

## National and Statewide Data Series

### Women's mental health

These key Australian and Victorian datasets and reports may be useful where local government level data is not available in the Women's Health Atlas, or where broader context is needed.

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#### Overview: Women's mental health

- [Snapshot of Australian women's mental health](#)

Women's Mental Health Alliance, 2021

Shows that Australian women generally experience poorer mental health than men, and that other forms of inequality and discrimination intersect with gender to influence the mental health of different groups of women.

- [Mental health policy brief: 2019](#)

Australian Longitudinal Study on Women's Health (ALSWH), 2019

- [First insights from the National Study of Mental Health and Wellbeing, 2020-21](#)

Australian Bureau of Statistics, 2021

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- [Victorian Population Health Survey 2022 Dashboards](#)

Victoria. Department of Health, 2023

*Time Series* button - view statewide data by sex

- Level of psychological distress
- Sought help for a mental health problem
- Life satisfaction
- Civic trust
- Social trust
- Social support

- [Mental health services in Australia](#)

Australian Bureau of Statistics, 2022

- [Major report 2013: Mental health](#)

Australian Longitudinal Study on Women's Health (ALSWH), 2013

This report uses data from the cohorts born 1973-78, 1946-51 and 1921-26 of the ALSWH to explore patterns of mental health among Australian women as well as their use of mental health services. It includes analyses of factors associated with poor mental health as well as specific areas such as perinatal mental health, interpersonal relationships and mental health, and comorbidity of physical and mental health.

## Body image and women

- [Insights into Body Esteem: a survey of Australians' experience of body image and its impact on day to day life](#)

Butterfly Foundation, 2020

- [Community Insights Research](#)

Butterfly foundation, 2021

Research exploring the knowledge and attitudes of the community around body image issues and eating disorders

## Eating behaviours in women

- [Key research and statistics](#)

Eating Disorders Victoria, ongoing

- [Maydays 2020 Survey Report: Barriers to accessing eating disorder support](#)

Butterfly Foundation, 2020

- Pregnancy, contraception - report 10

## Perinatal mental health

- [Challenges on the journey to parenthood \[Report\]](#)

Centre Of Perinatal Excellence (COPE), 2022

- [How rates of perinatal mental health screening in Australia have changed over time and which women are missing out](#)

*Australian and New Zealand Journal of Public Health*, 2020

## Self-harm and suicide in women

- [Suicide and self-harm monitoring](#)  
Australian Bureau of Statistics, 2022
- [Self-injury among adolescents](#)  
Longitudinal Study of Australia's Children, 2021
- [Suicide by age and sex, Australia \[Excel download\]](#)  
Gender Statistics (Social Statistics)  
Historical tables from 1881 to 2018.

## Aboriginal and Torres Strait Islander women: mental health

- [Walkern Katatdjin \(Rainbow Knowledge\) Phase 2 National Community Survey Report](#)  
Telethon Kids Institute and Kulbardi, Murdoch University, 2023  
A national research project that aims to understand and promote the mental health and wellbeing of Aboriginal and/or Torres Strait LGBTIQ+ young people, and to work with services to develop appropriate interventions
- [Wiyi Yani U Thangani \(Women's Voices\): Securing Our Rights, Securing Our Future Report](#)  
Australian Human Rights Commission, 2020.  
[Chapter 13](#): Social and emotional wellbeing, pp. 413-448.
- [National Strategic Framework for Aboriginal and Torres Strait Islander Peoples' Mental Health and Social and Emotional Wellbeing 2017-2023](#)  
National Indigenous Australians Agency, 2017

## LGBTIQ+ communities: mental health

- [Private Lives 3: a national survey of the health and wellbeing of LGBTIQ people in Australia](#)  
Australian Research Centre in Sex, Health and Society. La Trobe University, 2020
- [Snapshot of mental health and suicide prevention statistics for LGBTIQ+ people](#)  
LGBTIQ+ Health Australia, 2021
- [Health service use by same-sex attracted Australian women for alcohol and mental health issues: a cross-sectional study](#)  
*BJGP Open*, 2018
- [Bisexual mental health: Findings from the 'Who I Am' study](#)  
*Australian Journal of General Practice*, 2019
- [Trans Pathways: the mental health experiences and care pathways of trans young people](#)  
Telethon Kids Institute, 2017
- [Associations between negative life experiences and the mental health of trans and gender diverse young people in Australia: findings from Trans Pathways](#)  
*Psychological Medicine*, 2019

- [Mental health issues and complex experiences of abuse among Trans and Gender Diverse young people: findings from Trans Pathways](#)  
*LGBT Health*, 2020
- [UnLEASH Study](#) [In Progress]  
National Drug and Alcohol Research Centre, UNSW Sydney, 2022  
A study exploring lesbian, bisexual and queer women's (cisgender and transgender) health and wellbeing and the relationship with smoking, drinking and using drugs.

### **Migrant and refugee women: mental health**

- [Migrant and refugee women's mental health in Australia: a literature review 2020](#)  
Multicultural Centre for Women's Health (MCWH), 2020
- [Dealing with it myself: supporting immigrant and refugee carers in Australia](#)  
Multicultural Centre for Women's Health, 2017
- [Unpacking The Determinants: Migrant and Refugee Women's Mental Health](#)  
Women's Health in the North, 2022

### **Older women: mental health**

- [The Australian Seniors Series: Insights](#)  
Australian Seniors, ongoing  
National study investigating the shifting attitudes and concerns affecting over 50's

### **Young women and girls: mental health**

- [Insights: Youth mental health and wellbeing over time: headspace National Youth Mental Health Survey 2020](#)  
National Youth Mental Health Foundation, 2020
- [Australia's youth: mental illness](#)  
Australian Institute of Health and Welfare 2021
- [Australia's children: Children with mental illness](#)  
Australian Institute of Health and Welfare, 2022
- [Walkern Katatdjin \(Rainbow Knowledge\) Phase 2 National Community Survey Report](#)  
Telethon Kids Institute and Kulbardi, Murdoch University, 2023  
A national research project that aims to understand and promote the mental health and wellbeing of Aboriginal and/or Torres Strait LGBTIQ+ young people, and to work with services to develop appropriate interventions

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## Feedback and suggestions

We welcome feedback and/or suggestions for key Australian and Victorian datasets to consider including in this resource. Please send an email to: [atlas@whv.org.au](mailto:atlas@whv.org.au)

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