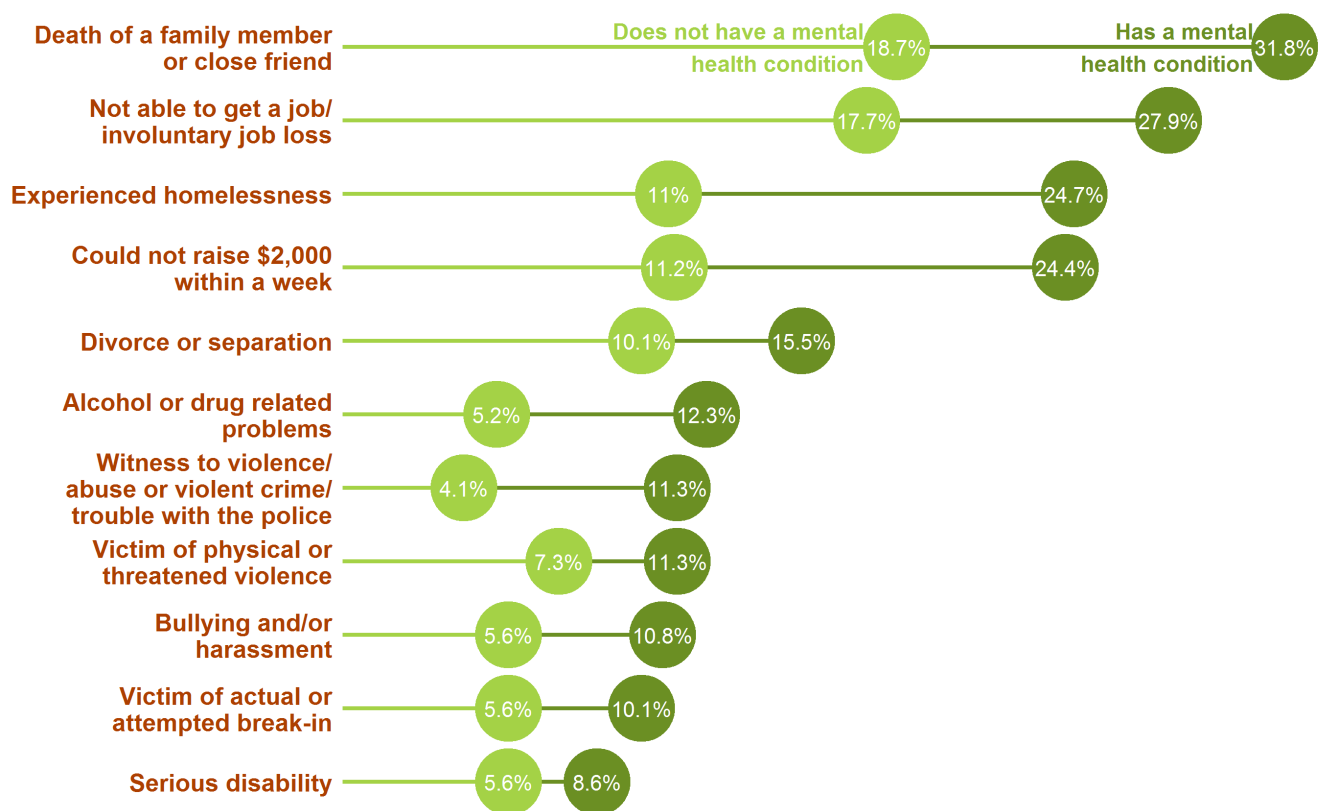


DATA SNAPSHOT

Disadvantage among people living in NSW with a mental health condition, 2014

Decades of research have shown the way stress and mental health affect each other. In Australia, people with a mental health condition are more likely than people who do not have a mental health condition to have experienced a stressful event such as the death of a loved one, relationship breakdown, employment or financial difficulties, or exposure to crime and violence in the past 12 months.

Selected stressful life events



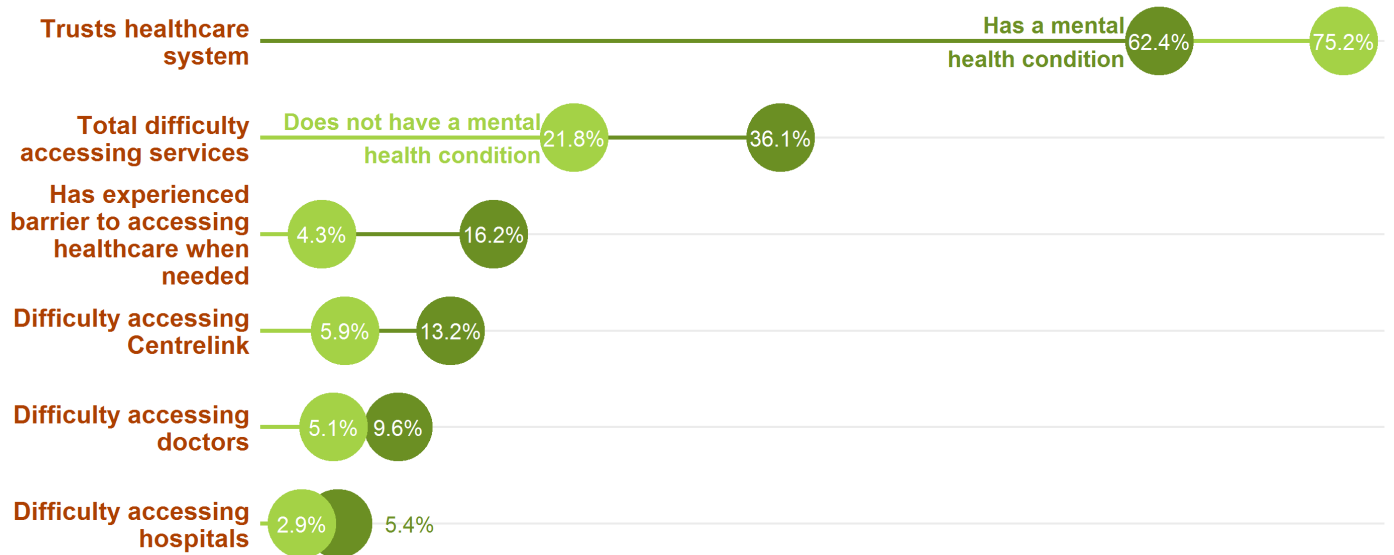
Disadvantage and mental health issues can reinforce each other. For example, poor mental health is a risk factor for homelessness, and homelessness can contribute to mental health issues*. This is reflected in people with a mental health condition being more likely to have experienced homelessness than people who do not have a mental health condition.

Given the association between mental illness and other kinds of disadvantage, it is essential that people with a mental health condition are able to access services like health care, housing and social security when required. However, compared to people who do not have a mental health condition, they are more likely to report having difficulty in accessing those services and are less likely to report trusting the health care system.

* [Mental Health and Homelessness Report](#)

DATA SNAPSHOT

Service access and trust in health care system



Based on Australian Bureau of Statistics data. Data were derived from the [General Social Survey, 2014](#)

For more information visit the [Commission website](#).

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