

Relationship Indicators 2022

People with a long-term mental health condition



2.1mil

Australians (10.5%) identified as someone with a long-term mental health condition

43.3%

said their most important relationship was with their **partner**

18.4%

said their most important relationship was with their **mother**

87%

faced pressures in their important relationship in the past six months



Mental health
65.8%

Top pressures:



Study or work commitments
38.1%



Money problems
33.6%

40%

manage relationship issues on their own

22.6%

would **seek help** from professionals e.g. counsellor



My friend understands and has experienced similar mental health issues before and we help to support each other through it

– Man, with long-term mental health condition, 18-24 years

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People with a long-term mental health condition



46.5%

said they often felt lonely

33.1%

were emotionally lonely*

*Emotional loneliness is the lack of a significant person with whom you have an attachment to

36.1%

were socially lonely**

**Social loneliness is the lack of a larger support network

84.8%

said they felt loved

I am actively managing my mental health constantly

- Man, with long-term mental health condition, 35-44 years

[my partner] has a level of acceptance and openness that my mother doesn't provide

- Man, with long-term mental health condition, 18-24 years

46.5%

said their family group played an important role in their life

with long-term mental health conditions

without long-term mental health conditions

22.9%

said online groups played an important role in their life

with long-term mental health conditions

without long-term mental health conditions