

Young People

33%



Indigenous people (aged 15-24) experienced **high to very high levels of psychological distress** in the previous month.¹

Racism and mental health

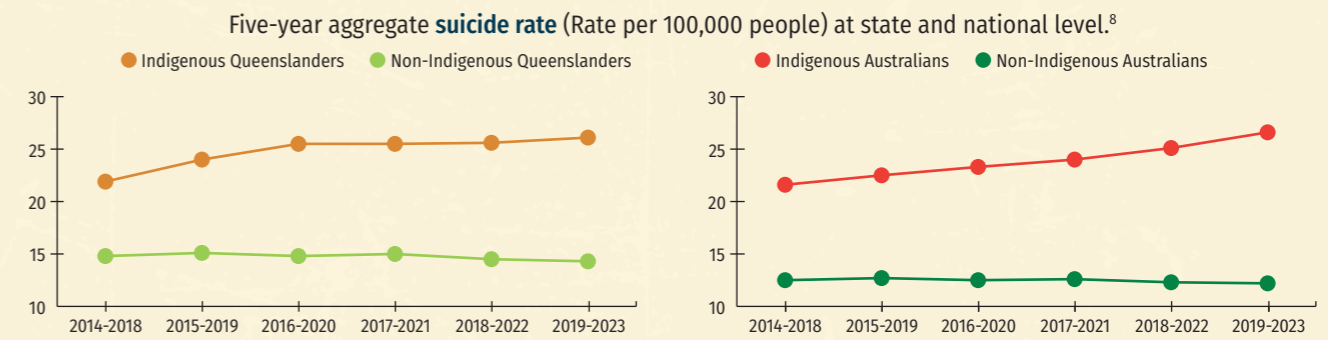


almost
1 in 6



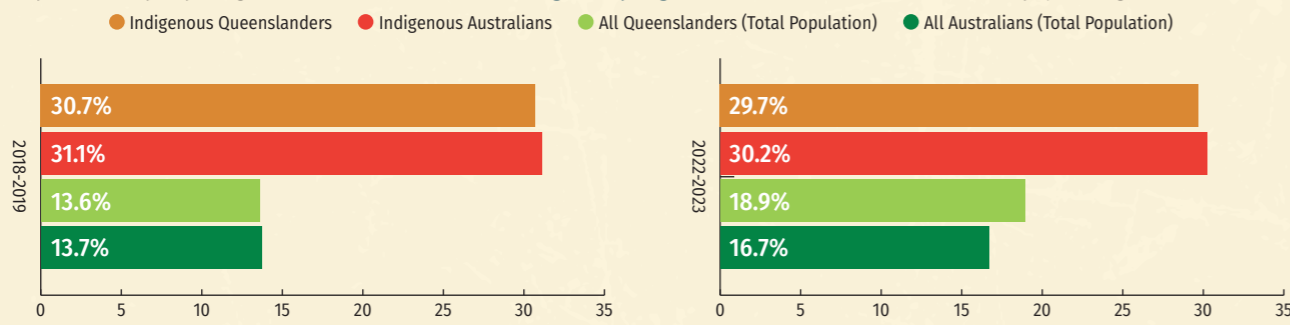
Indigenous adults (15.1%) may experience **psychological distress** due to **everyday discrimination**.²

Suicide



Psychological distress

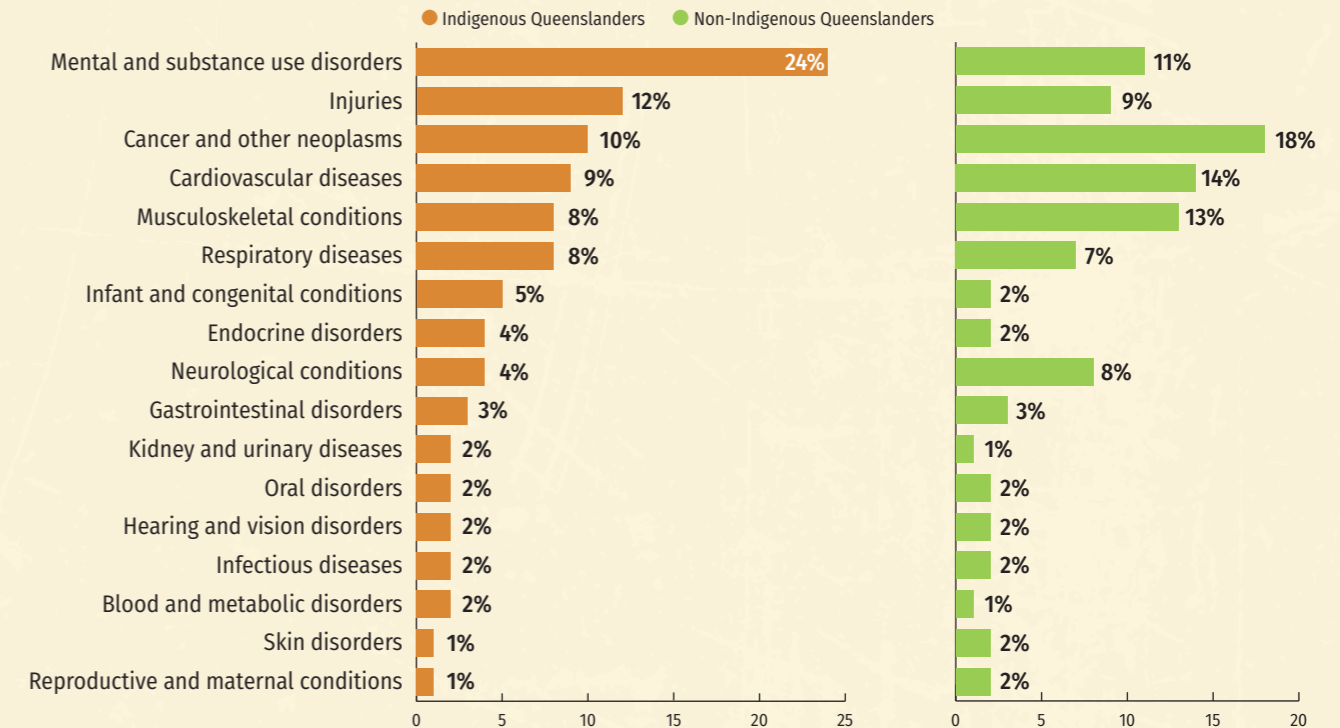
Proportion of people aged 18 and over assessed as **high/very high distress level** on the K5 scale of psychological distress.^{3,4,5}



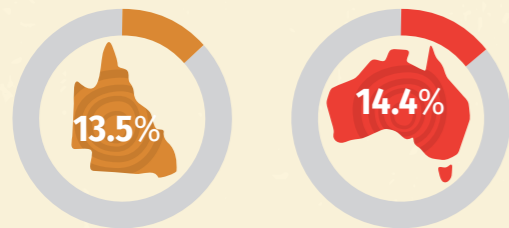
Burden of disease

Mental and substance use disorders is the **leading cause of burden of disease**

from 17 cause groups for Indigenous Queenslanders.⁹



Mental health conditions



Proportion of **Indigenous people** reporting a **diagnosed mental health condition**.⁶

Hospitalisations

35.6 **18.2**
per 1,000 **Indigenous** per 1,000 **Non-Indigenous**

Rate of **hospitalisations** among people for **mental health**, 2017-2017 to 2021-22 (Age standardised).⁷

1. Australian Institute of Health and Welfare 2018. *Aboriginal and Torres Strait Islander adolescent and youth health and wellbeing 2018*. <https://www.aihw.gov.au/reports/indigenous-australians/atsi-adolescent-youth-health-wellbeing-2018/contents/summary>
2. Thurber, K. A., Brinckley, M.-M., Jones, R., Evans, O., Nichols, K., Priest, N., Guo, S., Williams, D. R., Gee, G. C., Joshy, G., Banks, E., Thandrayen, J., Baffour, B., Mohamed, J., Calma, T., & Lovett, R. (2022). Population-level contribution of interpersonal discrimination to psychological distress among Australian Aboriginal and Torres Strait Islander adults, and to Indigenous–non-Indigenous inequities: Cross-sectional analysis of a community-controlled First Nations cohort study. *The Lancet Regional Health – Western Pacific*, 27, 100579. <https://www.sciencedirect.com/science/article/pii/S0140673622016397>
3. Australian Bureau of Statistics. (2024). Tables 40–46 Queensland [Data set]. *National Aboriginal and Torres Strait Islander Health Survey, 2022–23 financial year*. Retrieved June 3, 2025, from <https://www.abs.gov.au/statistics/people/aboriginal-and-torres-strait-islander-peoples/national-aboriginal-and-torres-strait-islander-health-survey/2022-23/NATSIHSDC40-46.xlsx>
4. Australian Bureau of Statistics. (2023). National Study of Mental Health and Wellbeing: Queensland results, 2020–2022 [Data set]. *National Study of Mental Health and Wellbeing, 2020–2022*. Retrieved July 2, 2025, from <https://www.abs.gov.au/statistics/health/mental-health/national-study-mental-health-and-wellbeing/2020-2022/Queensland%20-%20Lifetime%20and%2012-month%20disorders.xlsx>
5. Based on scores from the modified Kessler Psychological Distress Scale (K5). The K5 measure of psychological distress is a subset of five questions from the Kessler Psychological Distress Scale-10 (K10). K10 is a non-specific psychological distress scale consisting of 10 questions designed to measure levels of negative emotional states experienced by people in the four weeks prior to interview.

6. Australian Institute of Health and Welfare. (n.d.). *Regional overview*. Regional Insights for Indigenous Communities (RIFIC). Retrieved June 5, 2025, from https://www.rific.gov.au/regional-overview?app=rific&code=overview&release=r2&latitude=-22.221089023712928&longitude=143.4001921917799®ion=HC_STE
7. Australian Institute of Health and Welfare. (2024). *Regional overview*. Regional Insights for Indigenous Communities. Retrieved July 9, 2025, from https://www.rific.gov.au/regional-overview?app=rific&code=overview&release=r2®ion=HC_AUS&latitude=-24&longitude=134
8. Australian Institute of Health and Welfare. (2024). *Deaths due to suicide 2023 – National Mortality Database* [Data set]. Australian Institute of Health and Welfare. Retrieved July 10, 2025, from <https://www.aihw.gov.au/getmedia/e265c57c-5c3c-4d79-9963-cf03040b1ed9/2023-aihw-suicide-and-self-harm-monitoring-nmd-suicide-icd-10-x60-x84-y87-0.xlsx>
9. Queensland Health. (2024). *Queensland First Nations Peoples Burden of Disease Report 2018* (Figure 5, Burden of disease by cause group: DALY | Queensland | 2018). Queensland Health. Retrieved July 7, 2025, from https://espace.library.uq.edu.au/view/UQ:e70fe32/UQe70fe32_OA.pdf