



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

To access the full report with all data points, please [click here](#).

Quarterly Insights

- **More Australians are seeking help, yet many still struggle alone.** Help-seeking has risen to 29% - a 10pp jump since May - yet 1 in 10 Australians in suicidal distress did not reach out, and only 22% feel equipped to offer support to those around them, highlighting a critical gap between need and community readiness.
- **Young Australians are distressed but ready for support.** One in five young Australians [18-24] have had serious thoughts of suicide and 6% have attempted in the past year, yet they are the most likely to seek help and feel the most prepared to support others, highlighting the need to equip young Aussies with the skills to respond effectively.

Three-year Insights

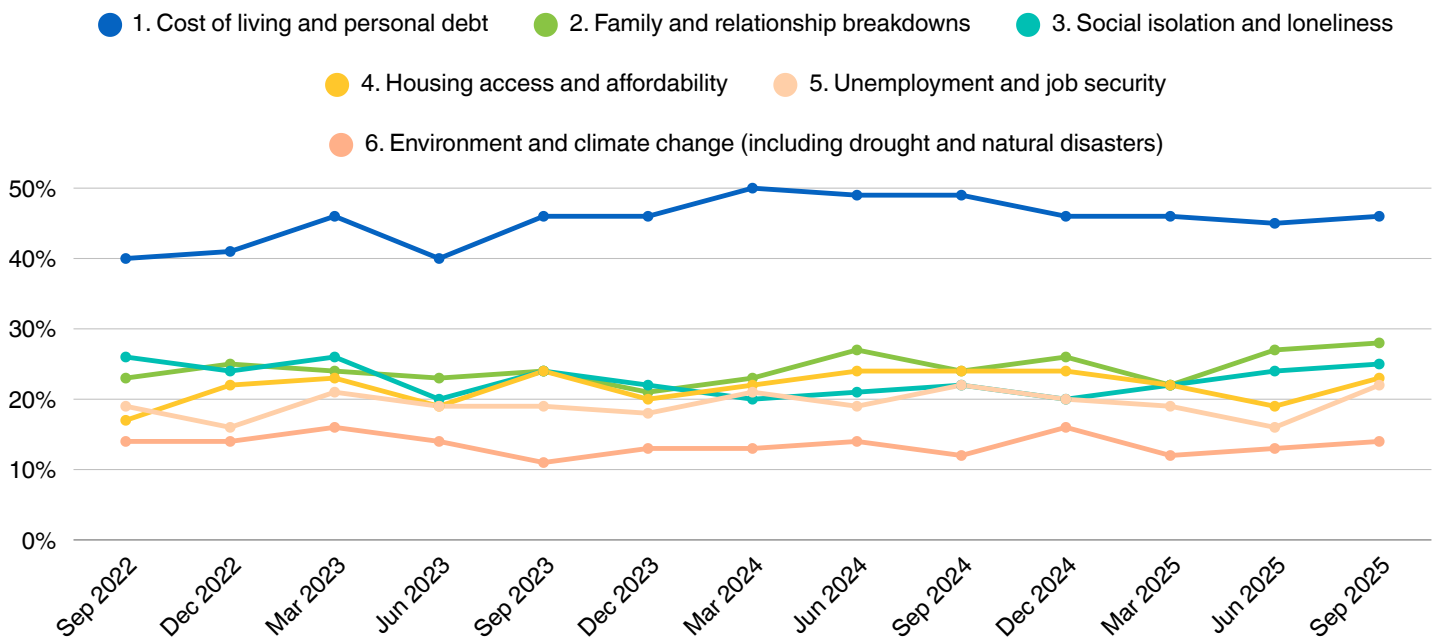
This quarter marks three years of the Community Tracker survey, enabling us to share deeper insights and emerging trends around what's causing distress in the Australian community and the prevalence of suicidal behaviours.

- **Encouraging shifts among men:** Over the last three years, men have shown a significant decrease in suicidal thoughts and plans, which have fallen 12pp since 2022. While men still account for most suicides in Australia this shift indicates we are making positive progress while reinforcing the need for continued male-focused prevention efforts.
- **The resurgence of social stressors:** While cost-of-living remains the top concern, social factors such as family and relationship breakdown and social isolation, which had started to trend downwards, have re-emerged to rank among the top three stressors, mirroring their high levels from 2022.
- **Distress is rising nationwide, but drivers vary by generation.** While cost-of-living continues to impact nearly half of all Australians, stressors shift between generations: from 2023, housing stress is up 11pp for Gen Z, unemployment up 10pp for Gen X, and relationship breakdowns up 19pp for the Silent Generation – underscoring the need for suicide prevention that addresses all contributing factors across every generation.

Elevated Distress

- Cost-of-living stress has persistently remained the top stressor for Australians over the past 3 years. While it has slowly fallen over a 15-month period until the June 2025 quarter (45%), we're now seeing it begin to rise slightly (46%) and mirror figures for the two quarters before its March 2024 peak (50%).
- Social factors maintain their ranking with family and relationship breakdown and social isolation continuing as the second and third leading stressors. Rankings between stressors have reverted to how it was in 2022 when social factors ranked among the top three.
- Housing distress has seen increases this quarter, with around 1 in 5 Australians experiencing distress. A similar trend can be seen for unemployment.

Top Stressors for Australians



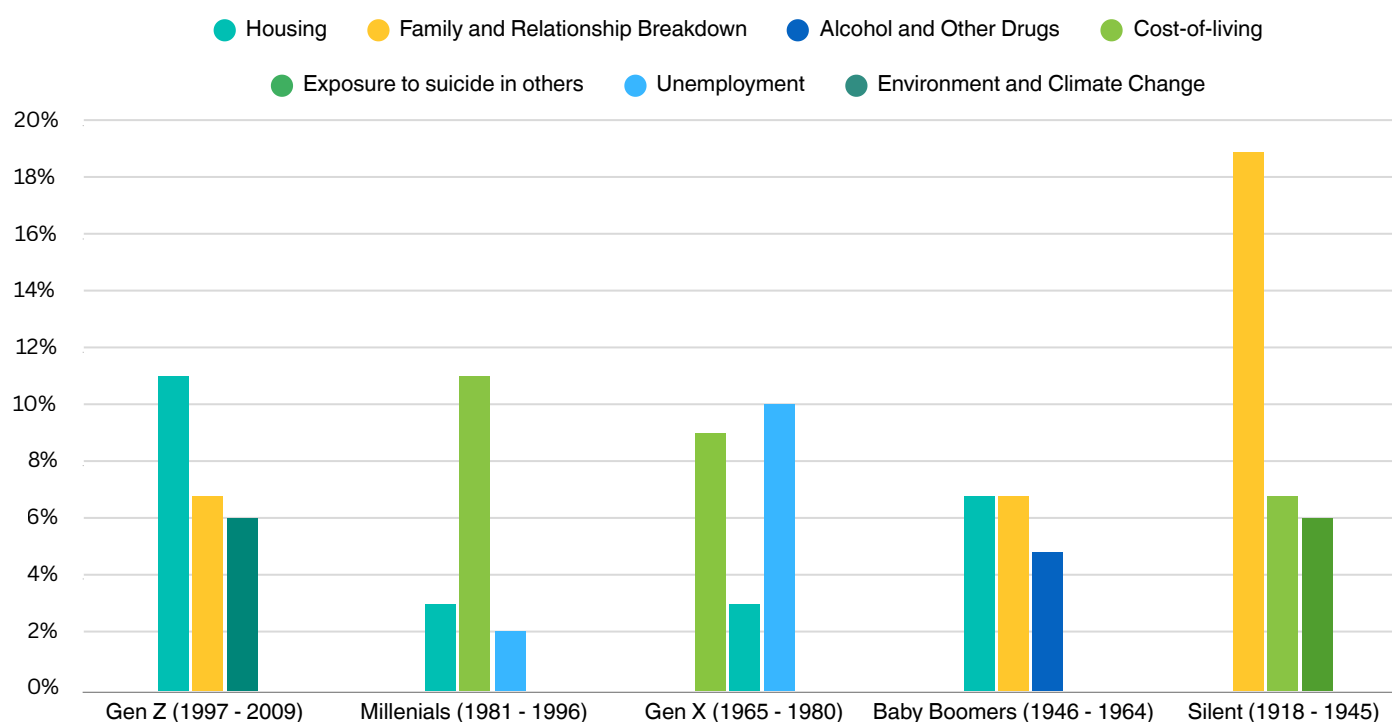
While overall stressors are cost of living, relationship breakdowns, and social isolation, each generation/age group feel the impact of factors causing distress differently. Comparing September 2022 figures to the current quarter, we find that:

- Gen Z: Largest increases compared to the current quarter are housing (+11pp), family and relationship breakdown (+7pp), and environment and climate change (+6%)
- Millennial: Largest increases are cost of living (+11pp), housing (+3pp), and unemployment (+2pp)

- Gen X: Largest increases are unemployment (+10pp), cost of living (+9pp), and housing (+3pp)
- Baby Boomer: Largest increases are family and relationship breakdown (+7pp), housing (+7pp), and alcohol and other drugs (+5pp)
- Silent: Largest increases are family and relationship breakdown (+19pp), cost of living (+7pp)

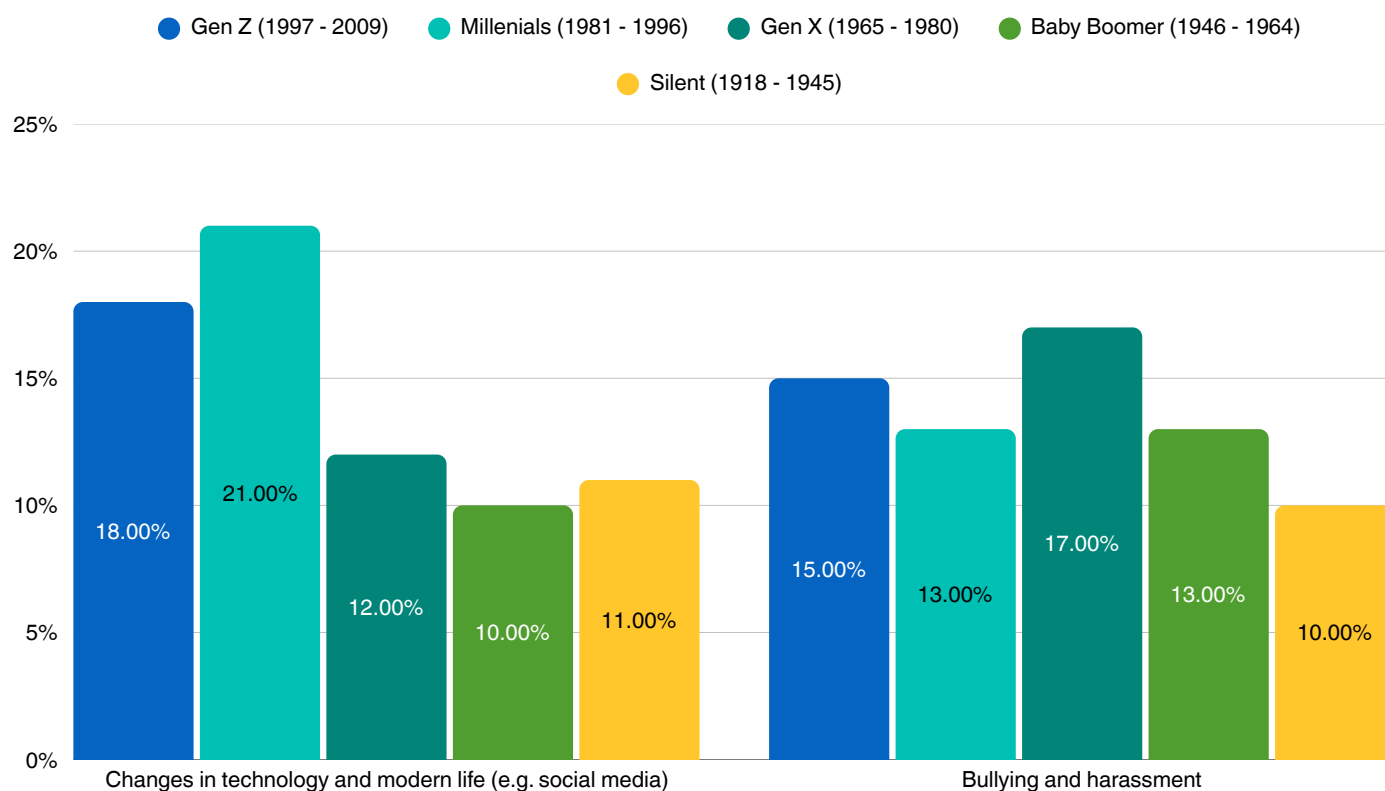
Generation	Top 1	Top 2	Top 3
Gen Z (1997 – 2009)	Housing (+11pp)	Family and relationship breakdown (+7pp)	Environment and climate change (+6pp)
Millennials (1981 – 1996)	Cost of living (+11pp)	Housing (+3pp)	Unemployment (+2pp)
Gen X (1965 – 1980)	Unemployment (+10pp)	Cost of living (+9pp)	Housing (+3pp)
Baby Boomer (1945 – 1979)	Family and relationship breakdown (+7pp)	Housing (+7pp)	Alcohol and other drugs (+5pp)
Silent (1918 – 1945)	Family and relationship breakdown (+19pp)	Cost of living (+7pp)	Exposure to suicide in others (+6pp)

Top 3 Stressors by Generation (Percentage Point Increase from 2022 to 2025)



Distress due to changes in technology are most strongly felt by Millennials, i.e. those in their 30s and early 40s, while bullying and harassment has similar impact across generations.

Stressors by Generation (Q3 2025)



Causes of Elevated Distress (All Australians)	Q3 2022	Q3 2023	Q3 2024	Q3 2025
Cost of living and personal debt	39.91%	46.17%	49.15%	46.41%
Family and relationship breakdowns	23.19%	21.59%	24.07%	27.52%
Social isolation and loneliness	25.94%	23.54%	22.43%	24.63%
Housing access and affordability	17.05%	24.03%	23.91%	22.57%
Unemployment and job security	18.62%	18.64%	22.44%	22.27%
Environment and climate change	13.70%	11.23%	11.90%	14.28%
Overall reporting levels of elevated distress	69.72%	71.31%	74.30%	77.26%

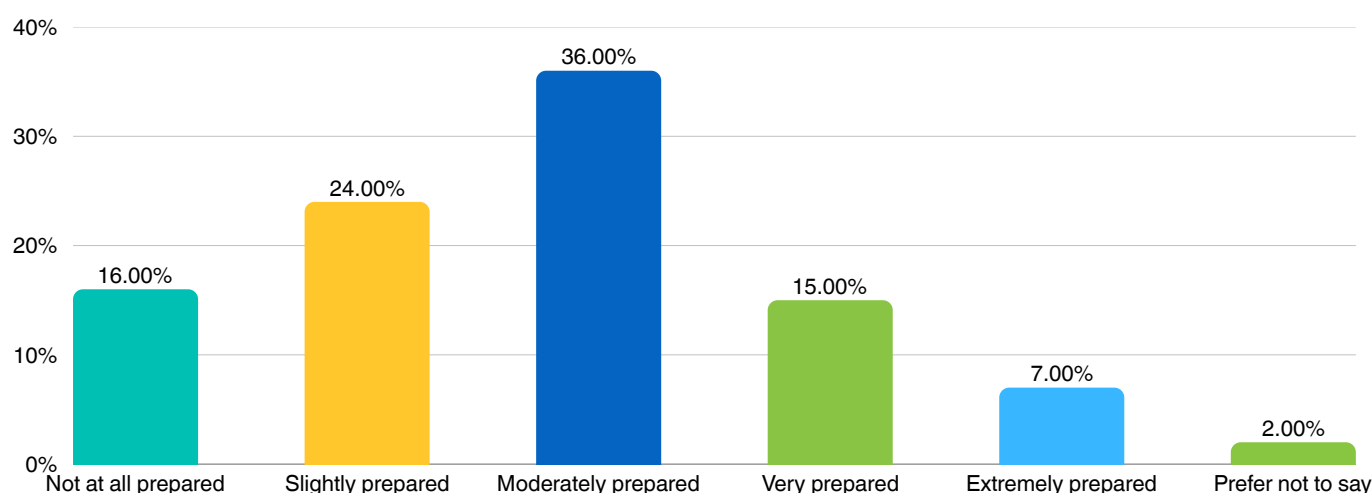
Help-seeking

- Over the past three years of the Community Tracker survey, around 1 in 7 Australians have reported experiencing suicidal behaviour in the 12 months prior to being surveyed.
- In the most recent quarter, almost a third of all Australians reached out to a support provider in the past 12 months.
- This reflects a considerable rise of 10pp from the same time last year.
- While this aligns with increasing levels of distress, it encouragingly shows engagement with lifesaving help-seeking behaviour, as well as the benefits and necessity of suicide prevention support services.

Community capacity to help

- Around 1 in 5 Australians (22%) say that they are either very prepared or extremely prepared to support someone who is showing signs of suicidal thoughts in this most recent quarter.
- Unfortunately, this also represents two in five Australians (40%) who are either not prepared or only slightly prepared to support someone who is showing signs of suicidal thoughts or behaviours.
- Gen Z (1997 – 2009) are twice as likely than older generations to be very prepared or extremely prepared to support someone showing signs of suicidal thoughts or behaviours (40% vs 20%).

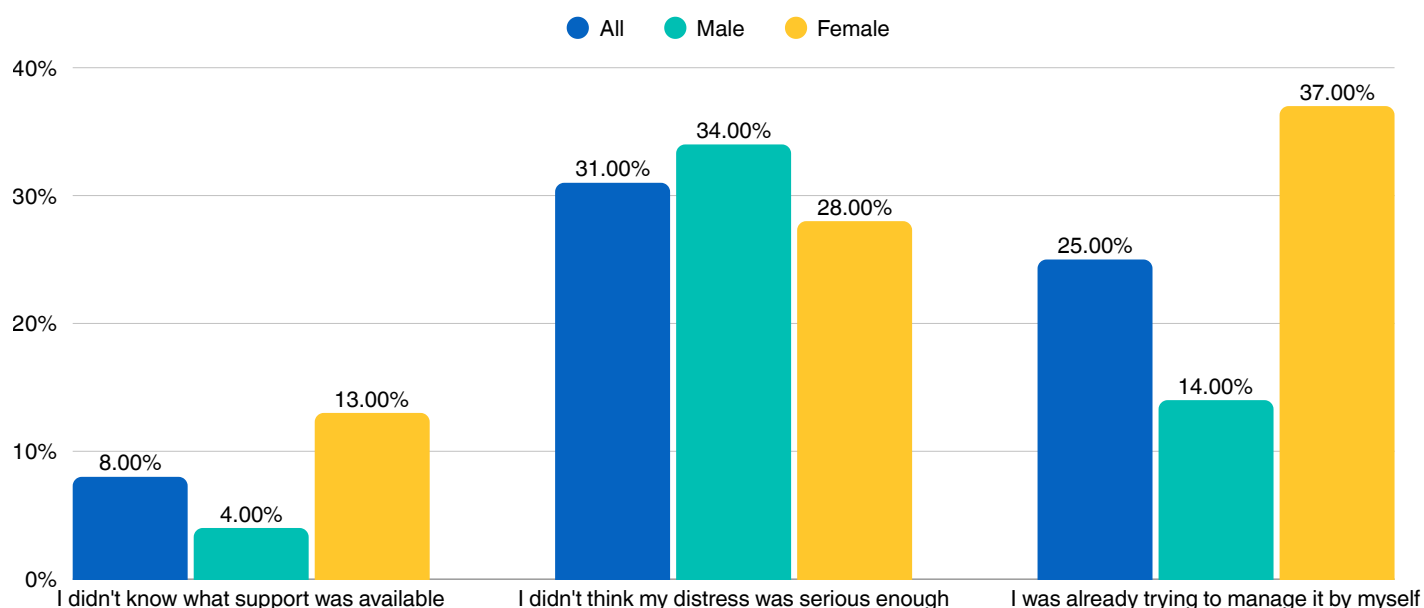
How prepared do you feel today to support someone who is showing signs of suicidal thoughts or behaviours? (All Australians)



Barriers to help-seeking

- Around nine percent of Australians did not seek any support for their wellbeing despite citing they were very or extremely distressed.
- From this group, women were around three times more likely than men to not reach out for support because they didn't know what support was available, potentially suggesting men know where to seek support but they still aren't accessing it.
- Men were also more likely than women to say that they didn't seek support because they downplayed the seriousness of their distress despite saying that were highly distressed, while women were two times more likely than men to not seek support because they were already trying to manage their distress on their own.

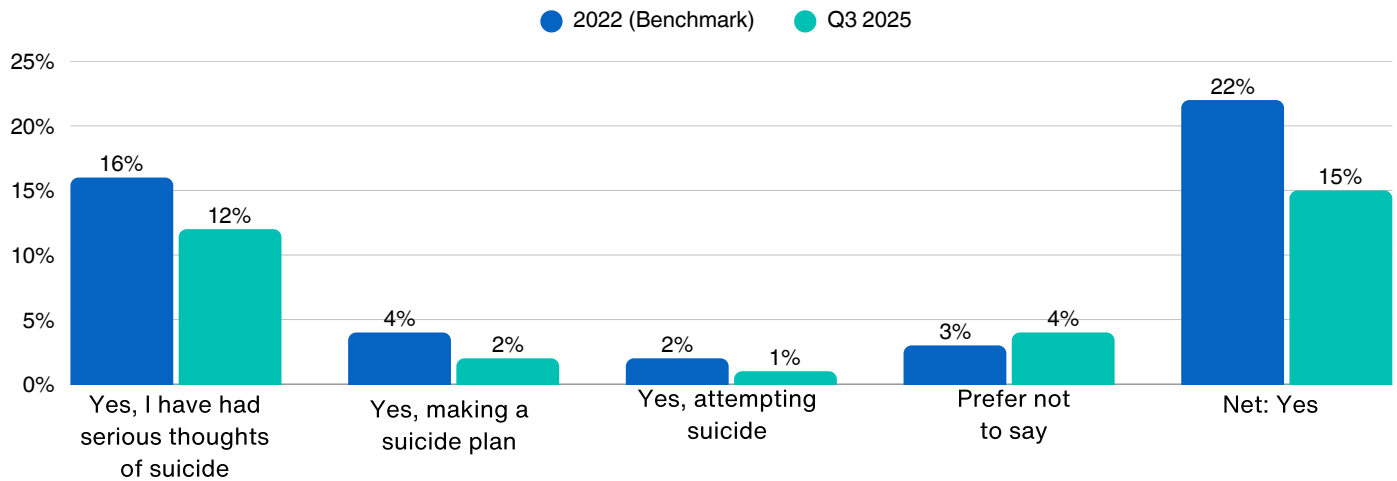
Barriers to help-seeking for those experiencing high levels of stress



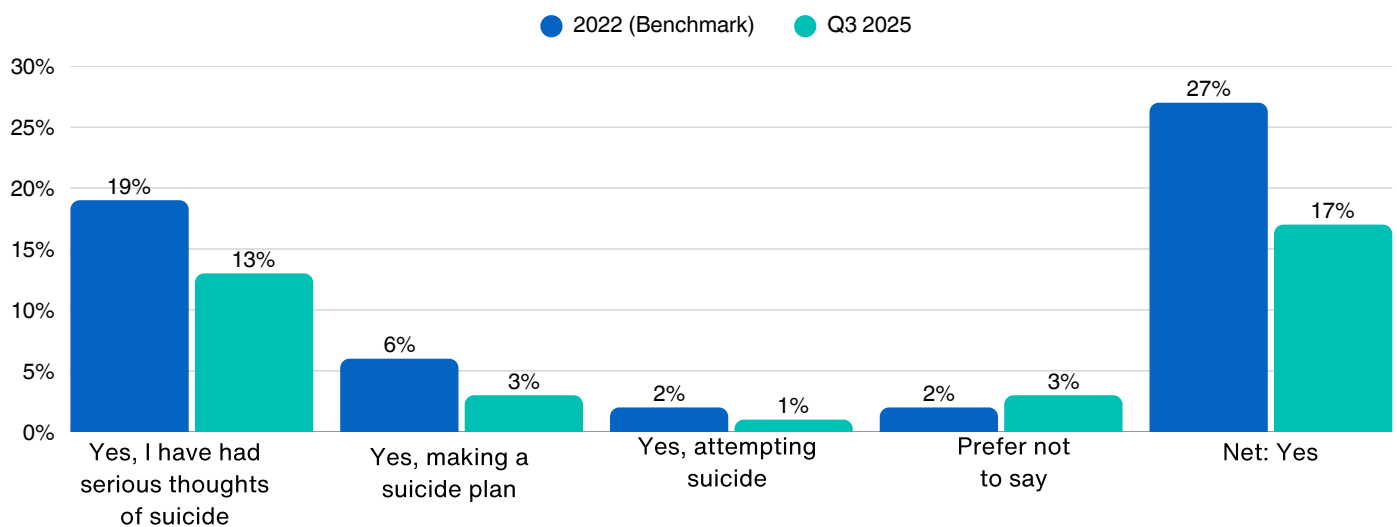
Suicidal behaviour

- Serious thoughts of suicide have fallen 4pp from 16% in 2022 to 12% in 2025, while making a plan has also decreased 2pp from 4% in 2022 to 2% in 2025. Overall, suicidal thoughts and behaviour has fallen 8pp from 22% in 2022 to 14% in the current quarter of 2025.
- Males had larger decreases in terms of experiences of suicidal behaviour compared to females across the same time periods.

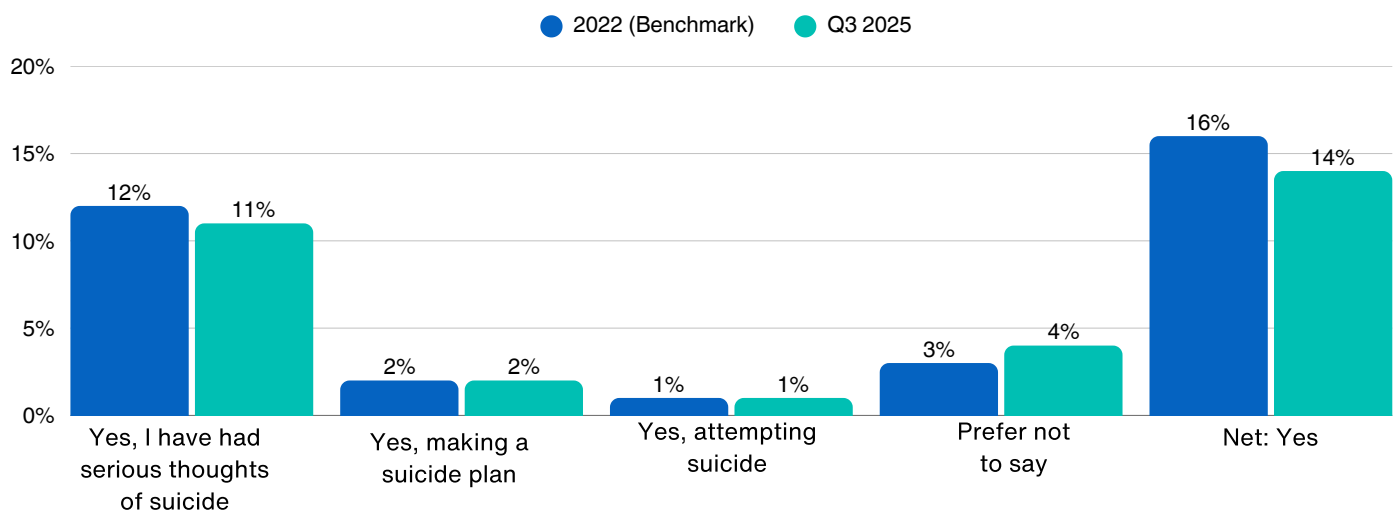
Suicidal behaviour (All Australians)



Suicidal behaviour (Males)



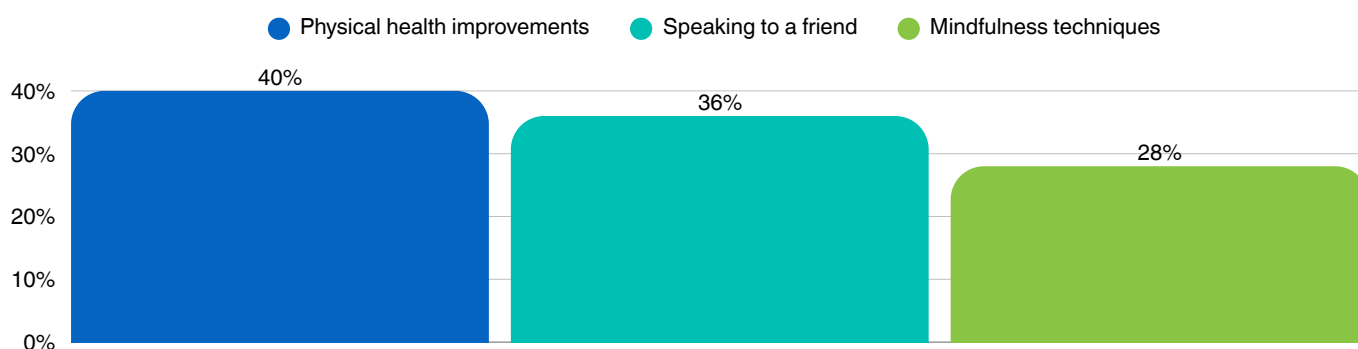
Suicidal behaviour (Females)



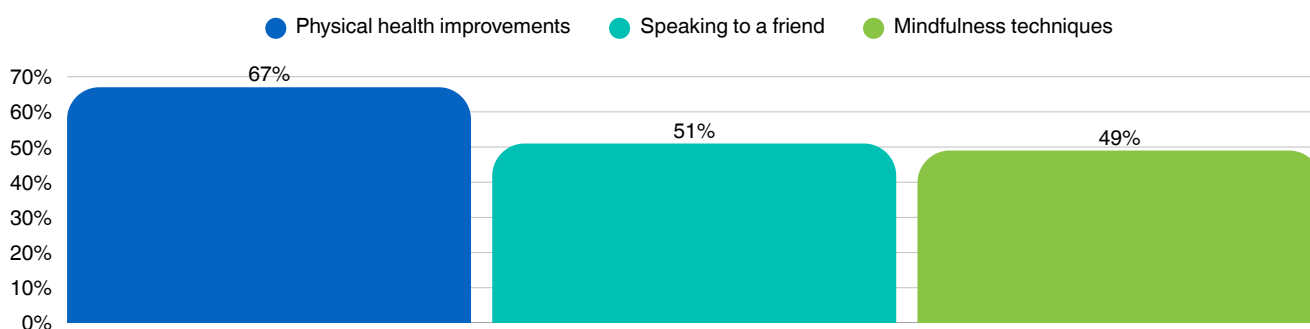
Wellbeing

- Seven in ten (72%) of Australians report taking at least one action in the past year to support their health and wellbeing.
- Physical health improvements were the most prevalent with two in five (40%) saying they either worked out, ate better, or engaged in self-care. 67% of those who engaged in physical health improvements said it helped a lot with respect to their wellbeing.
- This was followed by speaking to a friend (36%) and mindfulness techniques (28%). Over half of those who spoke to a friend said this helped their wellbeing (51%), with a similar rating for those who engaged in mindfulness techniques (49%).

Actions taken for their wellbeing



This action helped a lot



The Suicide Prevention Australia Community Tracker is undertaken in partnership with YouGov Australia. Total sample size was 1,376 adults. The survey was conducted online between 23 July - 4 August 2025. The figures have been weighted and are representative of all Australian adults (aged 18+). Respondents that participated in the survey in May 2025 were excluded from this sample.

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