

MENTAL HEALTH

IN RURAL AND REMOTE AUSTRALIA

OCTOBER 2016



1 IN 5

people in Australia experience

mental illness

BUT



RURAL medicare expenditure is

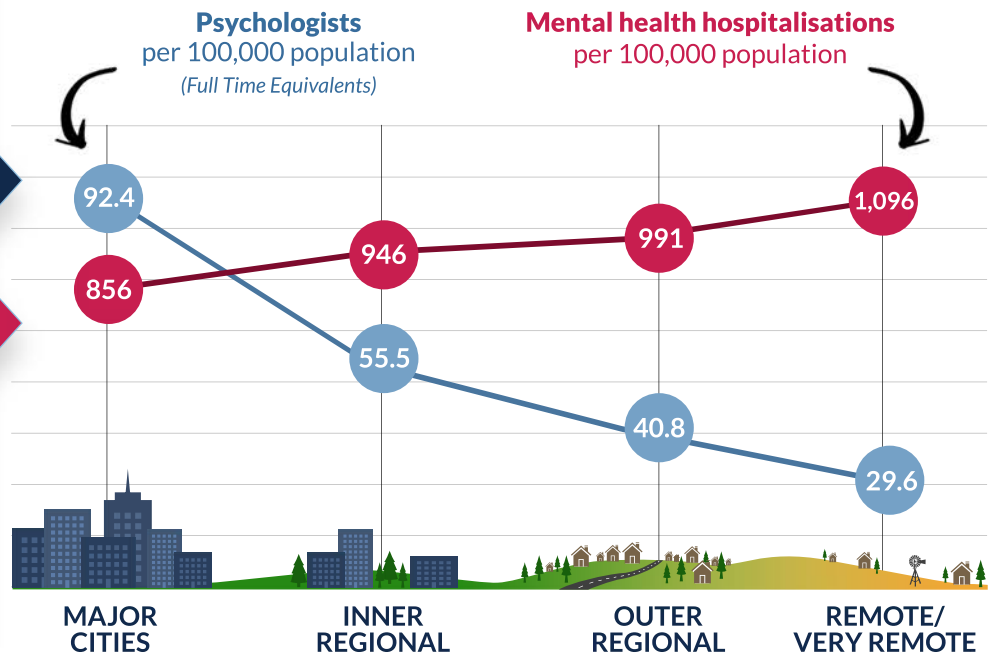
40%

LESS than in major cities

REMOTE AUSTRALIA has **ONE-THIRD** the number of Psychologists compared with major cities

AND

20% MORE HOSPITALISATIONS due to mental illness



the suicide rate among **MEN IN REMOTE AREAS** is

2X HIGHER

than in major cities



the suicide rate among **YOUNG INDIGENOUS PEOPLE** is

5X HIGHER

than non-Indigenous people

NEED TO TALK TO SOMEONE?

If you or someone you know is experiencing mental health difficulties, talk to your local GP, mental health professional or a trusted friend or family member.

If you are in crisis call 000 or Lifeline's 24hr Telephone Crisis Support on 13 11 14.



NATIONAL RURAL HEALTH ALLIANCE INC.

www.ruralhealth.org.au