



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.

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

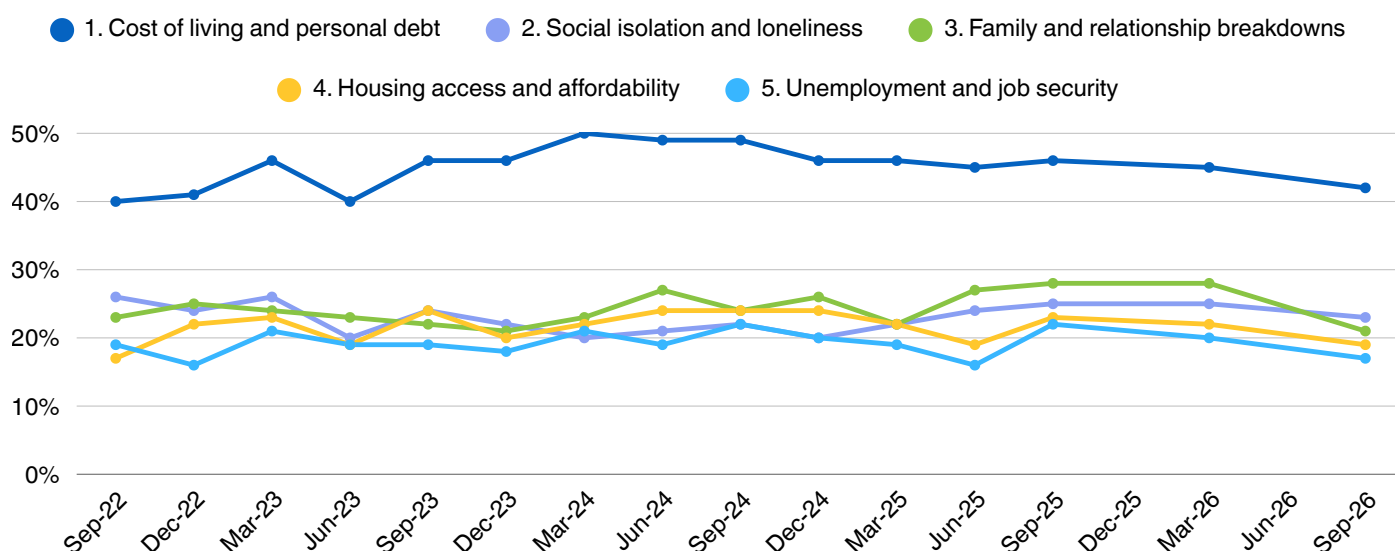
Key findings

- **Distress may be easing, but challenges remain:** Distress levels are showing some initial encouraging signs of easing, with fewer Australians reporting elevated distress compared to a year ago. However, distress still remains widespread, with almost 3 in 4 Australians reporting higher levels than this time last year, reinforcing that while progress is being made, continued whole-of-government action is needed to address the pressures impacting Australians' wellbeing.
- **Drivers of distress are shifting, requiring targeted action:** While cost-of-living remains the top source of elevated distress there are many other social and economic factors contributing. Bullying and harassment caused the highest levels of acute distress, followed by unemployment and job security, and housing access and affordability. These varied experiences highlight the need for a coordinated, cross-sector and cross-portfolio approach that addresses the full spectrum of what drives distress.
- **Community confidence to support others is critical but under developed:** While more than 1 in 3 Australians spoke to a friend or family member to support their wellbeing, community preparedness to support someone in distress remains consistently low, with fewer than 1 in 4 Australians feeling very or extremely prepared to help, leaving a significant proportion feeling not prepared or only slightly prepared. Building a suicide prevention-ready community is critical but requires continued investment in public awareness, education, and initiatives that equip Australians with the skills and confidence to respond.
- **Australians are taking action, but seeking help still suffers from stigma:** Australians continue to engage in help-seeking and actions that support their wellbeing, with 3 in 4 people taking at least one action and a large majority reporting these helped in some way. One third accessed digital, clinical, phone or community services, increasing significantly among those who experienced suicidal behaviour. However, for those in distress that didn't seek help, many didn't because they didn't think their distress was serious enough, or because of feeling ashamed and not wanting others to know, pointing to a clear need for further work in community education and stigma reduction.

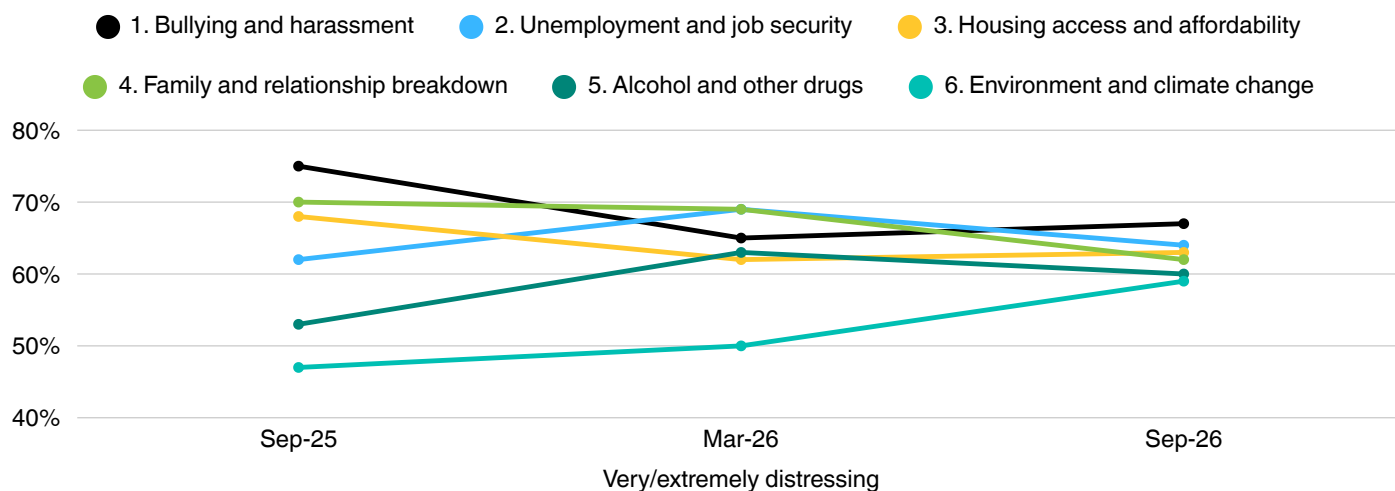
Elevated distress

- While cost-of-living continues to be the top stressor for Australians (42%), it has fallen to the lowest level the survey has reported since March 2023 - an 8-percentage point decrease from its peak.
 - This drop indicates a potential positive shift, however its continued highest rate despite the decrease shows that financial strain is an ongoing stressor that still requires action.
- Social factors remain key contributors to distress but continue to swap prevalence rates with family and relationship breakdown (21%) falling to third and social isolation (23%) coming in second despite both figures falling.
- Bullying and harassment, despite being 7th overall, caused the most acute distress with 2 in 3 (67%) citing it as causing very or extremely high levels of distress. These findings show that we cannot simply focus on the most widespread causes of distress, as other factors may be affecting smaller numbers of people with far greater impact, so we need strategic action across the range of causes of distress.

Top stressors for Australians



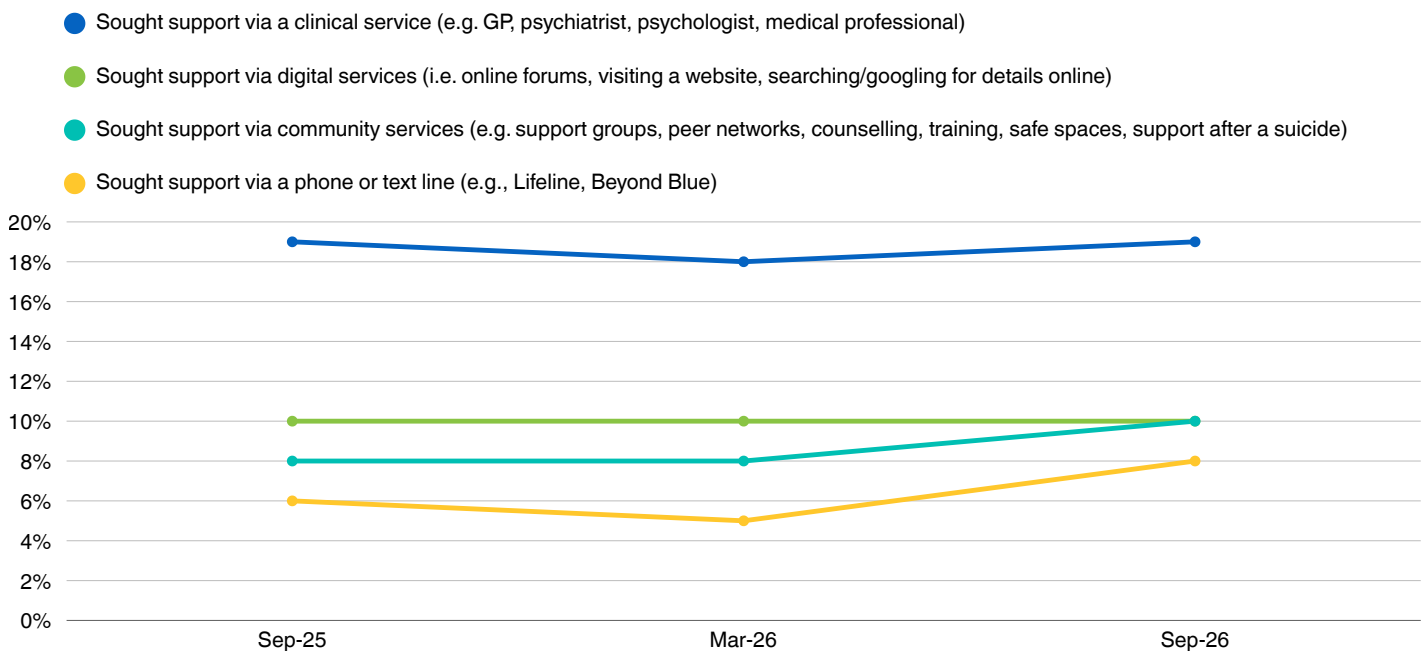
Acuteness of distress for Australians



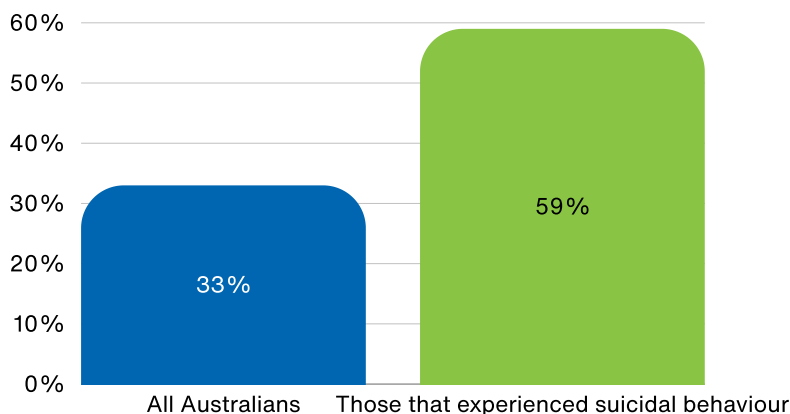
Help-seeking and wellbeing

- More than 3 in 10 (33%) Australians sought support via digital, clinical, phone, or community services in the past 12 months. This increased substantially among those who experienced suicidal behaviour, with almost double (59%) seeking support.
- Australians continue to engage in actions to support their wellbeing, with 3 in 4 (75%) taking at least one action such as exercising, connecting with others or practising mindfulness.
- Encouragingly, most actions taken were reported as helpful, with 73% of Australians saying the strategies they used supported their wellbeing in some way. These findings reinforce the value of ensuring Australians have access to a range of preventative supports that reflect different needs and priorities in a way that makes sense to them.

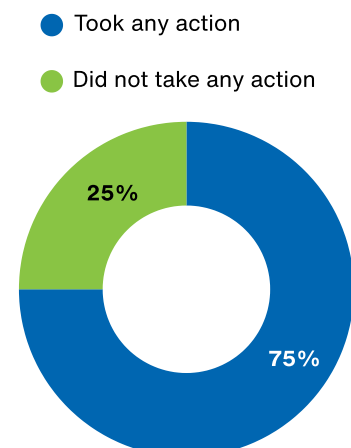
Help-seeking in the past 12 months



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



Actions to support wellbeing



How actions have helped

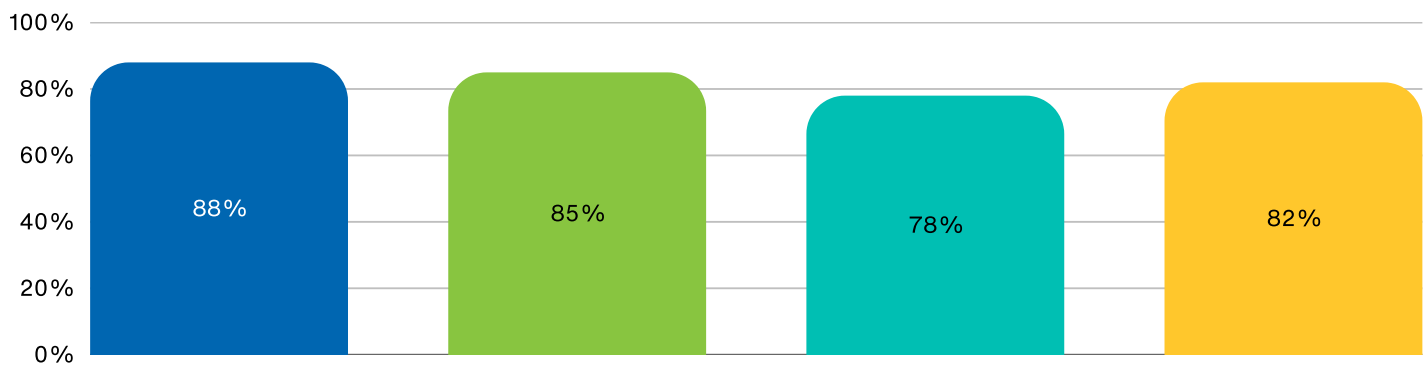
- When asked which actions respondents have taken or tried to take in the past year to support their own wellbeing, among support services, digital services were most prevalent as being helpful (88%). This highlights the important role of accessible digital options in expanding pathways to support.

● 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, etc.)



- Australians are using a range of everyday strategies to support their wellbeing, with exercise (96%), mindfulness (93%), and speaking to a friend or family member (92%) among the most helpful actions reported. These approaches can play an important role in supporting wellbeing alongside access to formal services when needed, while also pointing to the need for community preparedness and education.

● Spoken to a friend or family member about what I was/am experiencing

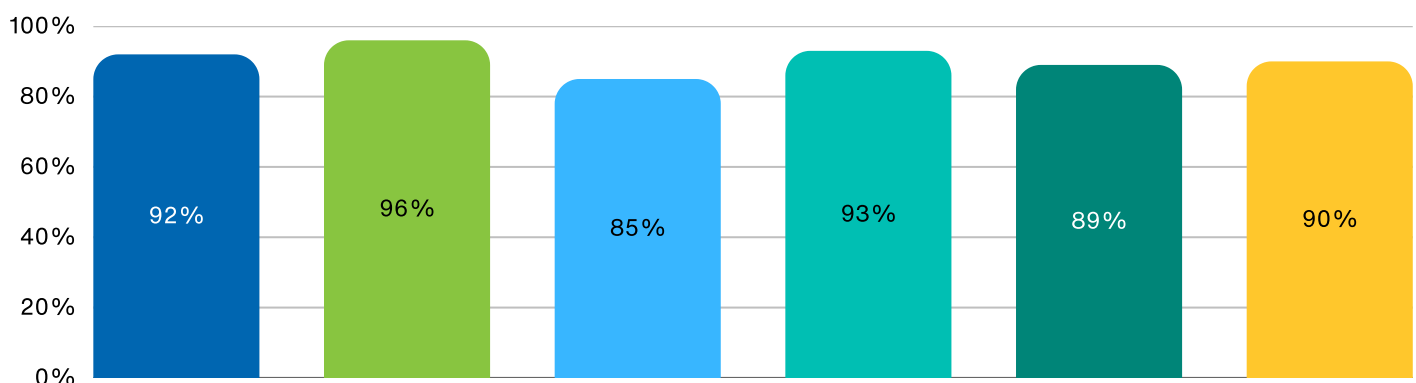
● Started working out, taking care of myself physically, or eating better

● 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

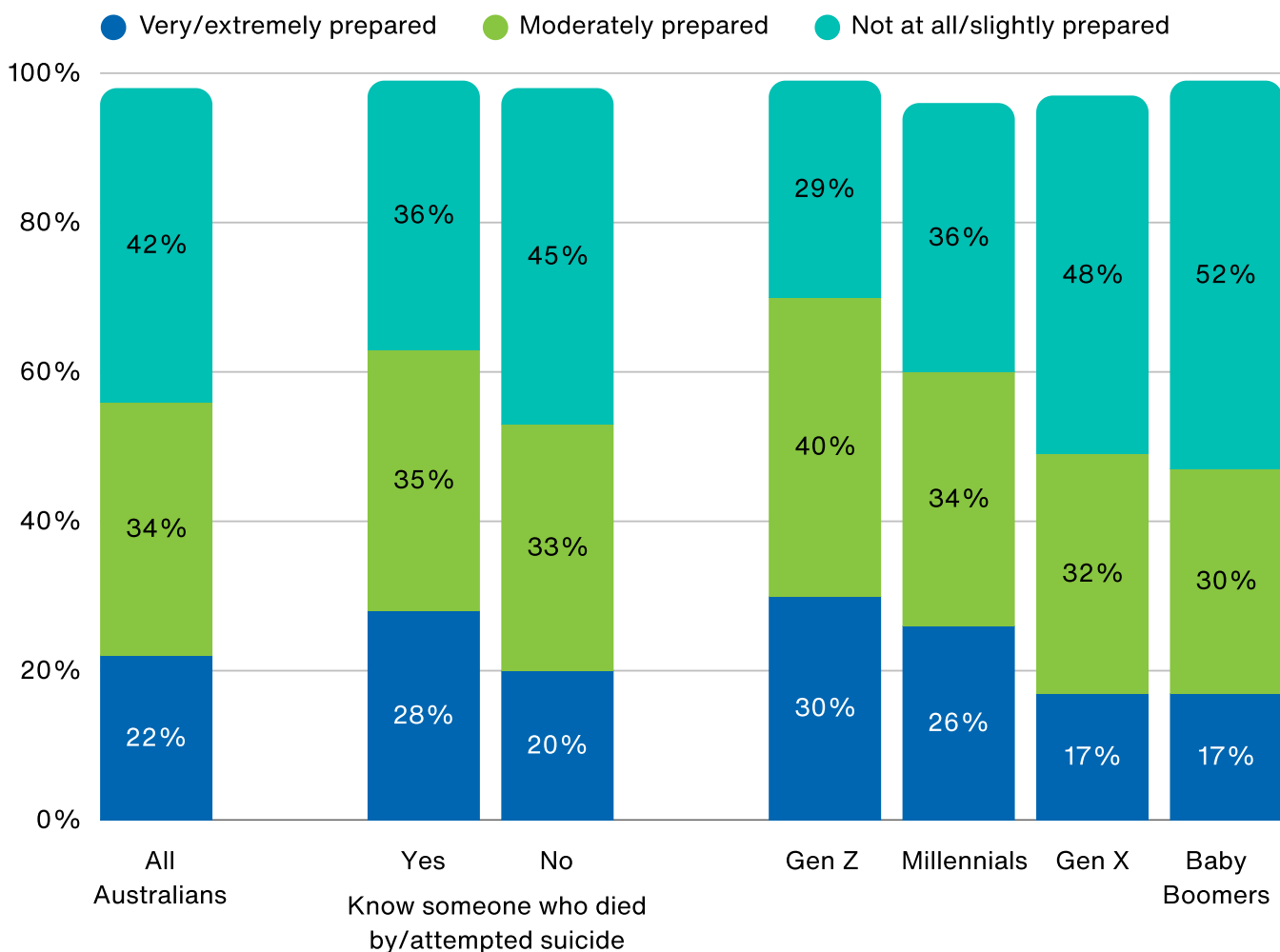
● Other



Community capacity to help

- Less than a quarter Australians (22%) say that they are either very prepared or extremely prepared to support someone who is showing signs of suicidal thoughts.
 - This represents a continued gap in community confidence, with 42% reporting they are not prepared at all, or only slightly prepared.
- Australians knowing someone, directly or indirectly, who died or attempted suicide in the past 12 months are more likely to feel prepared to support others, with 28% reporting they feel very or extremely prepared compared to 20% among those without this experience.
 - This highlights the value of lived experience in strengthening community understanding and confidence, but it is also important that Australians don't wait until a crisis comes close to home to prompt engaging with education.
- Preparedness also varies across generations, with younger Australians - Gen Z (30%) and Millennials (26%) - more likely to feel very or extremely prepared than Gen X and Baby Boomers (17% each). Continued public awareness and education is needed to build confidence across all demographics and communities.

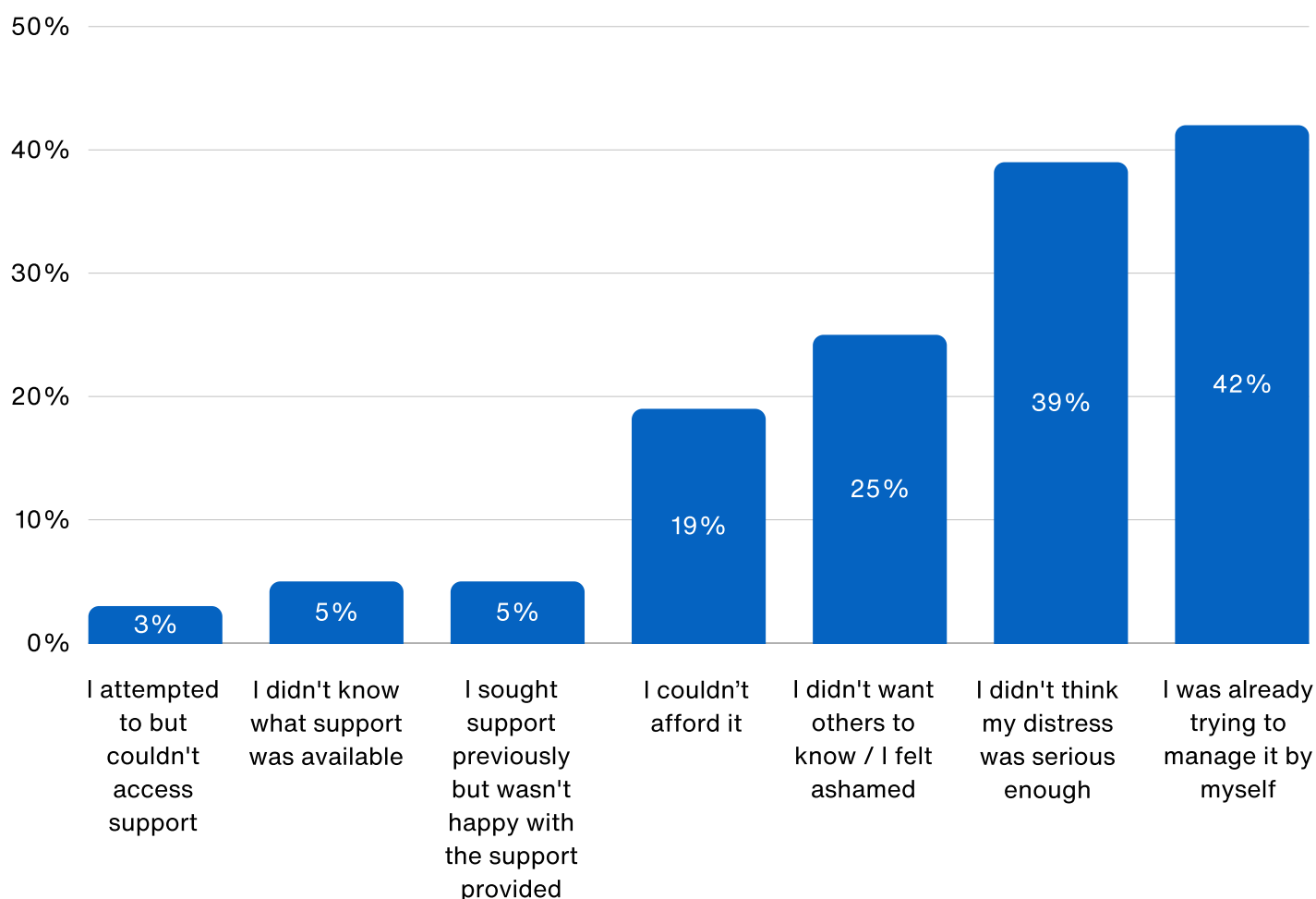
Preparedness to support someone who is showing signs of suicidal thoughts or behaviours



Barriers to help-seeking

- Around nine percent of Australians experiencing very or extremely high distress did not seek any support. This suggests that, despite available support, many continue to attempt to manage significant distress without help.
- Stigmas towards help-seeking and misconceptions around independence seemingly remain an issue, with the most common reason for not seeking support was attempting to manage distress independently (42%), representing a significant 14-percentage point increase from the previous survey.
- Outside of cost as a barrier (19%), other reasons for not seeking help were linked more to perceptions of need rather than service access, with 39% believing their distress was not serious enough and 25% not wanting others to know or feeling ashamed.
 - Only around 1 in 20 (5%) cited barriers related to available supports such as quality, availability or access. This reinforces the need for improved community education and awareness to ensure help-seeking is further normalised and encouraged.

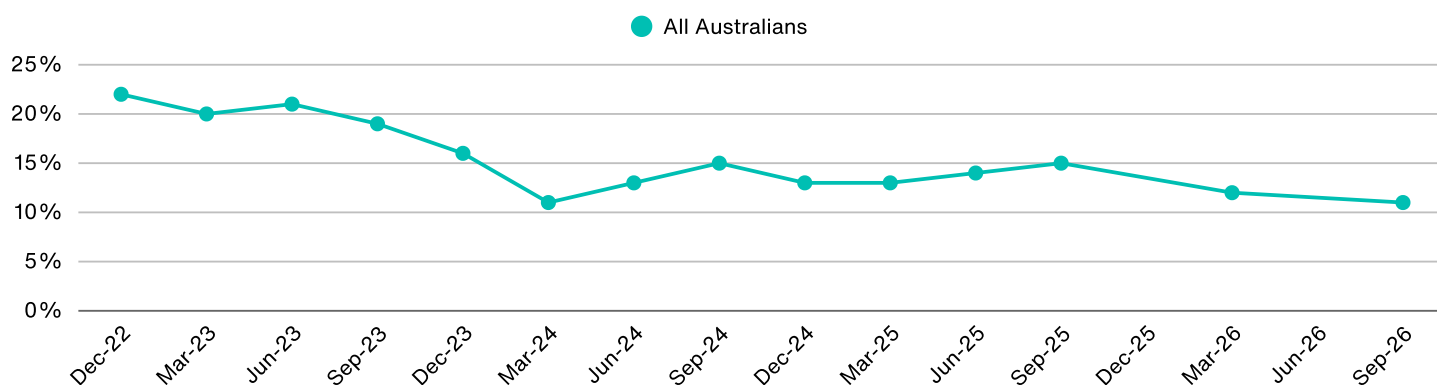
Barriers to help-seeking for those experiencing high levels of distress



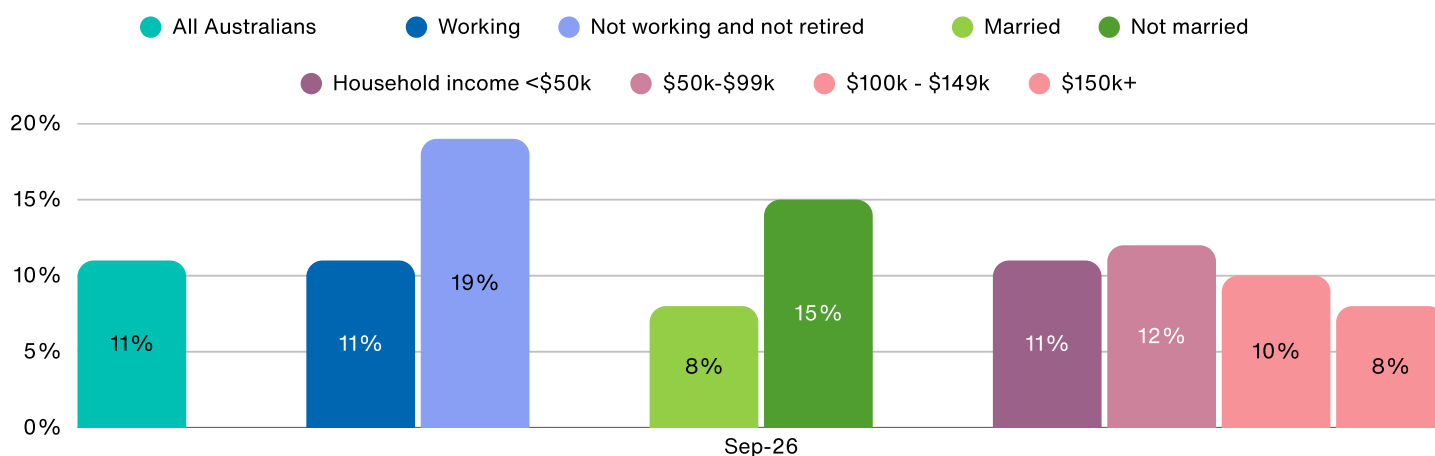
Suicidal behaviour

- Around 1 in 9 (11%) Australians have experienced suicidal behaviour in the past 12 months, representing a one-percentage point decrease from the previous survey. However, rates have remained relatively consistent since the third quarter of 2024, reinforcing the need for sustained suicide prevention efforts.
- Suicidal behaviour continues to affect some groups more than others, with Australians who are not working (and not retired) reporting higher rates than those in employment (19% compared to 11%). This further highlights the importance of maintaining targeted and whole-of-government approaches that address the different circumstances and pressures contributing to suicidal behaviour across the community.

Any suicidal behaviour



Any suicidal behaviour by different demographics



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The Suicide Prevention Australia Community Tracker is undertaken in partnership with YouGov Australia. The total sample size was 1,405 adults. The survey was conducted online between 16 July – 28 July 2026. The figures have been weighted and are representative of all Australian adults (aged 18+). Respondents that participated in the survey in March 2026 were excluded from this sample.