

Have a say on South Australia's next Mental Health Plan

www.yoursay.sa.gov.au/sa-next-mental-health-plan

1 in 5

South Australians will be affected by mental illness in any given year.



5 in 5 of us can have a say!

WE NEED YOUR HELP.

Mental illness is very common.

It's likely you or someone you know might be experiencing a mental illness or a mental health problem.

We want you to tell us what kind of services and support you would want for yourself, your family or friends who experience mental illness.

Have Your Say!



The development of South Australia's next Mental Health Plan has begun.

- Join an online discussion and provide your ideas and suggestions at: www.yoursay.sa.gov.au/sa-next-mental-health-plan
- Go to: samentalhealthcommission.com.au and share your views and suggestions
- Write to: SA Mental Health Commission
GPO Box 189, Rundle Mall, SA 5000
- Email: samhc@sa.gov.au
- Telephone: 1300 293 220



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Government of South Australia
SA Mental Health Commission



samentalhealthcommission.com.au

1 in 5

South Australians will be affected by mental illness in any given year¹



45% of Australian adults will experience mental illness during their lifetime²



65% of adults with mental illness don't – or can't – access any services²

1 in 12



people living with a mental illness seriously think about – or attempt – suicide

People with serious mental illness

may live up to 25 years less than

the general population, much of this due to treatable conditions³



15–44 years

Suicide is the leading underlying cause of death in this age group in Australia between 2011 – 2013⁴

With the right treatment, people can recover from mental illness



¹ ABS National Health Survey for 2014–15.

² ABS National Survey of Mental Health and Wellbeing: Summary of Results 2007.

³ Parks J, Svendsen D, Singer P, Foti ME (editors) and Mauer B (writer), 2006. *Morbidity and Mortality in People with Serious Mental Illness*. National Association of State Mental Health Program Directors (NASMHPD) Medical Directors Council [USA].

⁴ Australian Institute of Health and Welfare www.aihw.gov.au/deaths/leading-causes-of-death