



# Inquiry into men's suicide rates

## Answer to question taken on notice

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Asked by: Mr Thomas Emerson MLA

Addressed to: Dr Brooks, Chief Research Officer Lifeline Australia

In relation to: Rates of clinical support received in the last twelve months

Hearing: 28 November 2025

Uncorrected Proof Transcript p4

Transcript provided: 03 December 2025

Answer Due: 11 December 2025

Dr Brooks took on notice the following question(s):

THE CHAIR: Okay. Thank you, and before I throw to Miss Nuttall or if there are any supplementaries, let us go back to Ms Brooks, your point about how much impulsiveness contributes at multiple levels. Is this one of the reasons that we hear more about men who have seemingly never contemplated a suicide attempt suddenly making one?

Dr Brooks: Sadly, yes.

THE CHAIR: Not having sought any support along the way.

Dr Brooks: Yes. So look, I mean, the best data that we have is that 50 per cent of people who die by suicide have not in 12 months prior had any sort of clinical support. So suicide can but does not always include a mental ill health component.

THE CHAIR: Right.

Dr Brooks: And that is partly because of the social determinants that we spoke about, one I would like to mention is major life transitions, particularly relationship breakdown, 25 per cent of male deaths by suicide involve specifically that. So those sorts of things that happen in life absolutely can play a major role in death by suicide. And the additional element that I think—well, that pertains particularly to men is that impulsivity, and that very sadly can mean that those life events can quickly escalate into suicidal thinking. The choice of means is such that very sadly men die by suicide 75 per cent of—you know, 75 per cent of that population is made up of males. So that impulsivity component absolutely plays a role.

THE CHAIR: Sorry, I said I was about to hand over. But that 50 per cent figure that you mentioned who have not sought support in 12 months prior, is that—does that differ based on gender?

Dr Brooks: That is an excellent question. I will take that on notice. I would suspect that it is disproportionately going to be men, given that men engage in help-seeking at a lower rate than women, but I would need to confirm that for you, yes

**Dr Brooks. The answer to the Member's question is as follows:**

Yes, males are over-represented.

More specifically from the Australian Institute of Health and Welfare data:

- Of those who died by suicide, males were less likely to have accessed any services than females in every age group.
- Females (59%) who died by suicide were considerably more likely than males to attend hospital for any reason in their last year of life (48%).
- 9% of females and 6% of males who died by suicide had a mental health related ED presentation in their last year of life.
- Females who died by suicide (57%) were considerably more likely to have used MBS mental health services than males (37%) in their last year of life

Approved for circulation to the Standing Committee on Social Policy

Signature: *ECarr*

Date: 10/12/25

By Emma Carr, Head of Government Relations, Lifeline Australia