

**From:**  
**To:** [Community Affairs Committee \(SEN\)](#)  
**Subject:** Additional Information for inquiry into adequacy of Newstart: research on financial insecurity and mental ill-health  
**Date:** Wednesday, 19 February 2020 4:41:41 PM

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Good afternoon,

I'm writing to advise of the release of a research report, which Mental Health Australia undertook to provide, during evidence at a hearing of the Senate Inquiry into the Adequacy of Newstart on 10 October.

This report, *Trajectories: the interplay between mental health and housing pathways*, has now been published via the AHURI website: <https://www.ahuri.edu.au/research/trajectories>

In our evidence to the Inquiry into the Adequacy of Newstart, Mental Health Australia referred to findings of this research that:

- People who had experienced financial hardship in the previous 12 months prior to the current survey were 23 per cent more likely to experience deteriorating mental health in the next year. ([Quantitative Data Report](#), p33)
- People experiencing severe psychological distress had an 89 per cent increased likelihood of experiencing financial hardship in the following year, and a 96 per cent increased likelihood of experiencing financial hardship within two years ([Final Research Report](#), p34)

I hope this evidence is of further assistance in this inquiry.

Kind regards,  
Ingrid

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*Mental Health Australia acknowledges Aboriginal and/or Torres Strait Islander peoples and communities as the traditional custodians of the land we work on and pay our respects to elders past, present and emerging. Mental Health Australia is committed to reconciliation in Australia through day-to-day work and our [Reflect Reconciliation Action Plan \(RAP\)](#). Mental Health Australia also acknowledges the continuous advocacy efforts and co-design by mental health consumers and carers, past and present. As an inclusive organisation we also celebrate people of all backgrounds, genders, sexualities, cultures, bodies and abilities.*

