

MEDIA RELEASE

23 February 2023

Under Embargo for 25 February 2023

Teacher mental health and burnout could halve workforce, new data by Black Dog Institute

A new report released today by the Black Dog Institute finds almost half of Australian teachers (46.8%) are considering leaving the profession within the next 12 months, according to a nationally representative survey of more than 4000 teachers.

This is an increase from 14% of teachers intending to leave the profession in 2021.

“The data suggests we are looking at a profession in crisis,” says Associate Professor Aliza Werner-Seidler, Head of Population Mental Health at Black Dog Institute, UNSW Sydney.

“Teachers are working longer hours with fewer resources and this pressure is building with an increase of burnout and time being taken off due to mental ill-health.”

The report also found:

- 70% of the teachers reported having unmanageable workloads.
- Over three quarters (76.9%) said they had teacher shortages in their schools at the moment
- One quarter (25%) reported teaching classes outside of their area of training regularly.

Data also showed 60% of teacher absences in the previous month were due to a mental health or emotional problem. **52% of teachers reported moderate to extremely severe symptoms of depression compared to 12.1% in the general population. When it came to anxiety symptoms the figures were 46.2% compared to 9% and for stress, these figures came in at 59.7% compared to 11.4%.**

“It’s clear teachers are not finding the mental health support that they need. Teacher wellbeing doesn’t only affect teachers. Research has shown teacher wellbeing can also have an impact on students’ academic and emotional outcomes, and the emotional wellbeing and economic productivity of parents.”

“We need more targeted investment from both State and Federal governments towards whole-of-school programs that promote better teacher mental health and the wellbeing of school communities.”

– ENDS –

Media enquiries:

Lisa Harmer, Media and PR Manager | 0455 100 277 or l.harmer@blackdog.org.au