

## Mental Health Numbers- Plain English

- Mental health issues can impact anyone.
- In Australia, 45% of all people will experience a mental health issue at some time.
- Each year, around 25% of people in Australia have a mental health issue.
- Today, around 4 million people in Australia have complex mental health issues.
- People with disabilities, including Deafblind people, are more likely to experience Anxiety and Depression than the rest of the community.
- Mental health issues for people with disability are worse since COVID-19 because of isolation and lack of supports.