

In collaboration with Orygen, the National Centre of Excellence in Youth Mental Health at The University of Melbourne, the AIS developed an anonymous online survey to better understand the mental health and wellbeing needs of NSO categorised athletes. Over 740 athletes completed the survey, providing rich data to inform system wide initiatives to best support Australian athletes.


ATHLETES ARE MOST LIKELY TO SEEK HELP FOR MENTAL HEALTH ISSUES FROM THEIR PARTNERS, FAMILY AND FRIENDS

PARTNERS, FAMILY AND FRIENDS → **75%** HP SPORT SYSTEM → **14%**


ATHLETES REPORTED HIGHER QUALITY OF LIFE AND LOWER LEVELS OF ALCOHOL CONSUMPTION THAN COMMUNITY NORMS



DEPRESSION AND ANXIETY




Athlete
1 in 3




Community
1 in 5

Athletes reported higher depression and anxiety symptoms that indicated a need for care

PSYCHOLOGICAL DISTRESS




Athlete
44%




Community
29%

Athletes reported higher rates of moderate to very high psychological distress than the community



Compared to able-bodied athletes, para-athletes reported higher levels of psychological distress, but lower alcohol consumption





Female athletes reported higher psychological distress, depression and anxiety symptoms and body dissatisfaction than males, but lower alcohol consumption

There were no group differences on other mental health and wellbeing measures

The results of the AIS Mental Health Audit will be discussed in more detail at the first NSO CEO meeting in 2019.

Please direct specific enquiries about the audit to **Athlete Wellbeing and Engagement Manager, Matti Clements** on 0422 108 325.