



AIS

MENTAL HEALTH AUDIT SNAPSHOT

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



HP SPORT SYSTEM



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



DEPRESSION AND ANXIETY



**Athlete
1 in 3**



**Community
1 in 5**

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
DEPRESSION
PSYCHOLOGICAL DISTRESS



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

www.lifeline.org.au

EMERGENCY 24/7 SUPPORT

Lifeline: 13 11 14

Emergency services: 000

SPORTAUS