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Mental Health Council of Tasmania Media Release

Three quarters of Tasmanians missing out on the mental health support they need

Nearly 75% of Tasmanians experiencing moderate to severe mental health conditions are missing out on crucial psychosocial supports, according to a new report.

The 'Analysis of unmet need for psychosocial supports outside of the National Disability Insurance Scheme – Final Report' was released on Friday, after the Mental Health Council of Tasmania (MHCT) last week signed a joint statement with 80 other mental health organisations across the country calling for it to be made public.

The report was originally slated for release in March this year, as part of the bilateral mental health agreement between federal, state and territory governments.

MHCT CEO, Connie Digolis, welcomed the report, but cautioned that it would be meaningless if state and federal governments didn't work together to invest in these crucial supports.

"We have known for a long time that a lot of people were falling in the gap - missing out on supports they need to be and stay well. But until now we didn't know how big that gap was. Closing this gap in supports is a shared responsibility between our state and federal governments. They must step up and give these vital supports the investment they rightly deserve, as a matter of urgency."

Psychosocial supports, usually delivered by community managed mental health organisations, help people with moderate to severe mental health issues live independently in the community. Without access to these supports many people become increasingly unwell, until they need more acute, complex and costly forms of intervention and care.

"We know that people experiencing mental illness are overrepresented in our hospitals and our justice system. That's why psychosocial supports are so important – they help people living with mental health conditions be and stay well."

Ms Digolis noted that the data only included those aged 12-65, and said state and federal governments must now work with stakeholders to interrogate the data to ensure it accurately reflected the full scope of the gap and the experience of Tasmanians with mental health conditions.

"MHCT and the community mental health sector is ready to work with the state and federal government to assess the data in the report and the implications for Tasmania. We must prioritise funding to drastically increase the availability of psychosocial supports to ensure all Tasmanians who need and deserve support can access it."

This isn't the first national report to highlight unmet need. The Productivity Commission's 2020 Mental Health Inquiry Report recommended governments urgently prioritise investment in psychosocial supports to address the gap.

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[Download the final report here.](#)

Please include the following crisis support services for any story regarding mental health or suicide:

A Tasmania Lifeline: 1800 984 434 atasmanianlifeline.com.au/

Lifeline: 13 11 14 or Text 0477 13 11 14 lifeline.org.au

Kids Helpline 1800 55 1800 kidshelpline.com.au/

Suicide Call Back Service: 1300 659 467 suicidecallbackservice.org.au

More information on safely reporting on mental illness or suicide can be found at:

mindframe.org.au/ and lifeinmind.org.au/the-charter