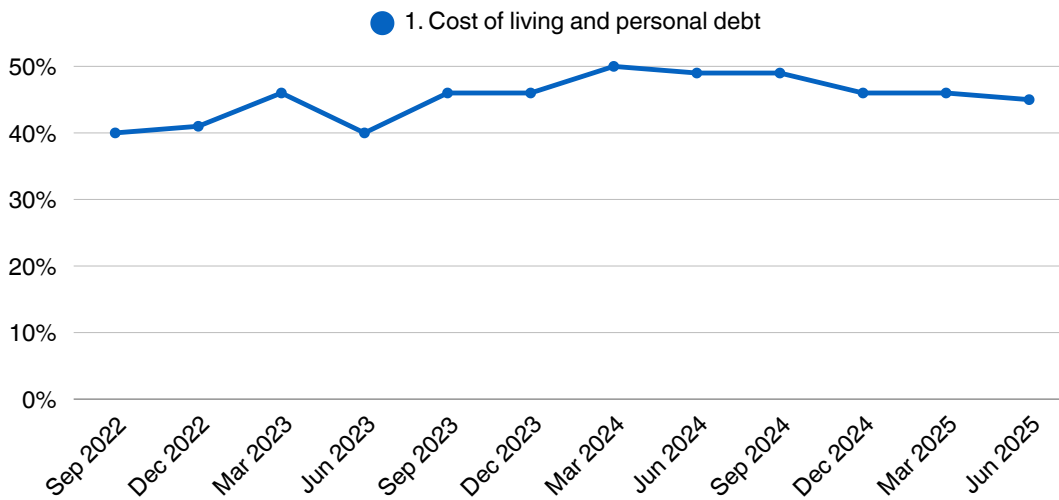


Suicide in Personal Networks

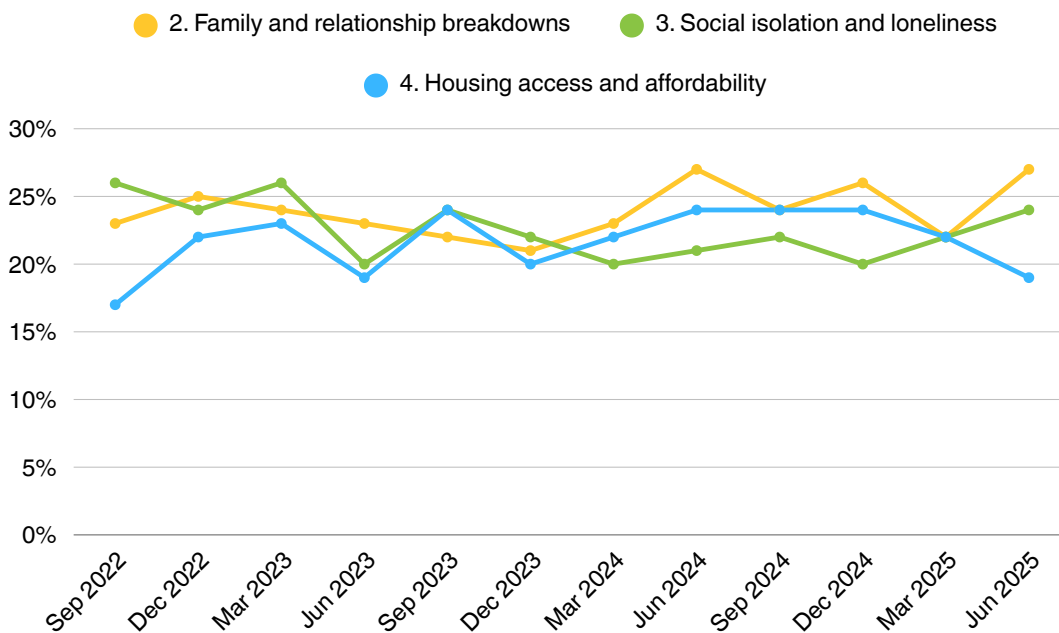
3 in 10 Australians know someone, either directly or indirectly, who has died by or attempted suicide in the past year.

Younger and middle-aged Australians (18 to 49 years) continue to be more likely to know someone either directly or indirectly in their personal life or networks who has died by or attempted suicide in the past 12 months (18-49: 36% - up 5pp since March 2025 compared to older age groups (50+: 21% - down 1pp from February 2025).

Top Stressors in Australia



While cost of living and personal debt remains the top concern (45%), it's encouragingly down 5pp since peaking March 2024.



As economic stressors appear to ease, social factors climb the ranks with family and relationship breakdown, and social isolation and loneliness now the second and third leading stressors – spotlighting a shift towards deeper social challenges impacting the nation.

For the first time since 2023, social isolation and loneliness have surpassed housing affordability as a cause of elevated distress for Australians.

Causes of elevated distress (Australia)	12-Qtr Average
Cost of living and personal debt	45%
Family and relationship breakdowns	24%
Social isolation and loneliness	23%
Housing access and affordability	22%
Unemployment and job security	19%
Environment and climate change	13%
Social media, self-image & bullying	13%
Overall reporting levels of elevated distress	73%

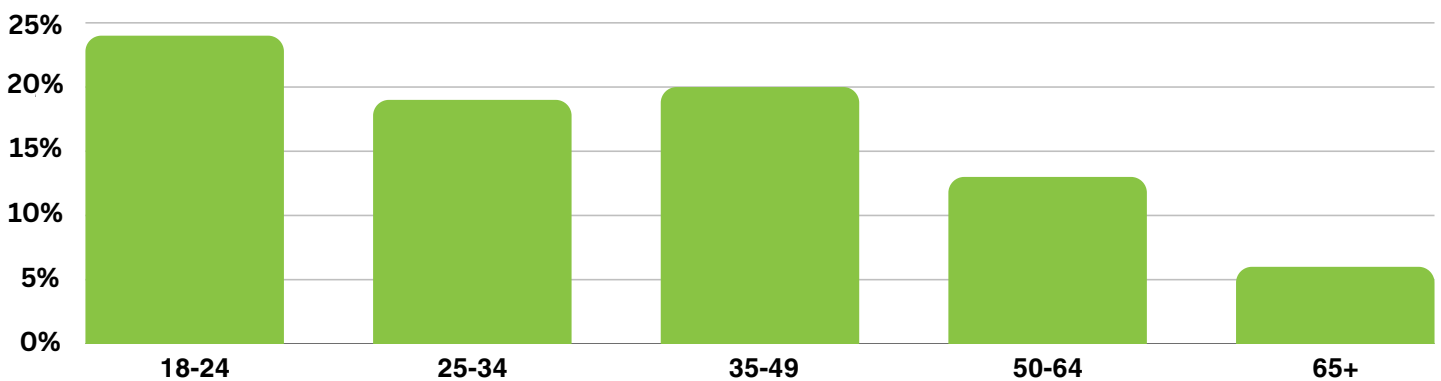
Help-seeking

Around 1 in 7 Australians have experienced suicidal behaviour in the past 12 months, but as outreach to suicide prevention services (62%) and personal networks (63%) for support remains high, we can see not just positive trends in help-seeking behaviour, but a strong validation of the need for multiple support channels.

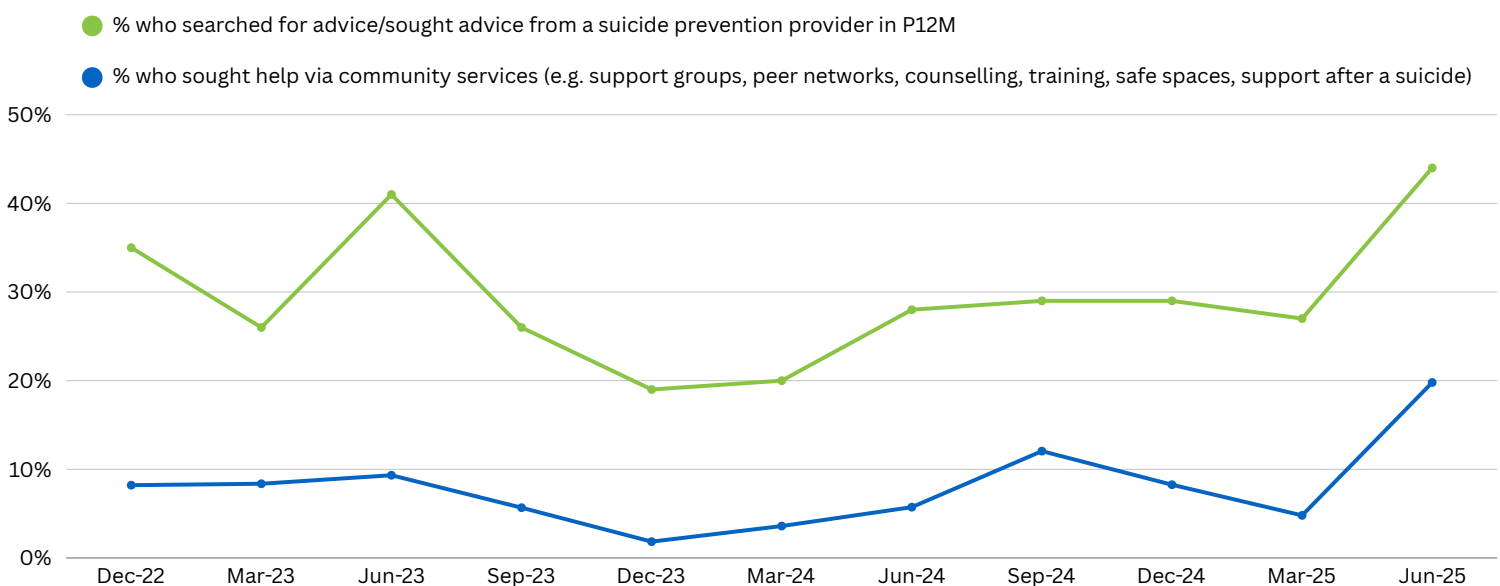
Young Australians (18-24)

1 in 4 young Australians have experienced suicidal behaviour in the past 12 months (higher than any other cohort). In addition, 44% of all young Australians have sought help from suicide prevention services in the past 12 months. Young Australians are increasingly accessing support through community and peer connection with outreach to community services seeing its highest year on record, rising 15 pp year on year.

3-year average - % who experienced suicidal behaviour in the past 12 months

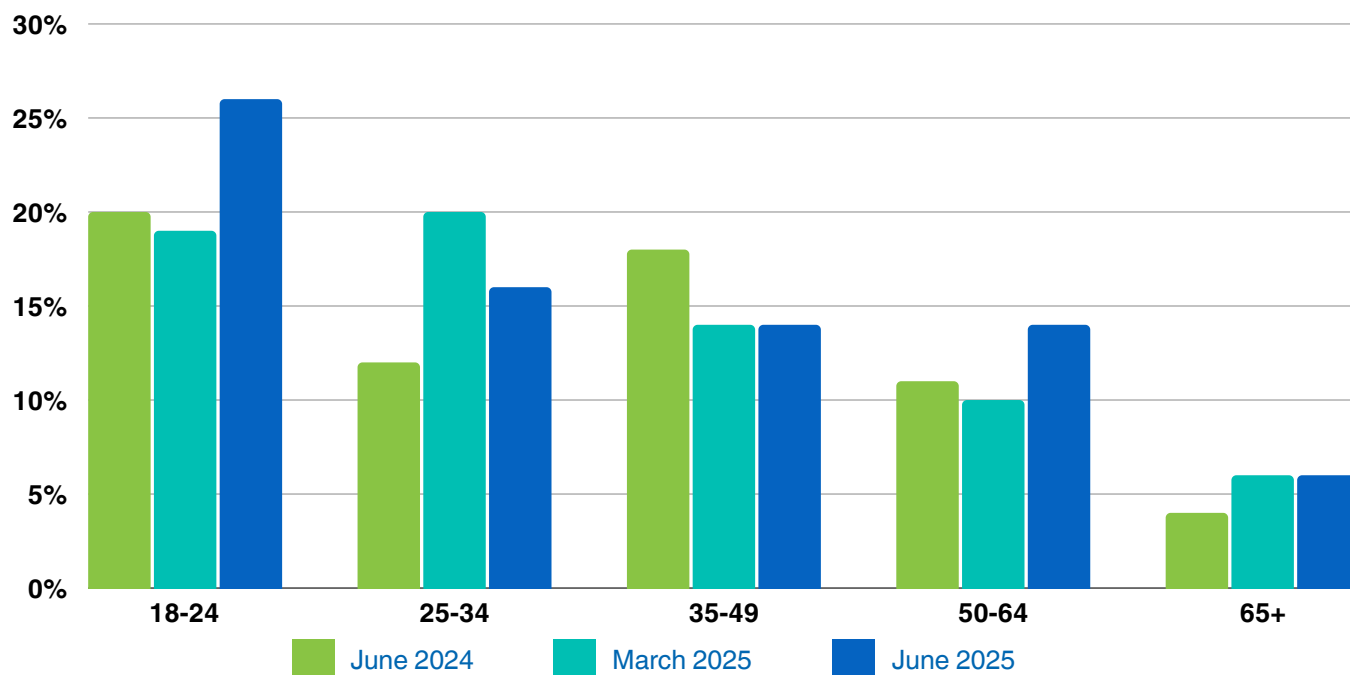


Help-seeking among Young Australians



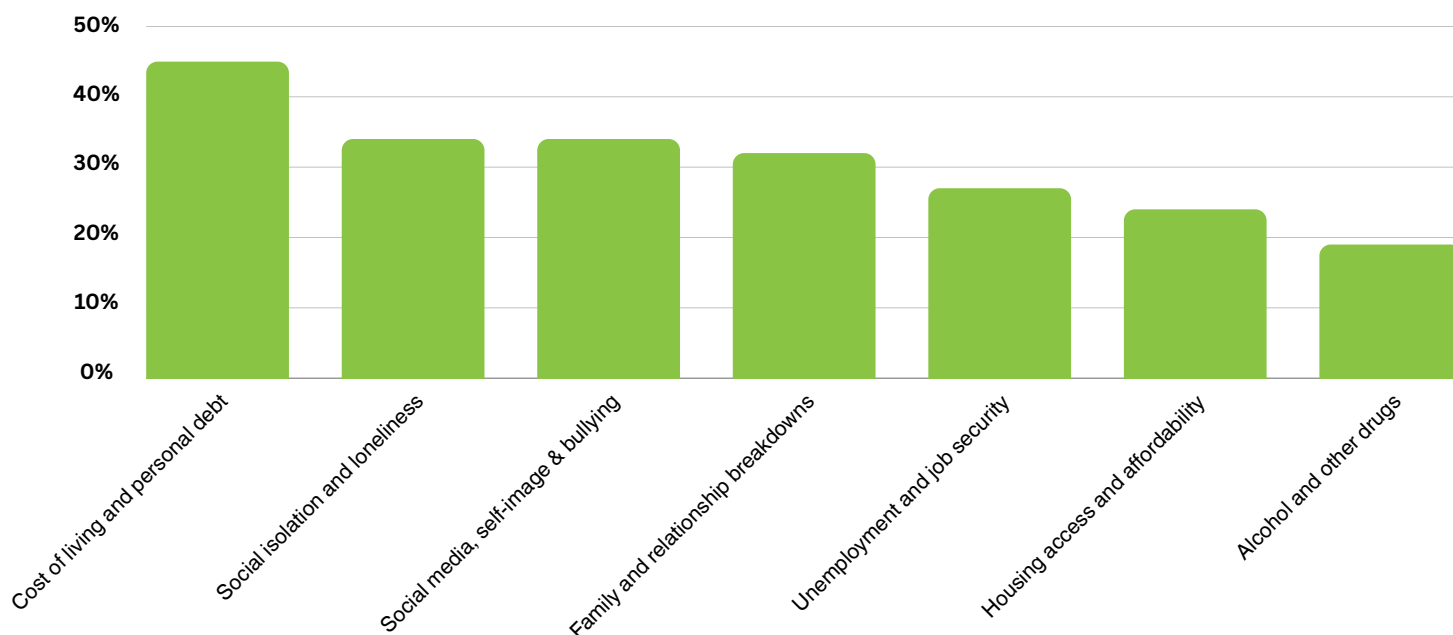
Those aged 18-24 years are most likely to report having experienced suicidal behaviour in the past 12 months (18-24: 26% compared to 25-34: 16%, 35-49: 14% and 50+: 10%), with incidence increasing by 7pp from March 2025 among this group and 6pp since this time last year (20% in June 2024).

% of respondents who experienced suicidal behaviour in the past 12 months



Over a third of all young Australians say isolation and loneliness are key drivers of their distress, the second top stressor outranked only by cost of living and personal debt. This is followed closely by social media, self-image and bullying, and family and relationship breakdown, revealing social stressors being the majority concern for young Australians.

Key Stressors of Young People in Australia (June 2025 quarter)



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The Suicide Prevention Australia Community Tracker is undertaken in partnership with YouGov Australia. The total sample size was 1008 adults. The survey was conducted online between 13 – 15 May 2025. The figures have been weighted and are representative of all Australian adults (aged 18+). Respondents that participated in the survey in February 2025 were excluded from this sample.