

Relationship Indicators 2024

People with a long-term mental health condition



2.5mil

Australians (11.9%) identified as having a long-term mental health condition (up from 10.8% in 2022)

44.7% 16%

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

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

Among those with long-term mental illness, those that reported good mental health in the last 6 months:

64.6%

were female

56.4%

listed their partner as their most important person

73.1%

lived with their most important person

50.6%

reported their relationship was good

64.1%

identified that friendship groups played an important role in their life

92.7%

of people with long-term mental illness faced pressures in their relationship in the past 6 months

Top pressures:



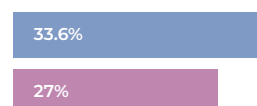
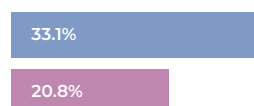
Mental health (diagnosed and undiagnosed)
66.7%



Study or work commitments
33.1%



Cost of Living
33.6%



Relationship Indicators 2024

People with a long-term mental health condition



68.7%

of people with long-term mental health conditions had experienced a **relationship breakdown**



Unable to talk about anything other than what is disturbing me.

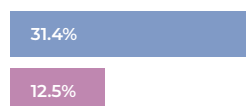
– Female, 55-64 years

Hard to meet people.

– Male, 55-64 years

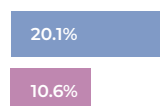
31.4%

would seek help from **professionals** (i.e. a counsellor)



20.1%

would use **stress management strategies**



More tired and withdrawn than usual.

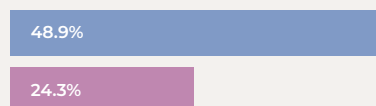
– Female, 45-54 years

Isolation.

– Non-binary, 25-34 years

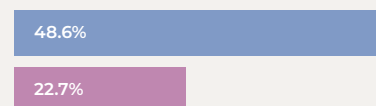
48.9%

said they often felt very lonely



48.6%

said they were emotionally lonely



55.6%

said they were socially lonely

