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Media Release: Mental Health and Relationships

Relationships Australia – supporting individuals, families and communities

New research released today by Relationships Australia reveals the importance of relationships in supporting and maintaining the mental health of all Australians.

The findings, launched on World Suicide Prevention Day and national R U OK? Day reflect the views of almost 700 respondents on the links between our relationships and our mental health. The survey was conducted against the backdrop of the COVID-19 pandemic and provides useful insights into the challenges facing all Australians in this difficult time.

Nick Tebbey, National Executive Officer of Relationships Australia said “The pandemic has changed the national conversation about mental health, showing us all how important it is that we talk openly, honestly and frequently about these issues, and ensure appropriate support is available across the country for all people who are facing increased pressure on their mental health.

“Importantly, our survey results show that over two-thirds of respondents feel comfortable talking about their mental health with their partners and friends, and 99% were confident that if someone confided in them they would be willing to support them through a period of mental ill-health.”

Survey results also indicate a growing awareness of the impact that mental ill-health can have on relationships, with 86% of respondents agreeing that their mental health affects the health of their relationships. “Most encouragingly, however, the survey findings demonstrate the important role that our relationships play in identifying and addressing mental ill-health and in acting as a key source of support for people experiencing mental health issues”, said Mr Tebbey.

The survey findings reinforce the need for a range of fit for purpose, well-funded support mechanisms across society to address the complex range of issues that impact mental health. “In-person services remain the most popular choice for respondents, with 66% indicating that they prefer to seek professional face to face support and only 19% expressing preference for accessing mental health services online. This reveals that, despite the emergence of alternative methods of service delivery during the COVID-19 pandemic, many still hold a preference for direct, face-to-face service delivery”, said Mr Tebbey.

If you would like to find out more, read the [full report here](#).

Relationships Australia believes that healthy and safe relationships are a crucial foundation for the well-being of all Australians. We offer a range of mental health, counselling and dispute resolution services to individuals and families across more than 100 sites nationally.

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