Summary of the National Report Card 2025

The annual Report Card by the National Mental Health Commission is a mechanism for monitoring the mental health and wellbeing of Australians and the performance of the mental health system. It is important to note that the 2025 Report Card highlights that there is limited data overall – and notably limited data from the community mental health sector. The key findings are listed:

Domain 1: Mental Health

The need appears to be high overall, but the data available cannot yet capture the full picture.

- Psychological distress is widespread: Close to 1 in 7 people reported high distress in 2025, and for people with a mental health condition, very high distress was 5 times more common.
- People with a mental health condition consistently rated their life satisfaction lower than the rest of the population.
- A key limitation: National data on how common mental health conditions are hasn't been refreshed since 2020-22.

Domain 2: Social Determinants

Mental health outcomes do not sit in isolation, but are rather shaped by the everyday social and economic conditions people live in.

- People living with a mental health condition are far more likely to feel lonely or to experience discrimination than the wider population.
- Financial hardship is growing, with the strain falling hardest on people with a mental health condition.
- Homelessness services are seeing more clients with a current mental health concern, making up close to a third of all clients.

Domain 3: Mental Health System

A stronger mental health system could help to close the current gaps, although due to limited data, it remains difficult to know how well the system as a whole is working.

- More people are using subsidised mental health services and government spending has grown, but it is unclear whether this growth is actually addressing current need.
- Where you live still shapes what care you have access to. People in major cities access services at more than triple the rate of those in remote areas.
- Emergency departments are struggling to see people promptly.
- Cost is becoming more of a barrier, not less. The proportion of people who say cost limited them from seeing a mental health professional went from 12% to 20% between 2020-21 and 2024-25.
- Workforce growth is not expected to keep up with the increasing demand.
- Roughly 2/3 of the system's new performance indicators cannot yet be properly measured because the underlying data does not exist.

Source: National Mental Health Commission. National Report Card 2025. Canberra: NMHC; 2026.