



Australian Government
Productivity Commission



Mental Health Review inquiry

Final report

Easy Read version

October 2025

This Easy Read document was created with support from Microsoft Copilot, using AI to simplify and clarify content for accessibility.

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How to use this report

The Productivity Commission (PC) wrote this report. When you see the word 'we', it means the PC.

We have written this report so it is easy to read.

We use simple words and short sentences.

We have written some words in **bold**.

This means the letters are thicker and darker.

We explain what these words mean.

There is a list of these words on page 14.

This Easy Read report is a summary of another report.

You can find the other report on our website at www.pc.gov.au/inquiries-and-research/mental-health-review/

You can ask for help to read this report.

A friend, family member or support person may be able to help you.

This report talks about mental health and suicide.

Some people might feel sad or worried when reading.

You don't have to read anything that makes you feel bad.

If you feel upset:

- You can stop reading.
- You can talk to someone you trust, like a family member or support worker.
- You can call a helpline for help.

If you feel upset or need support, you can talk to someone you trust or phone:

- **Lifeline:** 13 11 14
- **Beyond Blue:** 1300 22 4636
- **13YARN** (for Aboriginal and Torres Strait Islander people): 13 92 76

What is this report about?

This report is about **mental health** and **suicide prevention** in Australia.

Mental health means how we think, feel and act. It's also about how we feel about ourselves and how well we get along well with others.

Suicide prevention means actions and support to help stop people from taking their own life.

It looks at how **governments** are working together to help people with their mental health and to stop suicide.

Governments mean the people and departments who make decisions and provide services for everyone in Australia.

Suicide is when a person ends their own life.

The **Productivity Commission** wrote this report. We are an independent group that gives advice to governments on how to make things better.

Why did we do this review?

The Australian Government asked us to check if the **National Mental Health and Suicide Prevention Agreement** is working.

The **National Mental Health and Suicide Prevention Agreement** is a plan for governments to work together to:

- help people have better mental health
- stop suicides and
- make sure the **system** is working.

System means the services, people and organisations that work together to help people.

We checked:

- if the plan is helping people
- if it works for everyone
- what is hard or easy about getting help
- if governments are doing a good job making decisions and helping people.

Who did we talk to?

We talked to or heard from lots of people and organisations in Australia including:

- people who have personal experience with mental health problems or suicide, or who care for someone who does
- **Aboriginal and Torres Strait Islander people**
- people from different cultures or who speak different languages
- **LGBTIQA+ people**
- people with disability
- people who live in **rural areas**
- organisations that work in mental health and suicide prevention
- governments.

Aboriginal and Torres Strait Islander people are the First Nations people of Australia.

Rural areas are places that are far from big cities or towns.

LGBTIQA+ people means people of different and diverse genders and sexualities.

What did we find?

Many people find it hard to get the help they need.

Services can be confusing, hard to find or cost too much money.

Service means a place or organisation that helps people.

Some people and groups have extra problems getting help.

Services do not always listen to people who have experience of mental health problems or suicide or who care for someone who does.

There is not enough **support** for people who don't get help from the **NDIS (National Disability Insurance Scheme)**.

Support means help given to someone to improve their wellbeing.

NDIS is a government program that gives support to people with disability.

Stigma and **discrimination** stops people from getting help.

Stigma means negative attitudes or beliefs about people with mental health problems.

Discrimination means treating people unfairly because of who they are or what they have experienced.

What needs to happen now?

We have some ideas on how to make things better.

We have told governments our ideas in our full report.

We think governments need to work together better and listen to people with lived experience, families and carers.

We think there should be a clear **plan** that is easy to understand and use.

Plan means a set of actions or steps to reach a goal.

We think more **resources** are needed for services, especially for people who are missing out now.

Resources means things like money, people or information that help provide support.

We think the system must include people with lived experience in planning, making decisions, and checking if things are working.

We think there should be more **support** for carers and families.

We think services must be **safe**, **respectful**, and **welcoming** for everyone.

Safe means feeling protected and not in danger.

Respectful means treating people kindly and valuing their feelings and experiences.

Welcoming means making people feel comfortable and included.

We think special attention is needed for:

- Aboriginal and Torres Strait Islander people
- people who have mental health problems and also use drugs or drink alcohol in harmful ways.

Where can I get help?

If you feel upset or need support, you can talk to someone you trust or phone:

- Lifeline: 13 11 14
- Beyond Blue: 1300 22 4636
- 13YARN (for Aboriginal and Torres Strait Islander people): 13 92 76

More information

You can find the full report on our website:

www.pc.gov.au/inquiries-and-research/mental-health-review

You can contact us by email at:

publications@pc.gov.au

Support to talk to us

If you speak a language other than English, you can call:

Translating and Interpreting Service (TIS)

131 450 then ask for 1800 020 083

If you have a speech or hearing impairment, you can call:

TTY

1800 555 677

Speak and Listen

1800 555 727

National Relay Service

133 677

www.relayservice.gov.au

Word list

Aboriginal and Torres Strait Islander people

The First Nations peoples of Australia.

Agreement

A plan that shows how different people or groups work together.

Australian Government

The people and groups (departments) who make decisions and provide services for everyone in Australia.

Barrier

Something that makes it hard for people to get help.

Carer

A person who helps and supports someone with mental health problems.

Culturally and Linguistically Diverse (CALD) people

People from different cultures and who speak different languages.

Discrimination

Unfair treatment of people because of who they are or what they have experienced.

Government

The people and departments who make decisions and provide services for people.

LGBTIQA+ people

People of different genders and sexualities.

Lived experience

People who have personal experience with mental health problems or suicide, or who care for someone who does.

Mental health

How we think, feel and act. It's also about how we feel about ourselves and how well we get along with others.

Mental health problems

When thinking, feelings, or actions are hard to manage. It can also mean finding it difficult to feel good about yourself or getting along with others.

NDIS (National Disability Insurance Scheme)

A government program that helps people with disability.

Plan

A set of actions or steps to reach a goal.

Problems

Things that make it hard for people to get help or for the plan to work.

Productivity Commission

An independent group that gives advice to the government.

Recommendation

An idea or suggestion about what should be done.

Reporting

Telling others what has been done and what has happened.

Resources

Things like money, people or information.

Respectful

Treating people kindly and valuing their feelings and experiences.

Rural areas

Places that are far from big cities or towns.

Safe

Feeling protected and not in danger.

Service

A place or organisation that helps people.

Stigma

Negative attitudes or beliefs about people.

Suicide

When a person ends their own life.

Suicide prevention

Actions and support to help stop people from taking their own life.

Support

Help given to someone to improve their wellbeing.

System

All the services, people and organisations that work together to help people.

Welcoming

Making people feel comfortable and included.