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**

<table>
<thead>
<tr>
<th>Category</th>
<th>Athletes</th>
<th>Community</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol consumption</td>
<td>HP Sport System</td>
<td>75%</td>
</tr>
</tbody>
</table>

**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.

**Anxiety**

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

www.lifeline.org.au

EMERGENCY 24/7 SUPPORT

Lifeline: 13 11 14

Emergency services: 000