



## Mental health burden

Extracted from *Australia's health 2010*

Pages 33–38 and 165–170

Mental problems can weigh very heavily on the young. The latest national survey of the more common mental health disorders found that one in five Australians aged 16–85 years had been affected at some time during the previous 12 months.—and this included one in four of those aged 16–24 years.

In the estimates of disease burden for 2010, mental disorders account for about half of the burden in these young people.

Based on the 2007 National Survey of Mental Health and Wellbeing, many Australians—45% of those aged 16–85 years have had one or more mental disorders in the course of their life.

However, when referring to their present mental health, two-thirds of the survey respondents rated it as excellent or very good. Fewer than 1 in 10 respondents rated their mental health as fair or poor.

No differences between males and females were found in mental health ratings.

Although physical health tends to deteriorate as we age, mental health does not follow the same pattern.

### Mental health DALYs, 2010

