Work-related mental health

On average each year (2012–13 to 2016–17p)

- 6% of all serious workers' compensation claims are for work-related mental health conditions
- 7,140 Australians are compensated for work-related mental health conditions
- 92% of serious work-related mental health condition claims are attributed to work-related mental stress

Number of claims

- 58% women
- 42% men

Occupations most at risk (% of serious work-related mental health condition claims)

- Defence force members, fire fighters and police: 9%
- School teachers: 8%
- Health and welfare support workers: 6%

Source: The claims data has been sourced from Safe Work Australia's National Data Set for Compensation-based Statistics (NDS), which is compiled based on workers' compensation data provided annually by each of the jurisdictional workers' compensation authorities.

Please note that the data for 2016–17p is preliminary (denoted by 'p') which is subject to upwards revision in subsequent years as further claims are finalised.

* The work pressure category of mental stress includes work backlogs and deadlines, organisational restructures, interpersonal conflicts, disciplinary actions, performance counselling or promotion disappointment.
Work-related mental health

Types of mental health conditions for which workers received compensation:

- Reaction to stressors – other, multiple or not specified: 37%
- Anxiety/stress disorder: 31%
- Post traumatic stress disorder: 12%
- Anxiety/depression combined: 11%
- Depression: 4%

Main causes of serious mental health condition claims:

- Exposure to workplace or occupational violence: 10%
- Work related harassment or bullying: 20%
- Work pressure*: 21%

Source: The claims data has been sourced from Safe Work Australia’s National Data Set for Compensation-based Statistics (NDS), which is compiled based on workers’ compensation data provided annually by each of the jurisdictional workers’ compensation authorities.

* The work pressure category of mental stress includes work backlogs and deadlines, organisational restructures, interpersonal conflicts, disciplinary actions, performance counselling or promotion disappointment.

Please note that the data for 2016-17p is preliminary (denoted by ‘p’) which is subject to upwards revision in subsequent years as further claims are finalised.