



SUICIDE PREVENTION AUSTRALIA COMMUNITY TRACKER

JULY 2025

QUEENSLAND

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 Queensland at the time of the survey.

High Level Overview



Over 7 in 10 QLD residents reporting distress beyond normal levels for the past three years.

Distress peaked in June 2023, affecting close to **4 in 5 residents (78%)**



Over the past three years, close to **1 in 8 (12%) of Queensland residents** said that they have had **serious thoughts of suicide** in the past 12 months.

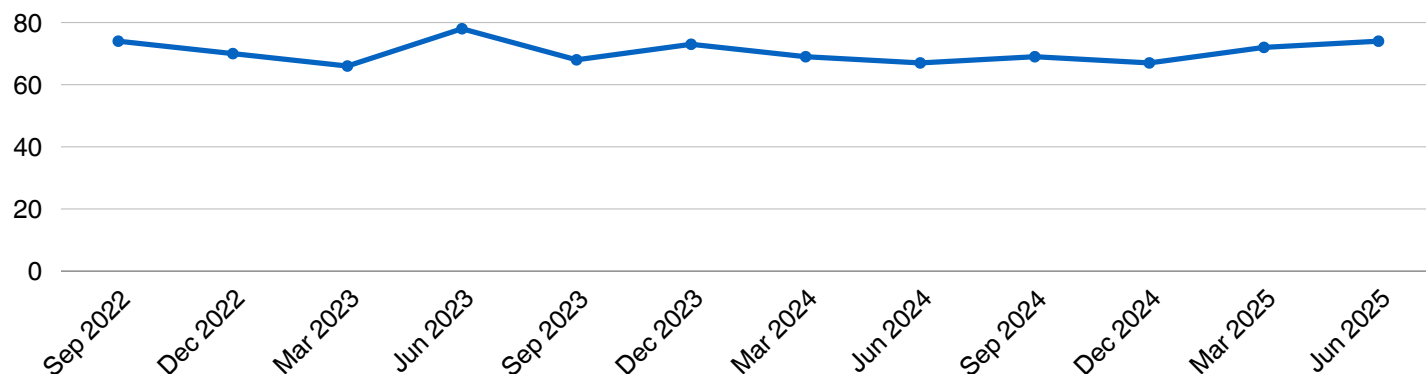


Cost-of-living and personal debt distress remained the **top stressor** for 12 quarters in a row – which was ahead of the **no. 2 stressor – family and relationship breakdown** – by 22 percentage points.



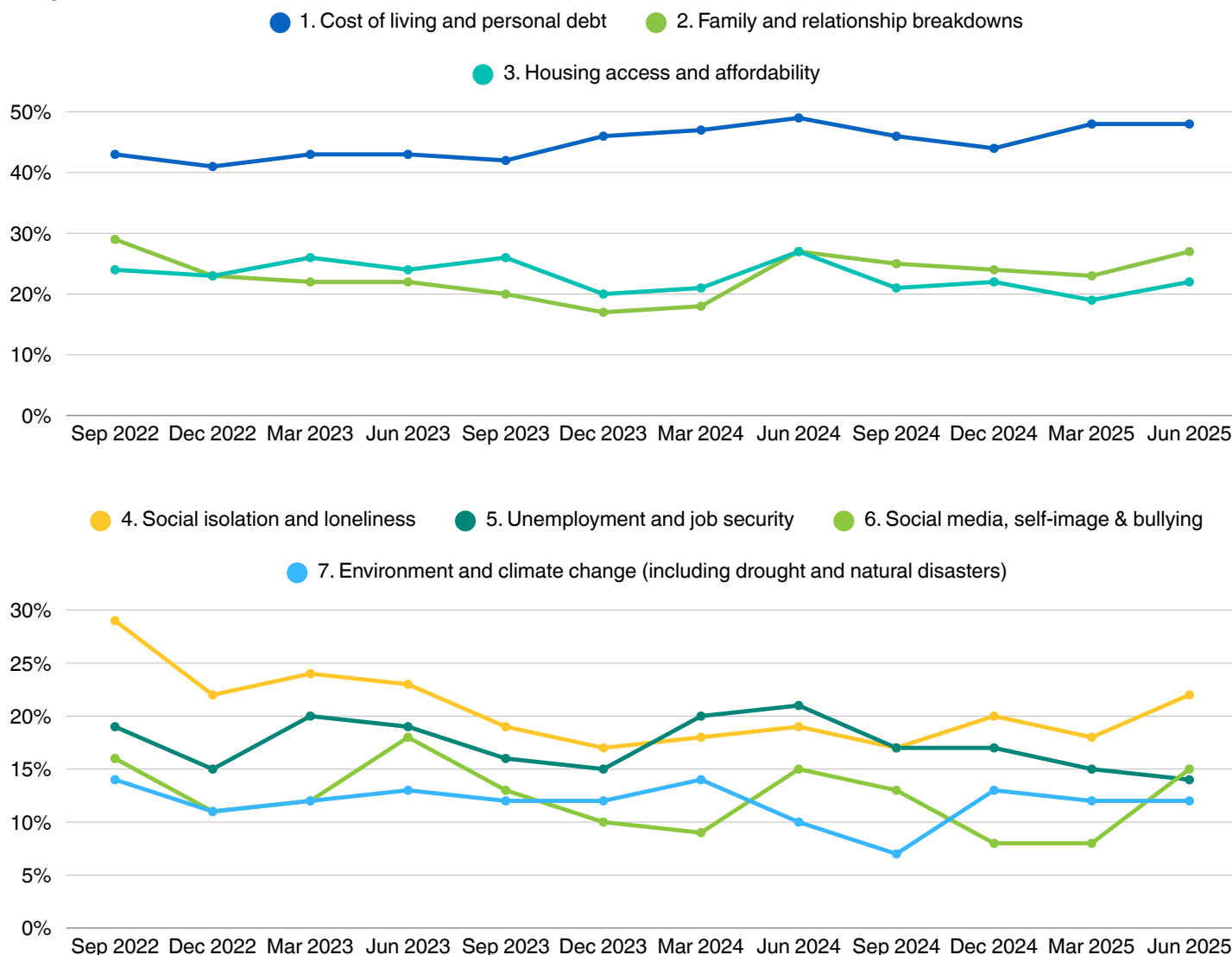
Despite consistent or higher levels of distress, **help seeking has reduced in QLD, since 2022.**

Elevated distress compared to the past 12 months for any reason



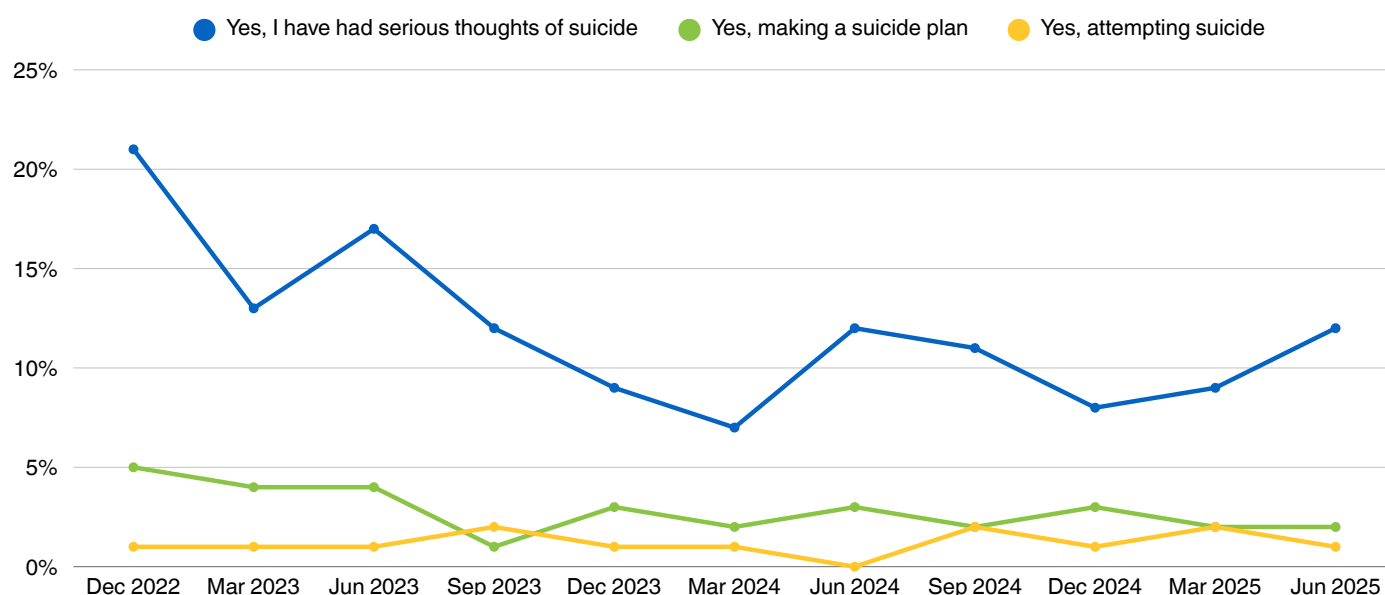
- Over the past three years, over 7 in 10 residents of Queensland experienced elevated distress beyond normal levels compared to the same time last year due to social and economic circumstances.
- Distress peaked during the June 2023 quarter, affecting close to 4 in 5 Queensland residents
- Cost-of-living and personal debt distress remained the top stressor for 12 quarters in a row
- Housing access and affordability distress was consistently in the top 2 with family and relationship breakdown overtaking it in the June 24 quarter.

Top Stressors in Queensland



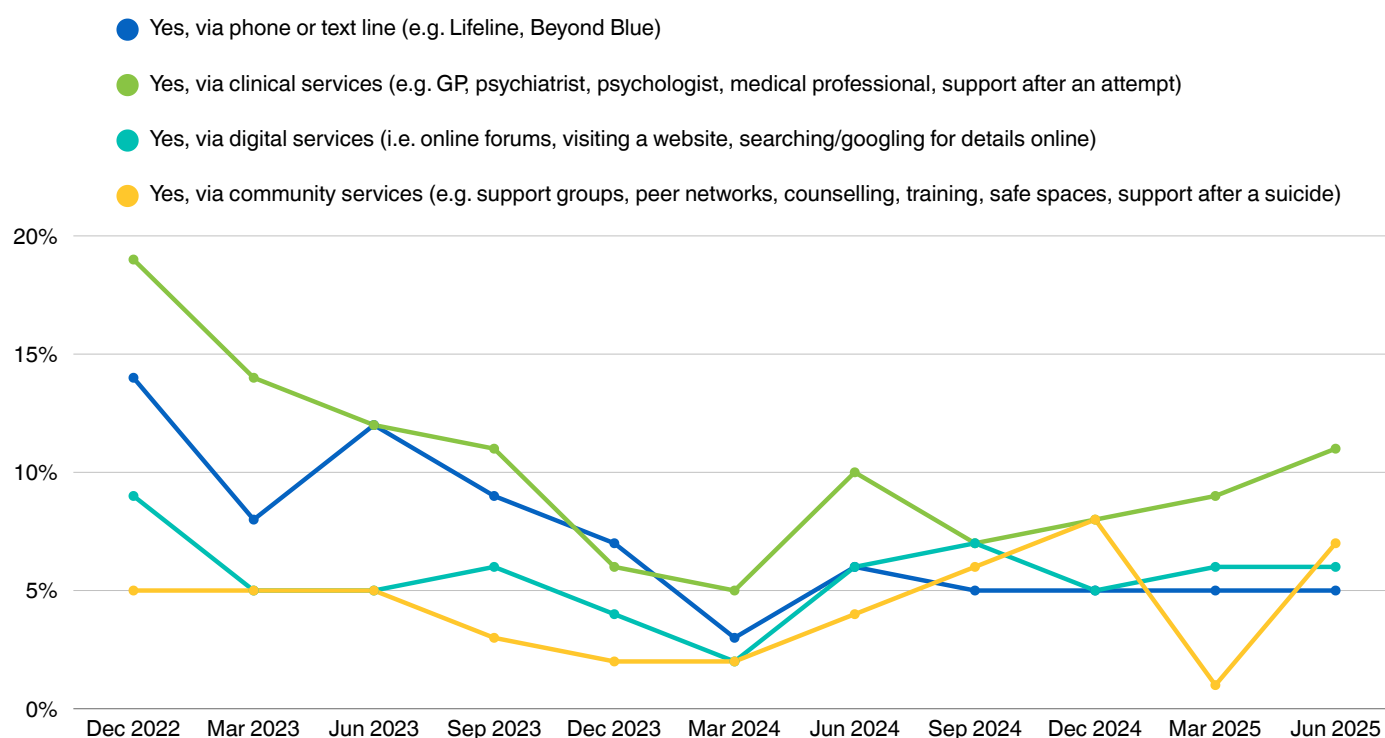
Causes of elevated distress (QLD)	12-Qtr Average
Cost of living and personal debt	45%
Family and relationship breakdowns	23%
Housing access and affordability	23%
Social isolation and loneliness	21%
Unemployment and job security	17%
Social media, self-image & bullying	12%
Environment and climate change	12%
Overall reporting levels of elevated distress	71%

Suicidal behaviour in the P12M in QLD



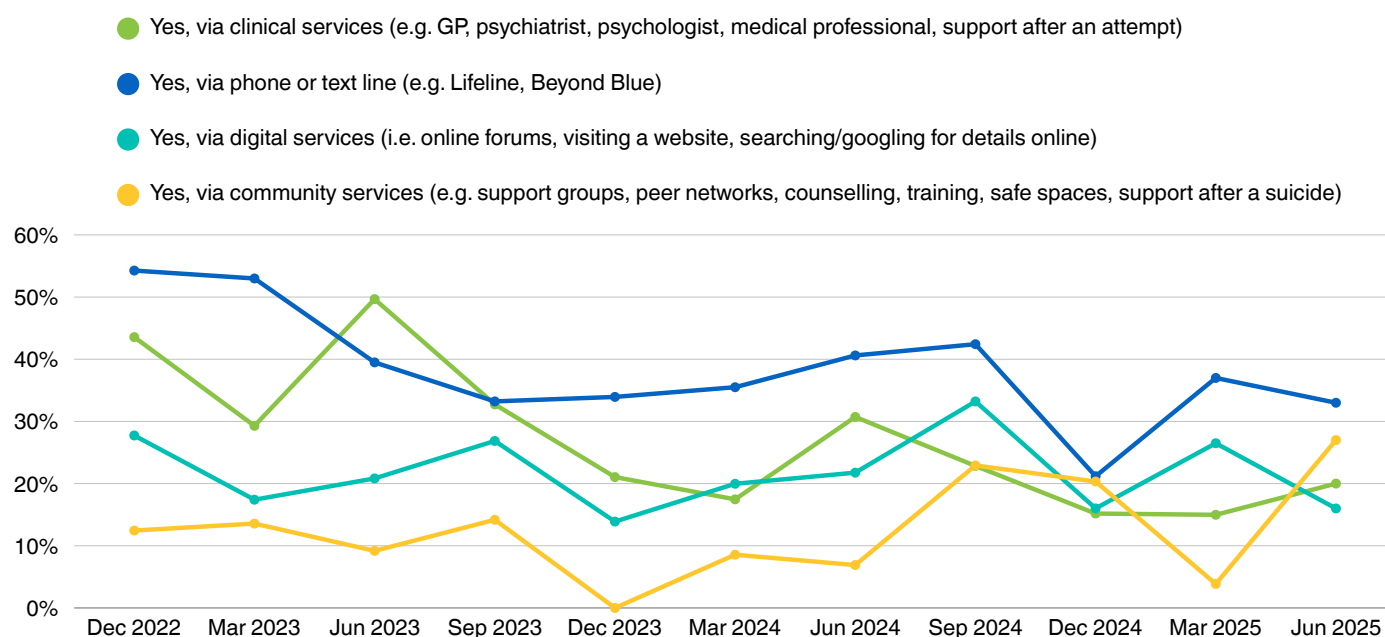
- Over the past three years, close to 1 in 8 Queensland residents said that they have had serious thoughts of suicide in the past 12 months

Help-seeking behaviour in the last 12 months in QLD



- Help-seeking behaviour amongst all residents of Queensland for all service types has fallen from the benchmark year.
- The gap between the percentage of people seeking help via clinical services and other services has narrowed over-time.

Help-seeking behaviour in the P12M in QLD who experienced suicidal behaviour



- Help-seeking for those who experienced suicidal behaviour has remained consistent with close to 7 in 10 (66%) seeking help. 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.

Implications for suicide prevention in Queensland

The QLD 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 QLD residents reporting distress beyond normal levels for the past 11 quarters – and distress peaking in June 2023, affecting more than 4 in 5 residents – it is clear that financial pressures, housing, 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 QLD 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.

Given many of the causes of distress are not mental health issues, this 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.

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The Suicide Prevention Australia Community Tracker is undertaken in partnership with YouGov Australia. Total sample size was around a thousand adults for each nationwide survey. The survey was undertaken online each quarter. The figures have been weighted and are representative of all Australian adults (aged 18+). This data focuses on residents of Queensland.