

Over 740 elite Australian athletes participated in the Mental Health Audit through an anonymous online survey. Some of the key findings are outlined below.

**ATHLETES ARE MOST LIKELY TO SEEK HELP FOR MENTAL HEALTH ISSUES FROM THEIR PARTNERS, FAMILY AND FRIENDS**

PARTNERS, FAMILY AND FRIENDS → **75%**      HP SPORT SYSTEM → **14%**

**ATHLETES REPORTED HIGHER QUALITY OF LIFE AND LOWER LEVELS OF ALCOHOL CONSUMPTION THAN COMMUNITY NORMS**




### DEPRESSION AND ANXIETY



**Athlete 35%**



**Community 19%**

Athletes reported higher depression and anxiety symptoms that indicated a need for care

### PSYCHOLOGICAL DISTRESS





**Athlete 44%**



**Community 29%**

Athletes reported higher rates of moderate to very high psychological distress than the community

Compared to able-bodied athletes, para-athletes reported higher levels of psychological distress, but lower alcohol consumption


**Female athletes reported higher psychological distress, depression and anxiety symptoms and body dissatisfaction than males, but lower alcohol consumption**

There were no group differences on other mental health and wellbeing measures

### GET SUPPORT

AIS MENTAL HEALTH REFERRAL NETWORK

**02 6214 1130**

mentalhealth@sportaus.gov.au

You may also wish to contact your psychologist, doctor, athlete wellbeing & engagement manager, headspace or Lifeline.

[www.headspace.org.au](http://www.headspace.org.au)

[www.lifeline.org.au](http://www.lifeline.org.au)

**EMERGENCY 24/7 SUPPORT**

Lifeline: 13 11 14

Emergency services: 000