

MENTAL HEALTH AUDIT SNAPSHOT 2022

The AIS partnered with Orygen to assess the mental health and wellbeing of Australian high performance athletes, coaches and support staff.

This is the third audit to be conducted with previous ones undertaken in 2018 and 2020.

The information provided from these audits help inform and improve support services and programs such as the AIS Mental Health Referral Network (MHRN).



553 INDIVIDUALS PARTICIPATED IN THE SURVEY

305 athletes

66% female, **33%** male,
1% other gender identity

85% non-para-athletes,
15% para-sport athletes

248 coaches and support staff

44% female, **56%** male
27% coaches,
73% support staff



SURVEY RESULTS



Over half of the athletes reported symptoms of common mental health problems at a level that would warrant treatment by a health professional



Approximately 2 in 5 athletes reported 'very high' levels of athlete-specific psychological strain



The most frequently reported stressful event in the past year was feeling under-valued or under-paid



Over a quarter of athletes have experienced anxiety or depression



Para-sport athletes were more likely to have experienced discrimination compared to non-para athletes



In the past year, team sport athletes have sought mental health treatment at a significantly higher rate compared to individual sport athletes



THE GOOD NEWS

- The number of athletes accessing mental health treatment has increased from **39%** in 2020 to **50%** in 2022
- **One in two** athletes who responded have sought mental health treatment
- **91%** of coaches and support staff are satisfied with life
- **61%** of coaches feel their sport setting is a safe place to disclose mental health problems
- Athletes were **largely satisfied** with their current social support networks



NEXT STEPS

Moving forward the AIS will look to:

- Increase awareness around the MHRN
- Expand the service to include a wider range of practitioners who specialise in different areas
- Continue working with sports to ensure more people feel safe, valued and supported while training, competing and working

GET SUPPORT

AIS Mental Health Referral Network | mentalhealth@ausport.gov.au | 02 6214 1130
(Monday-Friday 9am-5pm AEDT)

You may also wish to contact your psychologist, doctor, athlete wellbeing & engagement manager, or Lifeline Australia www.lifeline.org.au

EMERGENCY 24/7 SUPPORT Lifeline: 13 11 14 | Emergency services: 000