



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

Key Findings



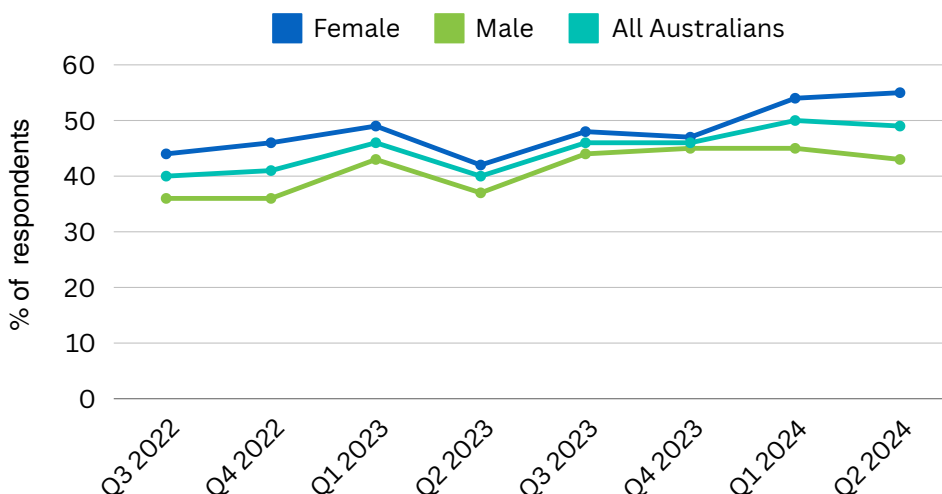
50%
of Australians reported
cost-of-living and
personal debt distress

This is an increase on the past 12 (46%, +3pp) and 18 months (41%, +8pp) but a decrease compared to the previous quarter (50%, -1pp)

What this quarter reveals

Suicide Prevention Australia's latest Community Tracker has revealed a stark gender disparity across a range of risk factors for suicide with women reporting elevated distress beyond normal levels for cost-of-living and personal debt, family and relationship breakdown and housing access and affordability when compared to men.

Elevated distress compared to previous year due to cost-of-living and personal debt

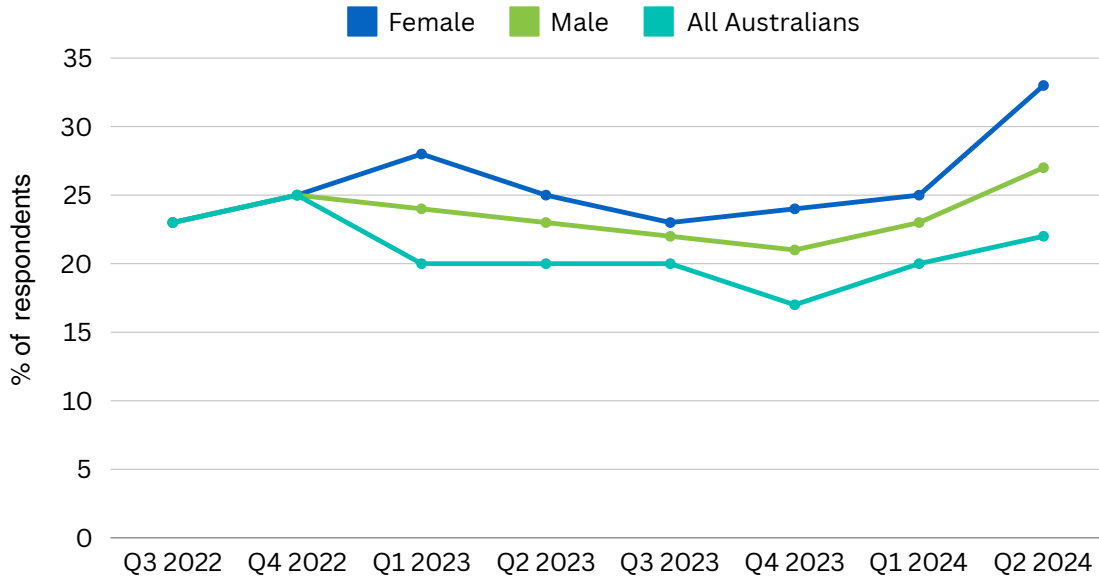


“These findings reveal the critical need to ensure that everyone in Australia is supported to navigate significant life events and respond to external pressure.”

NICK TEBBEY,
RELATIONSHIPS AUSTRALIA

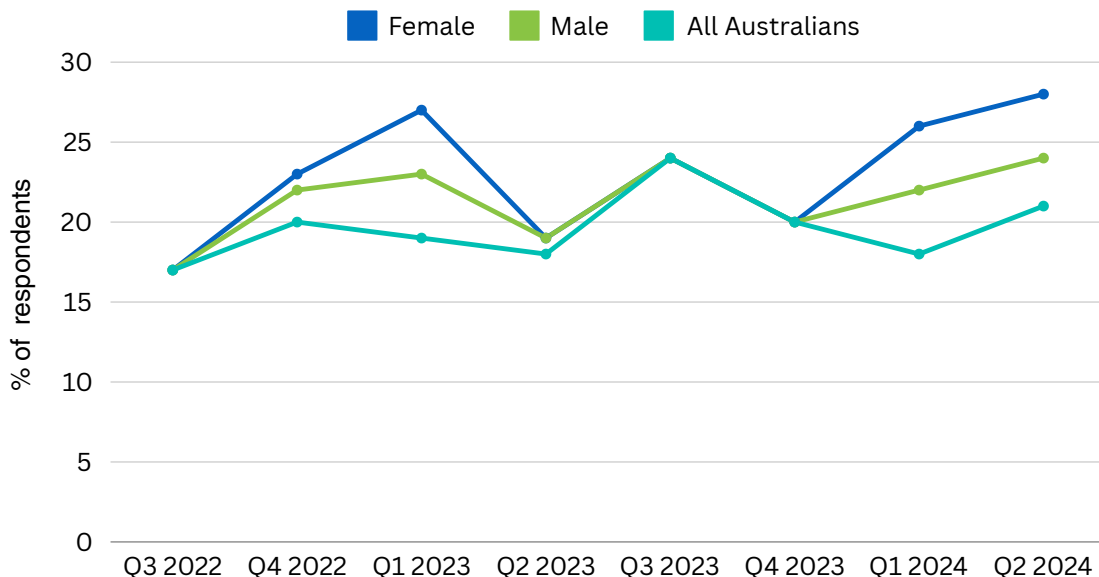


Elevated distress compared to previous year due to family and relationship breakdown



- In addition, close to 27% of Australians reported distress due to family and relationship breakdown beyond normal levels in the June 2024 Quarter.
- This is an increase on the past quarter (23%, +5pp), the past 12 months (23%, +5pp), and the past 18 months (25%, +2pp).

Elevated distress compared to previous year due to housing access and affordability

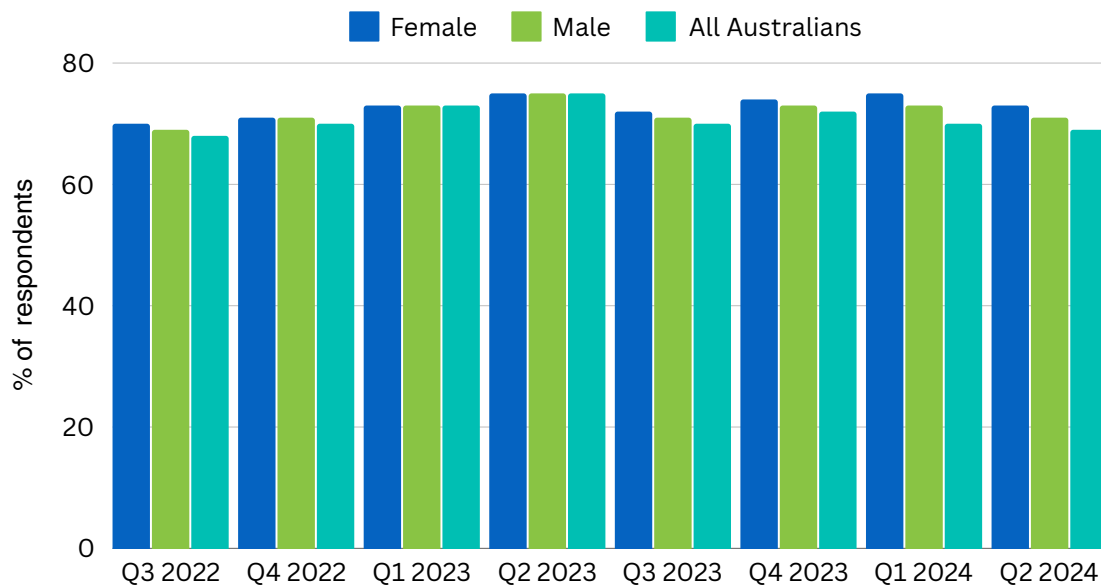


- Close to a quarter (24%) of Australians reported elevated distress due to housing access and affordability in the June 2024 Quarter.
- This is an increase on the past quarter (22%, +2pp), the past 12 months (19%, +5pp), and the past 18 months (22%, +2pp).

Amelia Hew
Public Affairs Manager
E. ameliah@suicidepreventionaust.org
M. 0410 591 134

About the survey The Suicide Prevention Australia Community Tracker is undertaken in partnership with YouGov Australia. The total sample size was 1040 adults. The survey was undertaken online between 16th - 20th May 2024. The figures have been weighted and are representative of all Australian adults (aged 18+).

Circumstances have caused elevated distress



- In terms of overall distress levels, close to a three quarters (74%) of Australian women reporting elevated distress in the June 2024 Quarter. This is a decrease on the past quarter (76%, -2pp), from the past 12 months (75%, -1pp), but an increase the past 18 months (72%, +2pp).

Causes of elevated distress (National)	Mar-24	Jun-24	Change
Cost of living and personal debt	50%	49%	-1pp
Family and relationship breakdowns	20%	27%	+7pp
Housing access and affordability	22%	24%	+2pp
Social isolation and loneliness	20%	21%	+1pp
Unemployment and job security	21%	19%	-2pp
Social media, self-image & bullying	12%	15%	+3pp
Overall reporting levels of elevated distress	73%	72%	-1pp