



GENERAL INFORMATION

Australia is a country with an approximate area of 7692 thousand square kilometers (UNO, 2008). The population is 21,511,888 and the sex ratio (men per hundred women) is 99 (UNO, 2009). The proportion of the population under the age of 18 years is 22% and the proportion above age 60 is 13% (UNO, 2009). The life expectancy at birth is 79 years for males and 84 years for females (UNO, 2005-2010). The healthy life expectancy at birth is 72 years for males and 84 years for females (UNPD, 2010). The country is in the high income group (based on 2010 World Bank criteria). The total expenditure on health as a percentage of gross domestic product is 8.51% and the per capita government expenditure on health (PPP int. \$) is \$2113.0 (WHO, 2006). The suicide rate for males is 16.7 per 100,000 population and for females is 4.4 per 100,000 population. In Australia, neuropsychiatric disorders are estimated to contribute to 29.4% of the global burden of disease (WHO, 2008).

GOVERNANCE

An officially approved mental health policy exists and was approved, or most recently revised, in 2008. Mental health is also specifically mentioned in the general health policy.

A mental health plan exists and was approved or most recently revised in 2009. The mental health plan components include:

- Timelines for the implementation of the mental health plan.
- Funding allocation for the implementation of half or more of the items in the mental health plan.
- Shift of services and resources from mental hospitals to community mental health facilities.
- Integration of mental health services into primary care.

Dedicated mental health legislation exists and legal provisions concerning mental health are also covered in other laws (e.g. welfare, disability, general health legislation etc.).

Notes: Information regarding the date of initiation or revision of the mental health legislation at the national level cannot be provided, as, in Australia, legislation is the responsibility of each of the eight state and territory governments, each of which has different dates for their most recent legislation.

There is no single mental health legislation that covers all of Australia. However, in 1996, under the National Mental Health Strategy, a Rights Analysis Instrument was developed by the Federal Attorney-General's Department for assessing compliance of state and territory legislation with national and international standards. All jurisdictions have undertaken reviews of their mental health legislation and have made amendments according to the assessment's findings. The emphasis of each Act is on providing treatment and care in hospitals and the community in the least intrusive manner. Details of each state and are available on their websites. Periodic reviews are open to public comment and input.

FINANCING

Mental health expenditures by the government health department/ministry are 7.64% of the total health budget and mental hospital expenditures are 8.70% of the total mental health budget.

Note: Mental health costs include recurrent expenditures only by Federal, state and territory governments. It excludes expenditures on aged care dementia-related programs, intellectual disability services and alcohol and drug services. In reference to general government health expenditures, the value refers to recurrent expenditures only. Capital has been removed to be consistent with mental health expenditures.

MENTAL HEALTH CARE DELIVERY

Primary Care

Prescription regulations authorize primary health care doctors to prescribe and/or to continue prescription of psychotherapeutic medicines. In contrast, the department of health does not authorize primary health care nurses to prescribe and/or to continue prescription of psychotherapeutic medicines. Similarly, official policy does not permit primary health care nurses to independently diagnose and treat mental disorders within the primary care system.

The majority of primary health care doctors and nurses have not received official in-service training on mental health within the last five years. Officially approved manuals on the management and treatment of mental disorders are not available in the majority of primary health care clinics. Official referral procedures for referring persons from primary care to secondary/tertiary care exist, as do referral procedures from tertiary/secondary care to primary care.

Mental Health Services

Availability of mental health facilities

	Total number of facilities/beds	Rate per 100,000 population	Number of facilities/beds reserved for children and adolescents only	Rate per 100,000 population
Mental health outpatient facilities ^a	1000	4.65	215	1.0
Day treatment facilities ^b	UN	UN	UN	UN
Psychiatric beds in general hospitals	6219	28.91	269	1.25
Community residential facilities	142	0.66	3	0.01
Beds/places in community residential facilities	2184	10.15	31	0.14
Mental hospitals	15	0.07	0	0
Beds in mental hospitals	2156	10.02	0	0

Access to care

^a Specific number of outpatient facilities depends on how a 'facility' is defined. Approximately 1000 service delivery teams and outlets are available in state and territory community mental health services.

^b These cannot be identified in the available national data.

	Rates per 100,000 population)	Females (%)	Under age 18 (%)
Persons treated in mental health outpatient facilities ^c	1534.04	45%	17%
Persons treated in mental health day treatment facilities	UN	UN	UN
Admissions to psychiatric beds in general hospitals ^d	366.77	49%	5%
Persons staying in community residential facilities at the end of the year	UN	UN	UN
Admissions to mental hospitals ⁴	56.71	45%	5%

Note: The number of patients treated in 2007-08 should be increased to 1.4 million if government-subsidized 'private' services are included. Day patient facilities exist but cannot be distinguished in the overall national data.

Long term care in mental hospitals (% of persons staying):

Less than 1 year	UN
More than 1 and less than 5 years	UN
More than 5 years	UN

HUMAN RESOURCES

Workforce and training

	Health professionals working in the mental health sector Rate per 100,000	Training of health professions in educational institutions Rate per 100,000^e
Psychiatrists	12.76 ^f	0.68 ^g

^c Values are based only on clinical community mental health services provided by the state and territory governments. Figures are rounded to nearest thousand.

^d Raw data rounded to the nearest hundred.

^e Source for data: Medical Training Review Panel 13th Report, April 2010, Australian Government Department of Health and Ageing.

^f Number of psychiatrists is current at year 2007 and based on an annual workforce survey. Totals include a component of 'inactive'/post-retirement psychiatrists. Figures are based on head count not full-time equivalent estimates. Excludes psychiatrists in training. Source: Australian Institute of Health and Welfare (2010), Mental Health Services in Australia 2007-08.

^g Refers to number of new Australian Fellows to the Royal Australian and New Zealand College of Psychiatry 2008. Data collected in 2011

UN = information unavailable, NA = item not applicable

Medical doctors, not specialized in psychiatry	1.56	9.94 ^h
Nurses	69.54 ⁱ	40.84 ^j
Psychologists	62.48 ^k	1.59 ^l
Social workers	UN	UN
Occupational therapists	UN	UN
Other health workers	UN	NA

Informal human resources (Family and User Associations)

	User	Family
Present in the country?	Yes	Yes
Number of members	UN	UN
Participation in the formulation/implementation of policy/plan/legislation?	frequently	frequently

Note: Inclusion of consumer and carer/family representatives in all national policy and planning meetings has been routinely in place in Australia since the mid 1990s.

MEDICINES

Expenditures for medicines for mental and behavioral disorders at country level^m

Type of Medicines	Expenditures at country level per year and per 100,000 population (in USD)
All the psychotherapeutic medicines ⁿ	3,602,264
Medicines used for bipolar disorders ^o	5,918
Medicines for psychotic disorders ^p	1,941,257

^h Refers to medical students who completed courses leading to provisional registration, 2008.

ⁱ Number of nurses is current at year 2007. Figures are based on head count not full-time equivalent estimates. Source: Australian Institute of Health and Welfare (2010), Mental Health Services in Australia 2007-08.

^j Refers to number of students who completed courses for initial registration as nurses or midwives, 2008.

^k Number of psychologists is current at year 2006. Figures are based on head count not full-time equivalent estimates. Source: Australian Bureau of Statistics Census data, 2006.

^l Refers to completions for all students enrolled in post graduate courses in clinical psychology. Output from undergraduate and graduate diploma programs is not included.

^m Source for expenditure data: National Mental Health Report 2010.

ⁿ N05A, N05B, N05C, N06A. Costs for N03AG01 are not included in Australian analysis of psychiatric drugs because the use of valproic acid for bipolar illness cannot be differentiated from its use as an anticonvulsant.

^o N03AG01, N05A, N05B, N05C, N06A

^p N05A (excluding N05AN)

Data collected in 2011

UN = information unavailable, NA = item not applicable

Medicines used for general anxiety ^q	136,068
Medicines used for mood disorders ^r	1,524,939

Note: All expenditure data reported for Australia refer to government benefits paid through the universal Pharmaceutical Benefits Scheme (PBS). Expenditures, therefore, reflect cost to the government and do not include patient out-of-pocket contributions. Additionally, prescriptions for which the total cost is below the subsidy threshold are not included. Low cost drugs, such as Lithium or other non-patented medicines, may therefore be substantially under-counted in the PBS data because, for most patients, they are wholly paid for by the patient and do not attract a government subsidy.

INFORMATION SYSTEMS

	Data on number of people/ activities are collected and reported	Data on age and gender are collected and reported	Data on patient's diagnosis are collected and reported
Persons with mental disorders treated in primary health care	Yes	Yes	No
Interventions (psychopharmacological and psychosocial) delivered in primary health care for people with mental disorders	No	No	No
Persons treated in mental health outpatient facilities	Yes	Yes	Yes
Contacts in mental health outpatient facilities	Yes	Yes	Yes
Persons treated in mental health day treatment facilities	No	No	No
Admissions in general hospitals with psychiatric beds	Yes	Yes	Yes
Admissions in mental hospitals	Yes	Yes	Yes
Days spent in mental hospitals	Yes	Yes	Yes
Admissions in community residential facilities	Yes	Yes	Yes

Note: A specific report focusing mental health activities has been published by the Health Department or any other responsible government unit in the last three years.

OTHER INFORMATION

The Australian National Mental Health Report 2010 (revised on 7 May, 2011) is available at:

www.health.gov.au/internet/main/publishing.nsf/content/mental-pubs-n-report10

^q N05B & N05C

^r N06A

Data collected in 2011

UN = information unavailable, NA = item not applicable