



The Suicide Prevention Australia Community Tracker is a regular 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. Data was collected quarterly prior to September 2025 and semi-annually thereafter.

Key findings

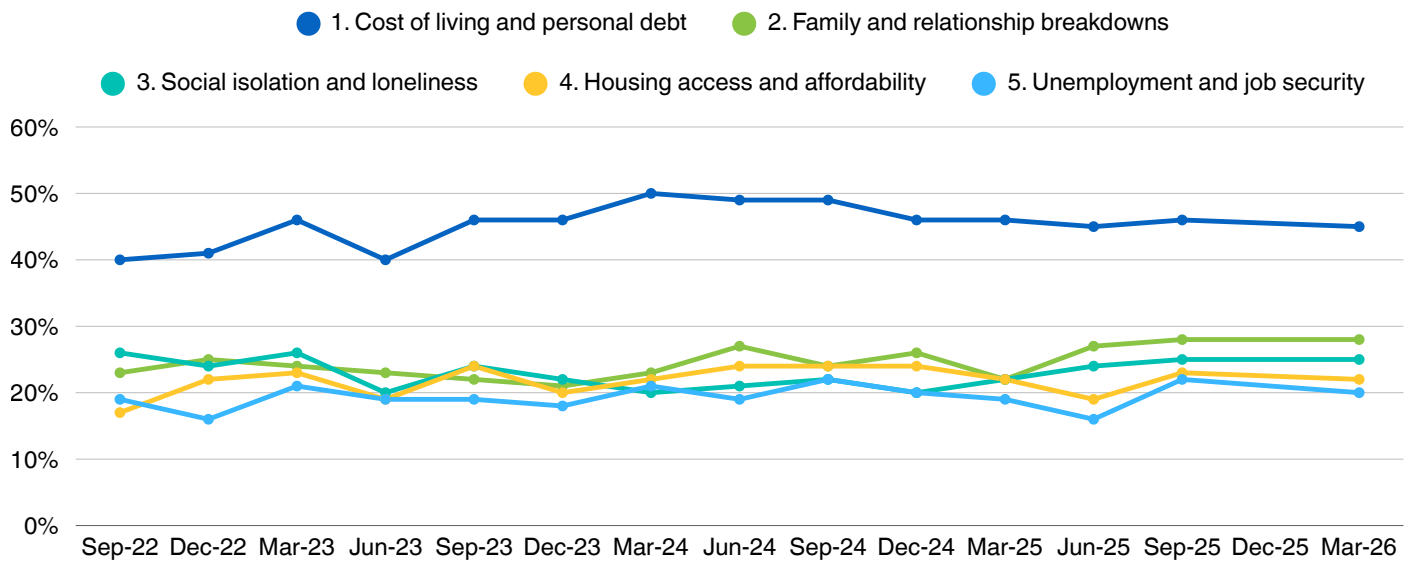
- **Distress is proving itself as the norm, not the exception:** Distress levels remain persistently high across Australia, with nearly 4 in 5 Australians (79%) reporting higher distress than this time last year. Cost-of-living pressures continue to be the primary driver, highlighting that financial strain is now the norm for the majority of Australians.
- **Only higher income earners somewhat shielded from cost-of-living pressures:** Cost-of-living pressures are driving distress for the vast majority of Australians, with around half of households earning under \$150,000 reporting it as a key contributor. In contrast, only 37% of the top 20% of earners (those earning above \$150,000) reporting cost of living as a key contributor to distress. This highlights the critical need for accessible support that meets Australians of all incomes where they're at.
- **Positive results among those taking action show support in all its forms matters:** 3 in 4 Australians (75%) have taken action to support their wellbeing – from speaking with friends and family (35%), to self-care (42%), and clinical support (18%). Nearly 1 in 3 (31%) have accessed services across clinical, digital, phone, or community settings, with more than 4 in 5 saying these supports have helped. This spectrum of support proves the need for accessible help that meets every Australian where they are at.

Elevated distress

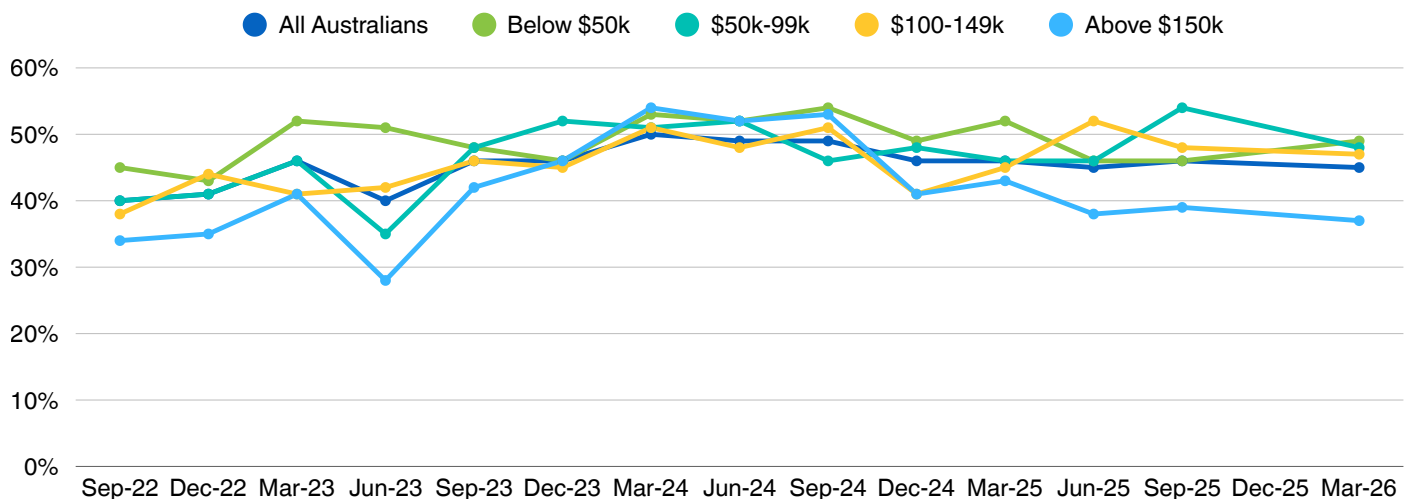
- Cost-of-living stress continues to be the top stressor for Australians (45%).
- Social factors maintain their ranking with family and relationship breakdown (28%) and social isolation (25%) continuing as the second and third most prevalent stressors respectively.
- The top 20% of earners (those with household incomes above \$150,000) were less affected by cost-of-living and personal debt distress (37%).
- For those who experienced elevated distress due to cost-of-living and personal debt, around 2 in 3 (63%) said it was very or extremely distressing.

Causes of elevated distress (All Australians)	Q1 2023	Q1 2024	Q1 2025	Q1 2026
Cost of living and personal debt	46.30%	50.21%	45.81%	45.44%
Family and relationship breakdowns	24.49%	22.69%	21.88%	28.33%
Social isolation and loneliness	25.58%	20.01%	22.20%	24.78%
Housing access and affordability	23.49%	22.14%	21.63%	22.49%
Unemployment and job security	20.62%	21.11%	19.27%	20.11%
Overall proportion of Australians experiencing elevated distress	73.74%	73.14%	72.56%	79.49%

Top stressors for Australians



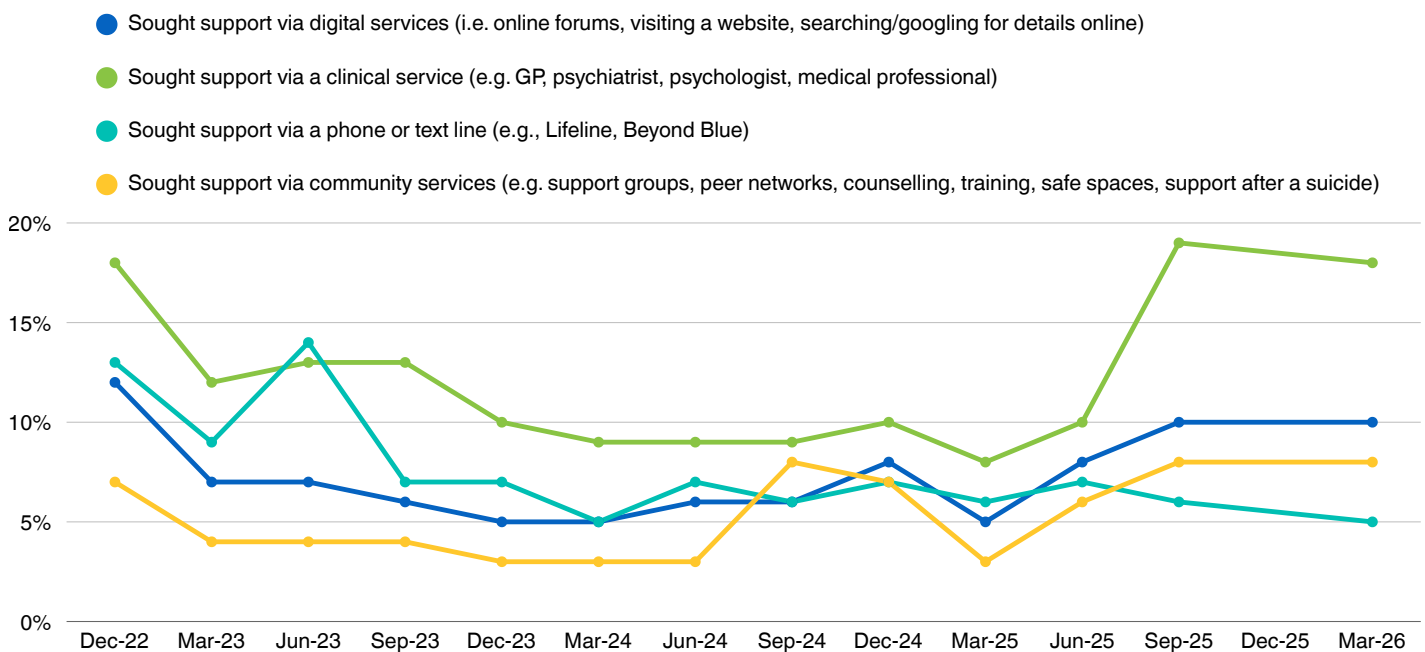
Cost-of-living distress by household income



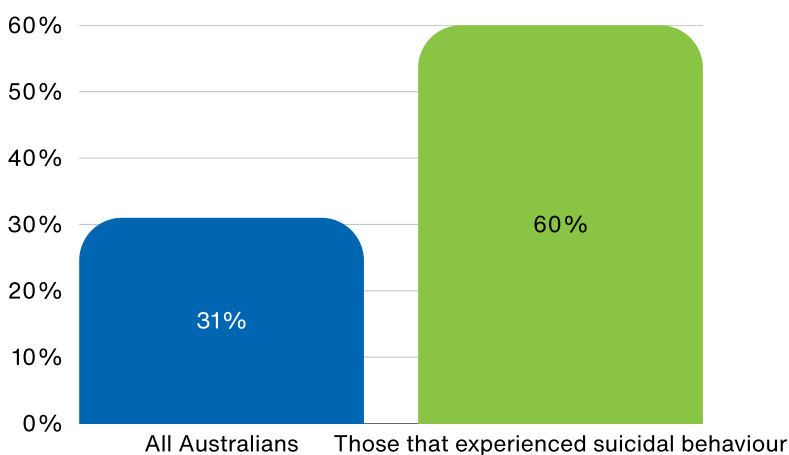
Help-seeking and wellbeing

- In the most recent quarter, at least 3 in 10 (31%) sought support via digital, clinical, phone, or community services with the figure doubling (60%) for those who experienced suicidal behaviour.
- More than 3 in 4 (75%) Australians took at least one action to support their wellbeing (e.g. working out, speaking to friend or family member, etc.) during the most recent survey.
- For all actions taken, at least 4 in 5 (81%) said that it helped them in some way.

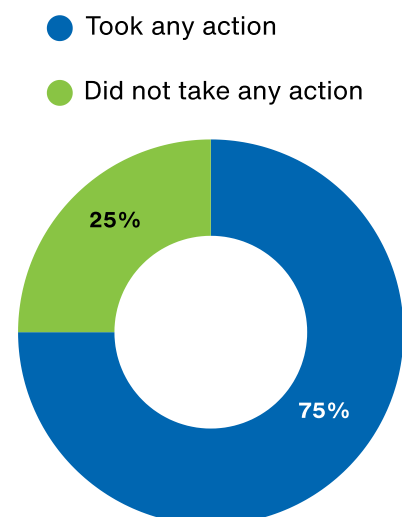
Help-seeking in the past 12 months



Sought help from either digital, community, phone, or clinical services

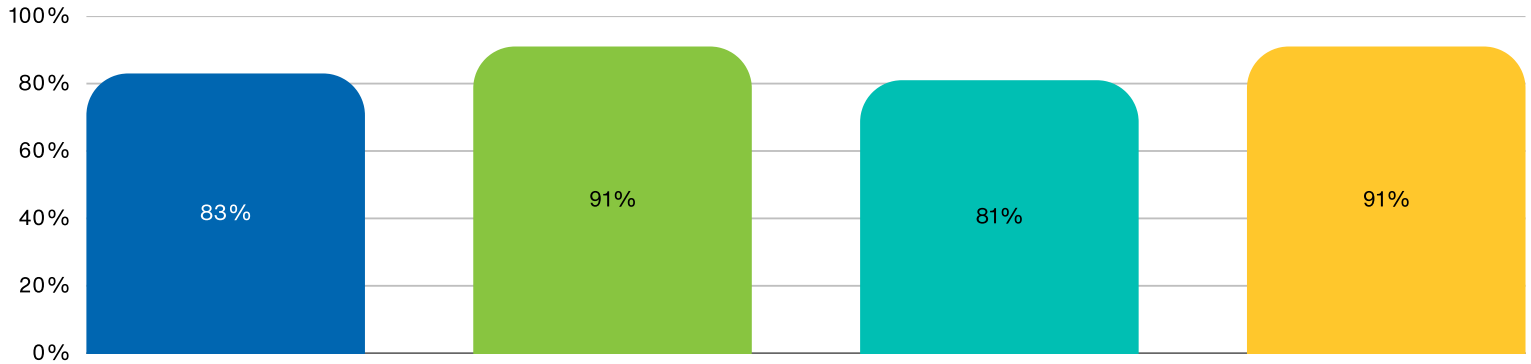


Actions to support wellbeing



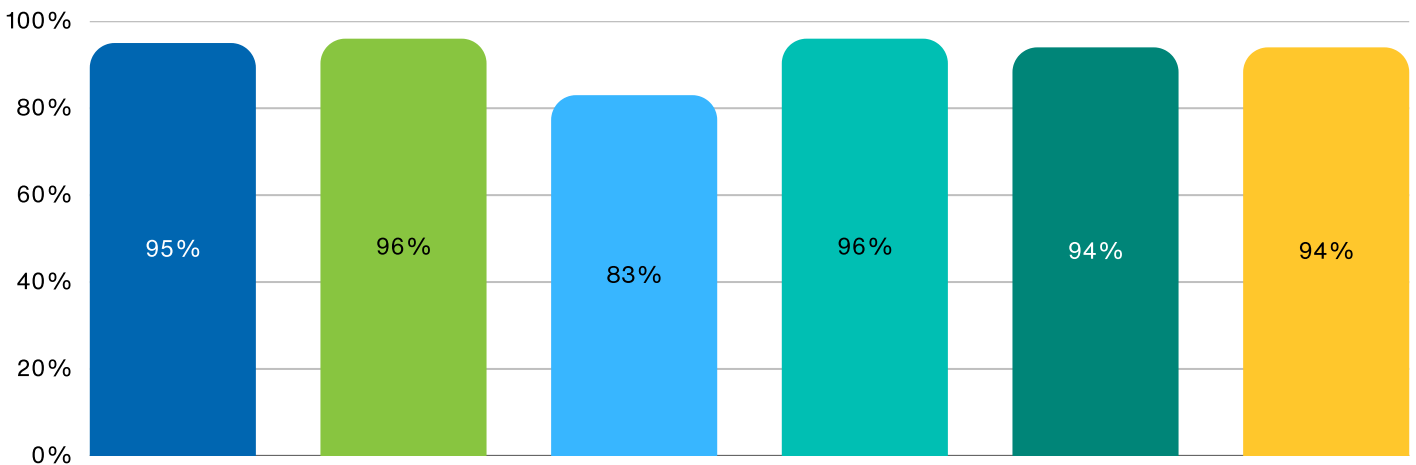
Helped in any way – Support services

- Sought support via digital services (i.e. online forums, visiting a website, searching/googling for details online)
- Sought support via a clinical service (e.g. GP, psychiatrist, psychologist, medical professional)
- Sought support via a phone or text line (e.g., Lifeline, Beyond Blue)
- Sought support via community services (e.g. support groups, peer networks, counselling, training, safe spaces, support after a suicide)



Helped in any way – Other actions

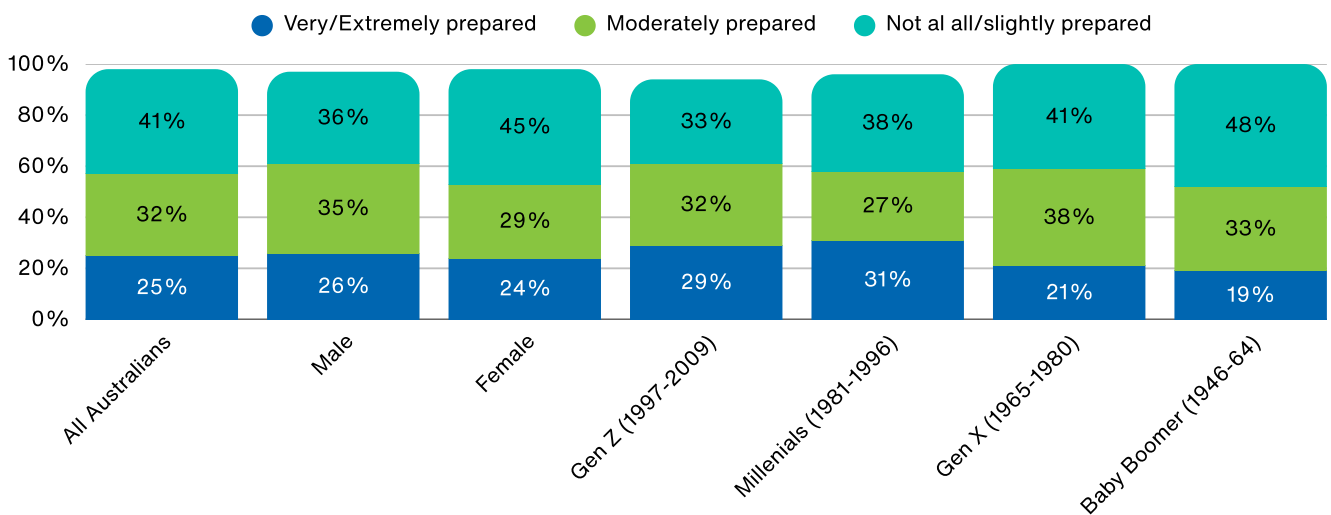
- Spoken to a friend or family member about what I was/am experiencing
- Started working out, taking care of myself physically, or eating better
- Accessed workplace mental health support (e.g., EAP, manager check-in, time off)
- Used mindfulness, meditation, journaling or other self-care techniques
- Began medication related to mental health
- Other



Community capacity to help

- Around 1 in 4 Australians (25%) say that they are either very prepared or extremely prepared to support someone who is showing signs of suicidal thoughts in this most recent survey.
- In parallel, this also represents 2 in 5 Australians (41%) who are either not prepared or only slightly prepared to support someone who is showing signs of suicidal thoughts or behaviours.
 - Men are more likely than women to say they are at least moderately prepared to support someone who is showing signs of suicidal thoughts or behaviours (61% compared to 53%).
 - Gen Z (1997-2009) and Millennials (1981-1996) are more likely to feel very or extremely prepared (29% and 31% respectively) than Baby Boomers (19%).

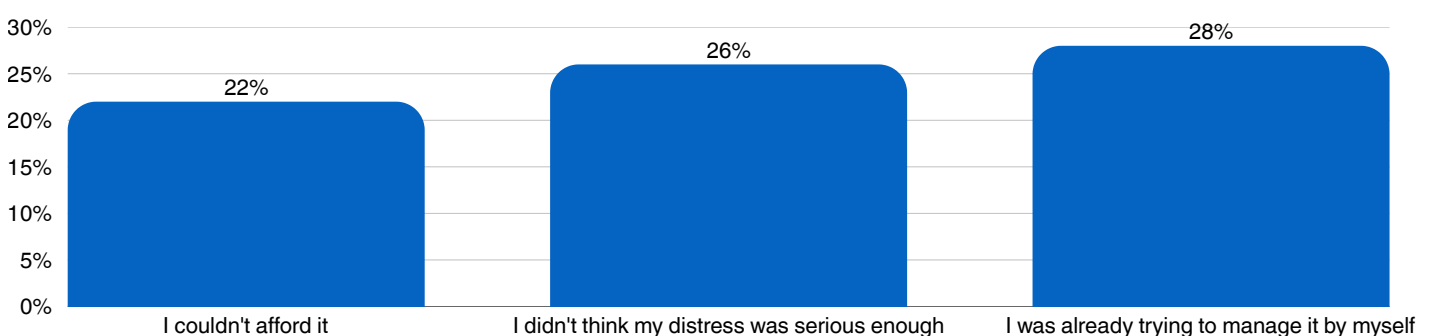
Preparedness to support someone who is showing signs of suicidal thoughts or behaviours



Barriers to help-seeking

- Around seven percent of Australians did not seek any support for their wellbeing despite citing they were very or extremely distressed.
- From this group, around 1 in 5 (22%) said that they could not afford to get help while over a quarter (26%) downplayed their distress by thinking it was not serious enough.
- The most prevalent reason for not seeking help was that they were trying to manage their distress on their own (28%).

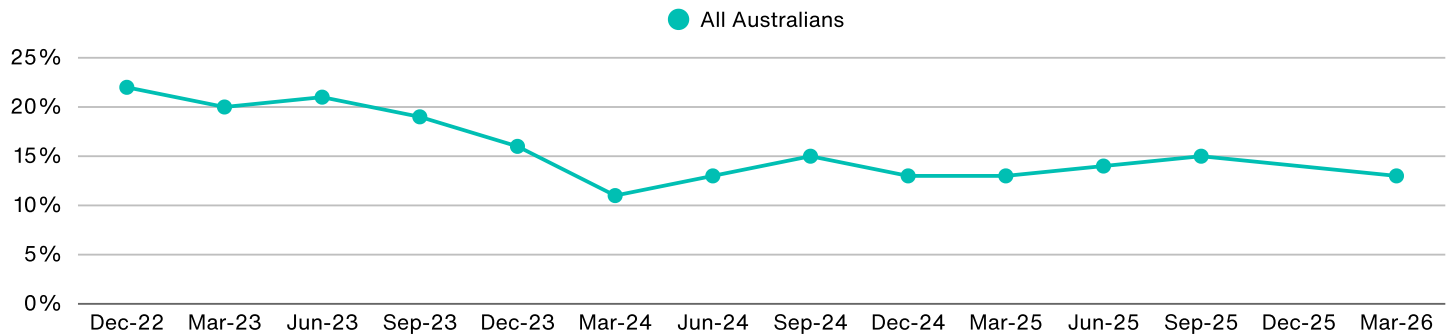
Barriers to help-seeking for those experiencing high levels of distress



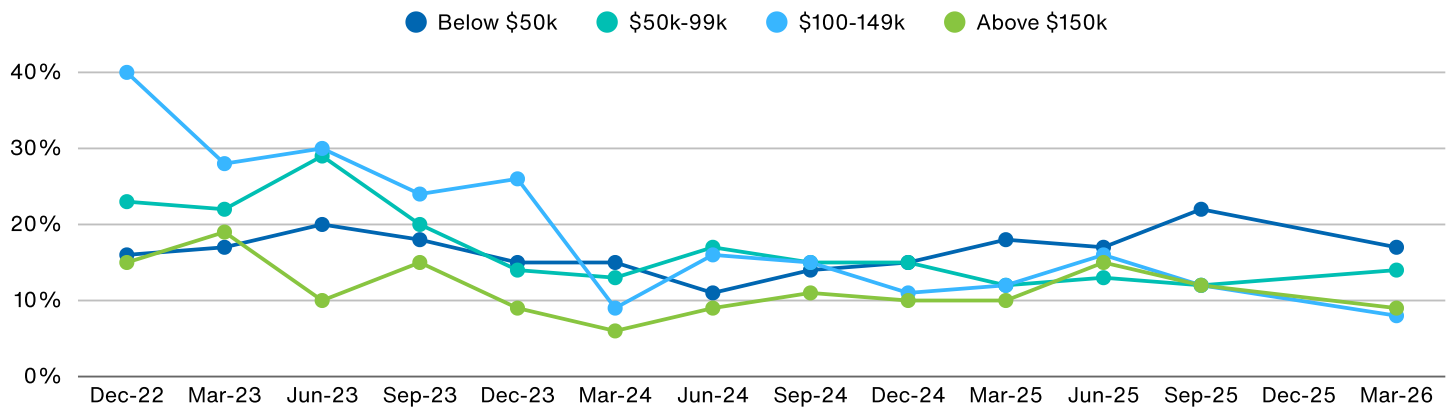
Suicidal behaviour

- Around 1 in 8 (12%) Australians have experienced suicidal behaviour in the past 12 months.
- This represents a two percentage point decrease from the previous survey, with figures holding steady since the third quarter of 2024.

Any suicidal behaviour



Any suicidal behaviour by household income



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The Suicide Prevention Australia Community Tracker is undertaken in partnership with YouGov Australia. The total sample size was 1,403 adults. The survey was conducted online between 18 March – 31 March 2026. The figures have been weighted and are representative of all Australian adults (aged 18+). Respondents that participated in the survey in September 2025 were excluded from this sample.