



# Extreme weather and suicidality

Longitudinal tracking of Wave 1  
and Wave 2 survey results



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## Acknowledgement of Country

We, Lifeline Australia, acknowledge the Traditional Aboriginal and Torres Strait Islander Custodians of Country, on which our national office in Sydney is based, the Gadigal people of the Eora Nation.

We extend our respects to all Traditional Custodians throughout Aboriginal and Torres Strait Islander Nations and across our national Lifeline network.

We pay our respects to Elders Past, Present, and Future, acknowledging their continued connection to and caretaking of Country, Lands, Sea, Waters, Animals, and Vegetation, for thousands of generations.

We acknowledge that Aboriginal and Torres Strait Islander peoples' sovereignty on this Country was never ceded. Wherever you are located today, it always was and always will be Aboriginal and Torres Strait Islander land.

For over 63 years, Lifeline has supported Australians with connection, hope and suicide prevention support through times of challenge and change. As the world around us continues to shift, our work is increasingly shaped by emerging pressures on community wellbeing, including the growing impact of extreme weather.

Today, one of the key challenges facing our communities is the increasing frequency and intensity of extreme weather events. While the physical and economic consequences are well recognised, the psychological toll is less visible and often less understood. Ongoing weather disruption is influencing how Australians live, work and connect, with many people making significant lifestyle decisions shaped by anxiety, uncertainty and a changing sense of safety.

At Lifeline, we see the human impact of this distress every day. Through thousands of crisis support conversations, people share concerns about the future, feelings of overwhelm and, for some, experiences of hopelessness. As extreme weather becomes more frequent and severe, being physically prepared is only part of the story. Building emotional resilience is just as important in helping individuals, families and communities cope, adapt and recover. Prevention and early support are essential, strengthening psychological safety alongside disaster preparedness.

Over the past six years, Lifeline has partnered with NRMA Insurance to better understand and respond to the mental and emotional impacts of extreme weather. This partnership reflects a shared commitment to supporting Australians not just in times of crisis, but before, during and after major events, with practical, evidence-based support.

This new research provides an important foundation for awareness, action and advocacy. It reinforces the need to recognise mental wellbeing as a core component of community resilience. Together with NRMA Insurance, we have also developed practical resources such as the Natural Disaster Toolkit, designed to help Australians prepare mentally and emotionally for extreme weather and support recovery afterwards.

By working together, we can help create safer, more resilient communities, ensuring Australians are not facing the mental health impacts of extreme weather alone

Lifeline Australia CEO,  
Graham Strong



For more than a century, NRMA Insurance has been helping Australians protect what matters most. That commitment is reflected in our aim to be the first on the ground and the last to leave - supporting communities before, during and long after major weather events.

In recent years, the scale and frequency of extreme weather events across Australia have intensified. Across the country, we have faced almost every possible hazard - from catastrophic bushfires and widespread flooding to severe storms and tropical cyclones.

These events reflect the growing reality that extreme weather is now part of everyday life for many Australians, with compounding events impacting not only on homes and livelihoods, but emotional wellbeing.

We are proud to support the *Extreme Weather and Suicidality Report*, which provides important evidence on how Australians are coping with and preparing for these challenges. It's a stark reminder that emotional and mental preparedness is just as critical as physical readiness and recovery.

Since 2020, NRMA Insurance has partnered with Lifeline Australia to help Australians mentally and emotionally prepare for, respond to, and recover from extreme weather events. This partnership reflects our shared commitment to enhance mental health preparedness and help build more resilient communities.

As communities seek increased critical mental health support related to extreme weather, we must focus our attention on what else organisations, government and individuals can do to ensure Australians' mental wellbeing is better supported and safeguarded in the face of intensifying weather events.

By deepening our understanding of the impact of severe weather on our mental health, we can help Australians not only to recover, but to be stronger and more prepared for the future.

NRMA Insurance CEO,  
Julie Batch





## Dr Rebecca Huntley

Director, 89 Degrees East

Rebecca Huntley is one of Australia's foremost researchers on social trends and a Fellow of the Women's Leadership Institute of Australia and The Research Society. Rebecca is also author of *How to Talk About Climate Change in a Way That Makes a Difference* (2020).

Prior to joining 89 Degrees East, Rebecca led research at Essential Media Communications and Vox Populi, part of the CIRCA research group. She was also the Director of The Mind & Mood Report, Australia's longest-running social trends report. Rebecca has played a central role in the Climate Compass (The Sunrise Project) and Gender Compass (Plan International Australia) research projects which segment Australians based on their attitudes to inform strategic engagement with key sections of the community.

Much of Rebecca's work has focussed on community attitudes to climate change, extreme weather events, the renewable energy transition and, more broadly, social license to operate.

## Researcher's comments

**Anxiety about extreme weather is reshaping the way Australians live, work, and connect. As a researcher, interpreting this data requires acknowledging not only the measurable impacts of climate and economic stress, but also the human stories that underpin them.**

The data paints a clear picture of cumulative strain. Extreme weather is no longer perceived as an occasional disruption, but as a constant threat woven into daily life. People are not simply anxious about the future - they are adapting in tangible, often life-altering ways. Over half of respondents (53%) reported making concrete changes in their lives as a direct response to stress or anxiety related to extreme weather. These changes range from relocating and changing jobs, to cancelling long-planned holidays. Such figures are striking, showing that extreme weather and our concerns about it are eroding stability in our everyday lives.

The emotional and financial toll of these weather events is magnified by the ongoing cost-of-living crisis. The destruction of homes and livelihoods is only the beginning. Disruptions to transport, power outages, and increased reliance on costly cooling systems all add layers of financial and psychological pressure. Participants described anxieties about spoiled food when the power fails, the impossibility of commuting during heatwaves, and the rising expenses associated with maintaining even a basic standard of comfort. These findings illustrate a compounding effect—environmental stress and economic strain are feeding into each other, creating a feedback loop of insecurity and exhaustion.

This persistent stress is clearly transforming patterns of social connection. A number of participants described withdrawing from organized sports or social gatherings due to heat, while others have abandoned hobbies such as gardening—once a source of joy and grounding—because “it’s too hot to go out” or “everything keeps dying.” These seemingly small changes speak volumes about the slow decay of social and emotional resilience. When joy-sustaining activities disappear, so too does a sense of community and belonging. This withdrawal contributes to rising loneliness and disconnection.

The generational dimension to this – and its implications for our nation's future- cannot be ignored. One in five members of Generation Z reported altering their career paths or job choices due to concerns about extreme weather. This suggests that climate anxiety is not an abstract worry but is actively directing life trajectories. For young adults entering an uncertain economic and environmental landscape, such decisions reflect both pragmatism and disillusionment. In contrast, one in twenty parents reported changing their child's school as part of their adaptation strategy. Two-thirds of parents expressed deep worry about the impact of repeated extreme weather events on their children, yet fewer than half believed that children have access to the supports they need.

These choices highlight how deeply the fear of future instability has permeated family life and long-term planning.

All in all, this research reveals a society under pressure — adapting, withdrawing, and reshaping itself in response to an era of intersecting crises. As these challenges intensify, the task for researchers, policymakers, and communities will be to move beyond documenting distress toward fostering sustainable forms of resilience.

# About the research

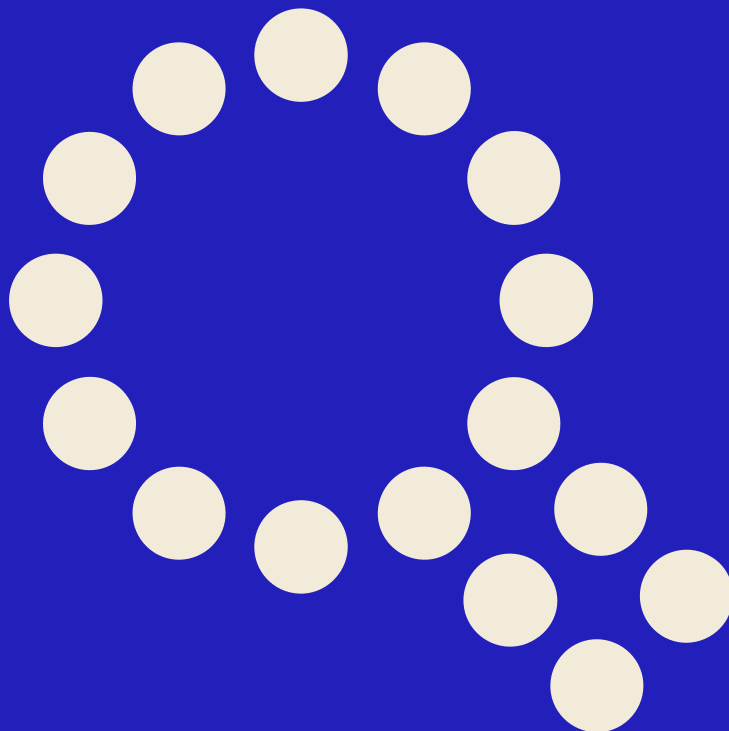
In 2025, Lifeline in partnership with NRMA Insurance commissioned 89 Degrees to deliver the 2nd wave of research into the impacts of extreme weather on mental health and suicidality. This study builds on the 2023 baseline to track changes over time and explore new areas of concern.

Wave 2 is particularly timely given the severe floods and cyclones that have affected east coast communities in early 2025. This report provides evidence about how repeated and compounding weather events are affecting community wellbeing, and how Australians are preparing for and coping with these challenges.

Noting the increased frequency and impact of extreme weather across Australia, the 2025 survey expanded the definition of an extreme weather event to include cyclones, severe storms and severe hail events, in addition to floods, bushfires, droughts and heatwaves measured in 2023.

The ongoing threat, uncertainty and media coverage surrounding these events continue to cause distress and anxiety for many Australians. The mental health impacts of these events extend beyond direct exposure, with many affected by the ongoing anticipation of future extreme weather events.

The findings from this report will support Lifeline and NRMA Insurance's ongoing work to highlight the mental health impacts of extreme weather, strengthen preparedness, and identify gaps in available supports.



# Methodology

## Wave 2

In September 2025, 89 Degrees East fielded a 10-minute online survey of Australian citizens (18+) on behalf of Lifeline.

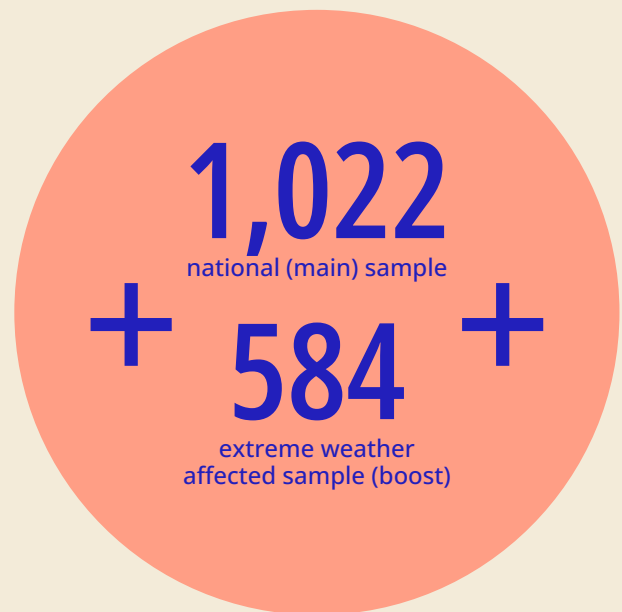
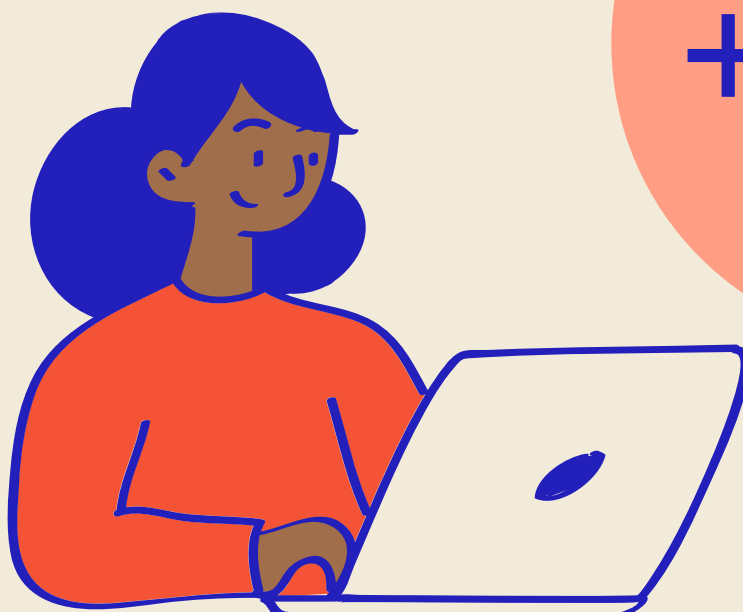
- The survey instrument primarily repeated what was utilised in Wave 1 in 2023. That foundational survey was shaped by insights from a literature review.
- The original survey explored levels of concern about extreme weather events, lived experiences of mental health impacts as a result of extreme weather, and beliefs about responsibility to prepare for mental health impacts as a result of extreme weather.
- Additional questions were added in 2025 to explore new and emerging themes, including experiences of multiple extreme weather events, future anxiety and preparedness, media influence, community resilience, and awareness of Lifeline's 13 HELP service.
- The total sample (n =1,500) is made up of two sub-samples:
  - National sample: 1,022 people living across Australia
  - Boost sample: 584 people living in nominated flood and cyclone affected communities
- Respondents were required to have lived in their current community for at least the past 2 years.

## Field Dates & Weighting

Fieldwork for this interim national sample was undertaken between 10 September and the 17 September 2025, with an additional boost of the Far North QLD postcodes undertaken between 23 and 29 September.

As with Wave 1, the national sample was weighted to be representative of the Australian population for age, gender and location (state). The boost sample was weighted to be representative of age and gender for those postcodes.

**Comparisons to 2023:** Comparisons have been made to the national results in 2023, however given the difference in nominated extreme weather affected communities in 2025, it will not be possible to compare the boost samples.





## Extreme weather-affected communities

In Wave 2, Lifeline have requested a focus on flood- and cyclone-affected communities across QLD and NSW based on postcodes provided by Lifeline.

These nominated communities replace the list of extreme-weather-affected communities surveyed in 2023, and are split into three regions:

- Far North Queensland (Feb 2025 floods)
- North Coast New South Wales and South East Queensland (Mar 2025 cyclone)
- Mid-North Coast New South Wales (May 2025 floods)

# Profiles

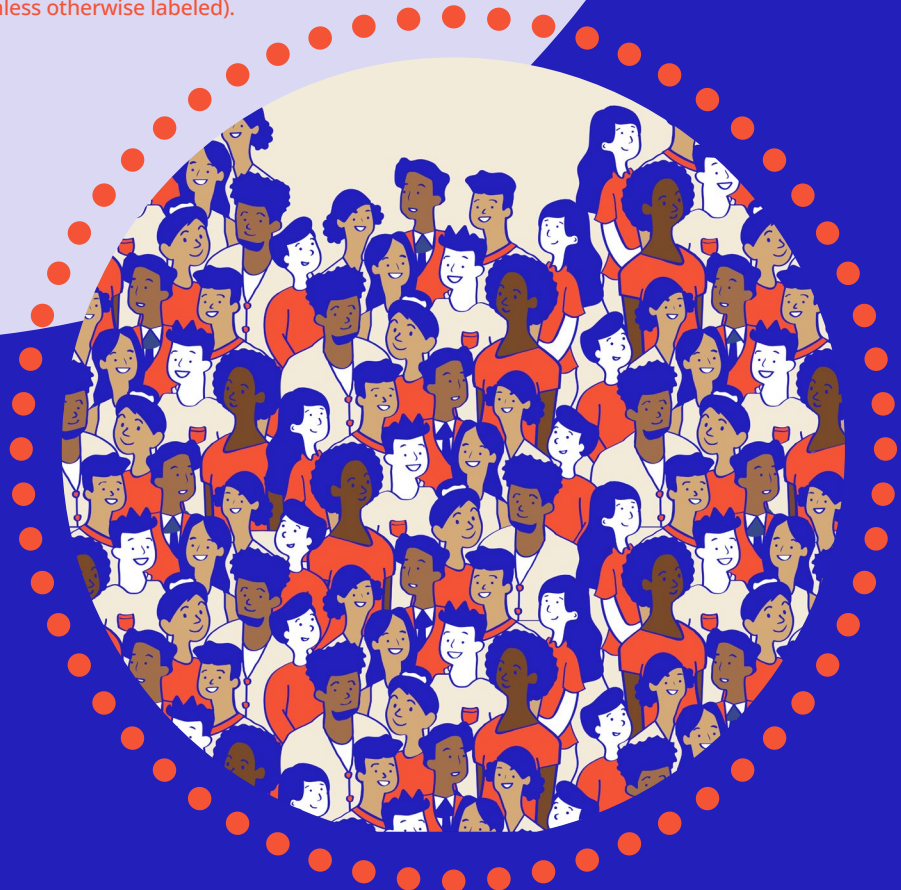
Some demographic groups appear to be more concerned, or more likely to feel stress and anxiety, about the impacts of extreme weather on either their own wellbeing or that of their community.

These groups include:

- Women
- Parents of children under 18
- Gen Z
- Those who are financially stressed
- Those who have experienced multiple extreme weather events

Often, there is a greater difference between demographic groups than between the national sample and those living in extreme weather-affected communities.

*Researchers Note: There were differences amongst other cohorts, but these were interesting rather than significant. As such, this commentary has not been included here or throughout the report, except where pertinent to the question asked. Where referenced, these relate to the national sample (unless otherwise labeled).*





## Women

Women appear to feel the mental health impact of extreme weather more deeply and expect more action in response. They report higher stress and anxiety, greater concern for children and communities, and stronger expectations that governments should do more to support mental health and preparedness.

Compared to men, women are:

- More likely to feel stress or anxiety about the possibility of their community being affected by extreme weather in the next five years (84% vs 79% of men).
- More likely to feel stressed or anxious thinking about extreme weather events (67% vs 54% of men).
- More likely to at least sometimes have feelings of stress or anxiety about extreme weather impact their daily life (45% vs 39% of men).
- More likely to believe that communities need more support to build their ability to mentally cope with and adapt to challenges brought about by extreme weather (69% vs 59% of men).
- More likely to believe that local, state and federal governments should do more to support the mental health of communities at risk of extreme weather (75% vs 69% of men).
- More likely to worry about the toll repeated extreme weather events will have on the mental health of children and young people in impacted communities (65% vs 55% of men).
- Slightly more likely to be concerned that extreme weather events are becoming more frequent and more severe (93% vs 89% of men).



## Parents of children under 18

Parents are among the most anxious and action-oriented groups when it comes to extreme weather. Parents show higher emotional concern and practical response - more stress, more action in response and stronger belief that governments must do more to support mental health.

Compared to the national average, parents of children under 18 are:

- More likely to feel stress or anxiety about the possibility of their community being affected by extreme weather within five years (88%, +6% on the national average).
- More likely to be concerned about the mental health, wellbeing and suicide-risk impacts of extreme weather (61%, +6%).

- More likely to feel stressed or anxious thinking about extreme weather events in general (68%, +7%).
- More likely to report that feelings of stress or anxiety about extreme weather at least sometimes impact their daily life (56%, +14%).
- More likely to have undertaken each of the lifestyle changes listed, and far more likely overall to have taken at least one action (64%, +11%).
- More likely to believe that governments should do more to support the mental health of communities at risk of extreme weather (77%, +5%).
- More likely to worry about the toll extreme weather events will have on the mental health of children and young people (68%, +8%).
- Although more likely than the national sample, just half (51%, +7%) believe children and young people in their community have the resources and support they need to cope with the mental health impacts of extreme weather.

# Gen Z

Younger Australians reports high levels of stress and anxiety about extreme weather events. This group also demonstrated that this stress and anxiety has prompted them to make more lifestyle change than the national average.

Compared to the national average, Gen Z are:

- More likely to feel stress or anxiety about the possibility of their community being affected by extreme weather within five years (86%, +4 % on the national average).
- More likely to feel stressed or anxious thinking about extreme weather events (69%, +8%).

- More likely to report that feelings of stress or anxiety about extreme weather at least sometimes impact their daily life (56%, +14%).
- More likely to have undertaken most of the lifestyle changes listed, and far more likely overall to have taken at least one action (67%, +13%).
- More likely to worry about the toll extreme weather events will have on the mental health of children and young people (65%, +5%).
- However, they are more likely than the national sample, to believe children and young people in their community have the resources and support they need to cope with the mental health impacts of extreme weather (55%, +11%).
- More likely to be or know someone whose mental health has been negatively impacted by the experience of an extreme weather event (51%, +12%).





## Financially stressed

Those already under financial pressure experience higher stress, lower coping capacity and greater exposure to repeated events. They are more likely to feel stressed or anxious about extreme weather, to say these feelings affect their daily life, and to report lower coping ability after repeated events.

Compared to the national average, those who are financially stressed are:

- More likely to feel stressed or anxious thinking about extreme weather events (67%, +6%).
- More likely to report that feelings of stress or anxiety about extreme weather at least sometimes impact their daily life (54%, +12%).
- Slightly more likely to have taken at least one lifestyle change in response to stress and anxiety about extreme weather (59%, +6%).
- More likely to have experienced multiple extreme weather events in the past 5 years (42%, +5%).
- More likely to say that they are less able to cope after multiple extreme weather events (25%, +5%).
- More likely to be or know someone whose mental health has been negatively impacted by the experience of an extreme weather event (48%, +9%).
- More likely to be concerned about extreme weather events becoming more frequent and more severe (67%, +8%).

# Experience of multiple weather events

Australians repeatedly affected by extreme weather show higher stress, concern, and action across every measure.

Compared to the national average, those who have experienced multiple extreme weather events are:

- Far more likely to believe that their community will be impacted by an extreme weather even in the next 5 years (92%, + 12% on the national average)
- Far more likely to say they feel stress or anxiety about the risk of their community being affected by an extreme weather event in the next 5 years (91%, +9%)

- More likely to feel stressed or anxious about extreme weather events (71%, +10%).
- More likely to report that feelings of stress or anxiety about extreme weather at least sometimes impact their daily life (58%, +16%).
- More likely to report that their mental health has been negatively impacted by the experience of an extreme weather event (23%, +11%).
- Far more likely to have taken at least one lifestyle change in response to stress and anxiety about extreme weather (70%, +17%).
- More likely to worry about the toll repeated extreme weather events will take on children and young people (70%, +10%).
- More likely to actively look for information as soon as they hear about an extreme weather event in their area (64%, +13%) and more likely to be aware of information and resources to mentally prepare (36%, +13%).
- More likely to be concerned about extreme weather events becoming more frequent and more severe (73%, +14%).





# Health and emergency service workers/volunteers

## Indicative findings

Those working in health and emergency services appear more affected by the mental toll of extreme weather.

Although a small sample size (n=68), compared to the national average, Australians who work or volunteer in health, mental health or emergency services appear to be:

- More likely to feel stress or anxiety about the possibility of their community being affected by extreme weather, but not about thinking about extreme weather events in general.

- More likely to report that feelings of stress or anxiety about extreme weather events impact their daily life. They are also more likely to report that their mental health has been negatively impacted by the experience of an extreme weather event.
- More likely to have - in response to stress and anxiety about extreme weather - changed their job or career plans, to have moved house (within or outside a region), changed how they travel to work and/or changed their travel or holiday plans.
- More likely to actively check for information as soon as they hear about it and be more aware of 13 HELP. They also appear to be more likely to have reviewed their insurance as a result of extreme weather events in their local area.
- More likely to worry about the toll repeated extreme weather events will have on children and young people.

These themes appear to be more prevalent amongst healthcare and mental health workers / volunteers than those that work in emergency services.

**Researchers Note:** These findings are not definitive given the small sample size, however further exploration through a targeted survey could be considered as an ad hoc project or as part of repeats of this project in coming years.

# Summary of insights

## Issues of concern

Australians remain highly concerned about the cost of living.



The most common issues of concern for Australians were:

- Cost of living (79%)
- Healthcare (41%)
- Affordable housing (34%)

Combined, almost 1 in 3 Australians (31%) selected extreme weather (13%) or climate change (23%), making this the fifth most commonly selected.

More than 1 in 4 Australians selected mental health (27%), making it the sixth most common issue of concern.

### Extreme weather- affected communities mirrored the national sample

People in these communities were concerned about:

- Cost of living (79%)
- Healthcare (37%)
- Affordable housing (37%)

More than 1 in 3 (34%) selected extreme weather/climate change more than 1 in 4 selected mental health (26%).

Comparison to 2023: Cost of living remains the top concern (by a clear margin). The order of the other issues has changed slightly, but only due to small shifts within otherwise similar figures.

	Issue	Australians (national)	Extreme weather Communities (boost)	National SHIFT since 2023
1	Cost of living	79%	79%	-2%
2	Healthcare	41%	37%	-5%
3	Affordable housing	34%	37%	-1%
4	The Economy	32%	31%	-
5	NET: Extreme weather/climate change	31%	34%	-8%
6	Mental health	27%	26%	-3%
7	Jobs and wages	24%	21%	+5%
-	Climate change	23%	17%	-1%
8	National security	18%	19%	+5%
-	Extreme weather	13%	24%	-10%
9	Education	9%	8%	+1%

Researchers Note: Changes in the level of concern about climate change and extreme weather are possibly a reflection of increased concern in other areas where Australians are feeling under pressure.

## Key Insights

# Concerns about extreme weather

"I have a feeling that there is going to be a big bushfire in our area in the next few years. I've started having nightmares about it."

Woman, 34, Albury NSW



## Concerns about extreme weather

# 5 key findings

9 in 10 Australians (91%) are concerned about extreme weather events becoming more frequent or severe.

6 in 10 Australians (61%) say they sometimes feel stressed or anxious thinking about extreme weather events.

4 in 10 (42%) say that feelings of stress and anxiety about extreme weather events have at least sometimes impacted their daily life.

More than half of Australians (53%) have made at least one life or lifestyle change in response to stress or anxiety about extreme weather.

Almost 1 in 5 Gen Z Australians (18%) have changed their job or career plans in response to stress or anxiety about extreme weather.

# Level of concern about extreme weather events

Concern about extreme weather events becoming more frequent or severe is almost universal amongst Australians.

- 9 in 10 Australians (91%) are concerned about extreme weather events becoming more frequent or severe.
- More than 1 in 2 Australians (59%) are moderately or extremely concerned about extreme weather events becoming more frequent and more severe.

This concern is almost equally as high in extreme weather-affected communities

- Almost 1 in 9 (88%) of people in the extreme weather-affected communities are concerned about extreme weather events becoming more frequent or severe.

Comparison to 2023: Slightly (but not significantly) fewer Australians are concerned about extreme weather becoming more severe than they were in 2023 (94%).

# Concerns about specific extreme weather events

Most Australians are concerned about extreme weather events. Severe storms and bushfires are the most likely to concern Australians.

- More than 8 in 10 Australians are concerned about severe storms (87%), bushfires (85%), heatwaves (83%) and droughts (83%).
- More than 7 in 10 Australians are concerned about severe hail events (78%) and floods (76%).
- More than 6 in 10 are concerned about cyclones (62%).

Those Australians in extreme weather-affected areas broadly reflected the views of the national sample.

- Australians in these communities were however somewhat more likely to be concerned about floods (+3%) and somewhat less likely to be concerned about bushfires (-7%), droughts (-6%) and heatwaves (-7%). This may be a result of the sample being more likely to be impacted by floods and/or cyclones.
- They were also significantly more likely to be concerned about cyclones (+13%), reflecting the fact that a large proportion were drawn from QLD.

Comparison to 2023: The addition of severe storms, cyclones and hail has changed the order/composition of the list, but Australians are almost as concerned about bushfires, floods, droughts and heat waves as in 2023. Each has experienced a small drop.

# Stress and anxiety about extreme weather

6 in 10 Australians (61%) say they sometimes feel stressed or anxious thinking about extreme weather events.

- 7 in 10 Australians (71%) who have experienced multiple extreme weather events in the past 5 years say that they sometimes feel stressed or anxious thinking about extreme weather events. This compares to 54% of those who have not.

4 in 10 (42%) say that feelings of stress and anxiety about extreme weather events have at least sometimes impacted their daily life.

- Almost 6 in 10 Australians (58%) who have experienced multiple extreme weather events say that feelings of stress and anxiety about extreme weather events have at least sometimes impacted their daily life.

Extreme weather-affected communities are slightly less likely to report stress and anxiety about extreme weather.

- 56% feel stressed or anxious thinking about extreme weather events. More than 1 in 4 (28%) say that stress or anxiety about extreme weather events sometimes or often impacts their daily functioning - fewer than in the national sample.

Comparison to 2023: These figures have not changed since 2023 - 61% of Australians reported feeling of stress and anxiety when thinking about extreme weather in 2023, and 43% said that their daily functioning was being impacted.

**"It affects if I can get to work which affects my income which can affect if I can pay rent and buy food for my cats which stresses me out."**

**Woman, 47, Elmore Vale NSW**

## Additional Insights | National

Younger generations, including Gen Z (69%) and Millennials (67%) are more likely than Gen X (59%) and Baby Boomers (48%) to say they sometimes feel stress or anxious.

Women (67%) are far more likely than men (54%) to say that they sometimes feel stressed or anxious.

Those with children under 18 are also more likely to feel stressed and anxious (68%), as are those who are financially stressed (67%).

Australians who own pets (64%) are far more likely than those that don't own any pets or livestock (55%) to feel stressed or anxious thinking about extreme weather events.

Concern about cyclones in particular is significantly higher amongst those in QLD - 3 in every 4 (75%) people in this state are concerned about cyclones.

# Stress and anxiety about future extreme weather in their community

8 in 10 Australians (82%) say that the possibility of their community being affected by extreme weather in the next 5 years makes them feel at least a little stressed or anxious.

- Almost 1 in 3 (30%) say this possibility makes them feel somewhat or extremely stressed or anxious.

Australians in extreme weather-affected communities are less likely to feel stressed or anxious about extreme-weather affecting their community.

- 3 in every 4 (75%) people in these communities feel stressed or anxious about the possibility of extreme weather events affecting their community.

Researchers Note: The fact that this proportion is slightly lower than the national sample may reflect the resilience of these communities, and their understanding that these events are typical for their area, not unexpected.

# Impacts of extreme weather on life choices

More than 1 in 2 Australians (53%) have, in response to feelings of stress or anxiety about extreme weather, made at least one adjustment to their life or lifestyle.

- Most commonly, almost 1 in 5 (19%) have reduced their time spent outdoors in certain seasons.
- At least 1 in 10 have: changed their travel plans to avoid extreme weather (15%), decided not to move to or buy a home in an extreme-weather affected area (13%) or have moved to a region less impacted by extreme weather events (10%)
- Almost 1 in 10 Australians have given up or reduced their outdoor recreation activities or hobbies (9%), changed how they travel to and from work (8%) or moved house within the same region to be less impacted by extreme weather (i.e. away from a river) (8%).
- More than 1 in 15 Australians (7%) have changed their job or career plans as a result of stress or anxiety about extreme weather. 1 in 20 Australians (5%) have given up or reduced playing organised sport or other physical activities due to stress or anxiety about extreme weather.

Almost half (49%) of people in the extreme weather-affected communities have made one of the decisions listed - slightly fewer than the national sample.

“When there is an extreme weather event announced, I will change my plans so I can stay home and stay safe.”

“[We] chose our home and children’s schooling based on areas that are flood free zones and easy to access in case of a weather related emergency.”

“[I’ve] cancelled plans to holiday after concerns of cyclones.[I’m] no longer going camping in summer due to extreme heat concerns.”

“[I’ve] moved house [and] changed my child’s school so they are closer for me to get to.”

“[I have] decided we cannot have any more animals once current ones pass away.”

“[I’ve] given up on outdoor activities such as walking, cycling and activities outside of the house.”

“[I’ve] changed holiday plans and kept kids home from school during weather events.”

“I no longer spend much time in the garden. My walks for health stop through the summer months.”

“The weather is getting hotter in Australia and that is just one of the reasons why we are returning to the UK to live after 25 years.” “[I have] reduced number of times travelling to country areas to visit family when really hot weather is being forecast.”

“I consciously choose to work from home so that the bush area that my office is located doesn’t unduly give me anxiety and also be able to collect my son in any event at any time.”

“It is very isolating living in extreme heat. Living on your own and too hot to go out.”

Woman, 72, Currambine WA

## Additional Insights | National

In line with the 2023 results, stress and anxiety about possible extreme weather events in their community is higher amongst those with children under 18 (37% feel somewhat or extremely stressed) and women (32% feel somewhat or extremely stressed)

This figure is also higher amongst other vulnerable groups, including;

- Those who have experienced multiple extreme weather events (41%)
- Members of the LGBTIQ+ community (37%),
- First Nations Australians (49%)
- Likely CALD communities (35%)
- Renters (35%)
- Those who are financially stressed (33%).

# Impacts of extreme weather on life choices

## Key insights by demographics

In response to stress and anxiety about extreme weather events.

1 in 20 parents of children under 18 (5%) have changed where they send their children to school or childcare.

More than 1 in 10 parents of children under 18 have moved to a region less impacted (15%) or moved with the same region to be less impacted (13%).

Almost 1 in 5 Gen Z Australians (18%) have changed their job or career plans.

Almost 1 in 5 Australians who work or volunteer in health or emergency services (18%) have changed their job or career plans (n=68)

1 in 10 men (11%) have given up or reduced outdoor recreation or hobbies (like gardening, fishing or camping).

Almost 1 in 10 women (9%) have changed their job or career plans.

More than 1 in 7 renters (15%) have moved to a region less impacted by extreme weather events.

1 in 10 Australians who are financially stressed (10%) have changed their career plans.



# Australians affected by multiple extreme weather events

## Impacts of extreme weather on life choices

In response to stress and anxiety about extreme weather events:

- More than 1 in 7 have moved to a region less impacted by extreme weather events (16%).
- More than 1 in 10 have moved home within a region in order to be less impacted (i.e. away from a river) (12%).
- Almost 1 in 5 have decided not to move or buy a home in an extreme weather-affected area (18%).
- More than 1 in 10 have changed their job or career plans (11%).
- More than 1 in 10 have changed how they travel to and from work (12%).
- 1 in 4 have reduced their time spent outdoors in certain seasons (25%).
- More than 1 in 5 have changed their travel or holiday plans to avoid potential extreme weather events (22%).
- More than 1 in 20 have given up, sold or rehomed pets or other animals they are responsible for (7%).

## Key Insights

# Community experience of extreme weather

*“In the past 5 years, my community in Sydney has experienced major bushfires, severe flooding, and the impacts of COVID-19. Despite challenges, we’ve seen strong community support.”*

*Woman, 40, Mount Lewis NSW*



## Community experience of extreme weather

# 5 key findings

4 in 5 Australians (80%) say they live in a community that has been affected by an extreme weather event in the past five years.

Specifically, almost 1 in 3 Australians say they live in a community affected by flood in the past five years (29%).

More than 1 in 3 Australians (37%) have experienced multiple extreme weather events in the past five years.

1 in 5 (20%) Australians who have experienced multiple extreme weather events now feel less able to mentally cope with possible future events.

4 in 5 Australians (80%) expect their community to be impacted by an extreme weather event in the next five years.

# Impact of extreme weather in their community

## History of past impacts

4 in 5 Australians (80%) live in a community that has been affected by one of the listed extreme weather events in the past five years.

Specifically, almost half have experienced severe storms (45%) and/or heat waves (40%).

Almost 1 in 3 Australians live in a community affected by flood in the past five years (29%). Close to 1 in 4 live in a community affected by bushfires (23%).

Although less common, a significant proportion of Australians live in communities that have been affected by severe hail events (19%), cyclones (14%) and drought (13%).

## Extreme weather-affected communities

9 in 10 (91%) people in these communities have been affected by extreme weather in the past five years. More than half have been affected by severe storms (57%) and/or floods (59%). 2 in 5 (42%) have been affected by cyclones. Almost 1 in 3 (27%) have been affected by bushfires, and more than 1 in 3 (34%) by heatwaves.

## Prediction of future impacts

4 in 5 Australians (80%) expect their community to be impacted by at least one of the extreme weather events listed in the next five years.

1 in 2 expect their community to be impacted by severe storms (51%) or heatwaves (50%).

Almost 1 in 3 expect to be affected by floods (32%) or bushfires (31%). More than 1 in 4 expect to be affected by severe hail events (27%) or drought (26%).

More than 1 in every 10 Australians (12%) expects their community to be affected by a cyclone in the next five years, although this rises to more than 1 in 3 people living in Queensland (40%).

## Extreme weather-affected communities

More than 4 in 5 (84%) people in these communities believe that their community will be impacted by extreme weather in the next five years, a rate slightly higher than the national sample.

The three most likely extreme weather events are severe storms (66%), floods (58%) and heatwaves (48%).

This is a new question in 2025 and so there is no comparison to 2023.

Comparison to 2023: Overall, the results are in line with 2023. However, the figure for each weather event specifically is slightly lower.

# Experience of multiple extreme weather events

More than 1 in 3 Australians (37%) have experienced multiple extreme weather events in the past 5 years.

- This rises to more than 4 in 10 for regional Australians (42%), and drops slightly to 35% for those in metropolitan areas.

1 in 5 (20%) of those who have experienced multiple extreme weather events now feel less able to mentally cope with possible future events.

- However, this is a smaller proportion than those who said they felt no difference (52%) and those who feel more able to cope (28%).

6 in 10 of those in extreme weather-affected communities (60%) have experienced multiple extreme weather events in the past 5 years - significantly more than the national average.

- This figure is largely consistent across the three different targeted communities, though it is slightly higher amongst those in the 'Feb Floods - Far North QLD' areas (67%).

This is a new question in 2025 and so there is no comparison to 2023.

## Additional Insights | National

- Younger Australians appear more attuned to extreme weather events, with 45% of those under 35 compared to just 25% of those aged 65+ saying believing that they have experienced multiple extreme weather events in the past 5 years.
- Possibly reflecting this, renters (44%) are more likely than people who own or live in other housing situations to have experienced multiple extreme weather events in the past 5 years.
- Women (40%) were also more likely than men (33%) to report having experienced multiple extreme weather events in the past 5 years.



## Key Insights

# Impacts of extreme weather

“The mental health impacts are ongoing - often for many years when the general population has forgotten about the event. In my area there are still people without their homes restored and struggling financially due to losses from floods in 2022. It is really important that there is support available long term.”

Woman, 76, Seymour VIC



## Impacts of extreme weather

# 5 key findings

Almost 4 in 10 (39%) Australians report either their own mental health or the mental health of someone they know mental health has been impacted by extreme weather events.

More than half of Australians (55%) consider the mental health impacts (including the risk of suicide) of extreme weather to be one of the most concerning impacts.

6 in 10 Australians (60%) worry about the toll repeated extreme weather events will have on the mental health of children and young people in impacted communities.

Specifically, over half of parents with children under 18 (68%) worry about the toll repeated extreme weather events will have on the mental health of children and young people.

Less than half of Australians (43%) believe that the children and young people in their community have the resources and support they need to cope with the mental health impacts of extreme weather events.

# Experiences of mental health impacts

The mental health impacts of extreme weather remain widespread, with many Australians reporting personal or second-hand experiences of distress linked to these events.

Almost 4 in 10 (39%) report either their own mental health, or the mental health of someone they know, has been impacted by extreme weather events.

- 1 in 10 Australians (12%) say their mental health has been negatively impacted by the experience of an extreme weather event.

# Most concerning impacts

While financial and physical impacts dominate Australians' concerns, mental health remains a significant worry for almost half the population.

The most concerning impacts upon people experiencing extreme weather events were seen to be:

- Finances and livelihood (62%)
- Physical health and safety (including access to support) (57%)
- Access to safe, comfortable homes (54%)

- 1 in 5 (20%) Australians say the mental health of friends and/or family members has been negatively impacted by the experience of an extreme weather event.
- 1 in 10 Australians (13%) say the mental health of people in their community has been negatively impacted by the experience of an extreme weather event.

Close to half (44%) of people in the extreme weather-affected communities report either their own or someone they know's mental health has been impacted by extreme weather events.

- Almost 1 in 4 (24%) say that the mental health of people in their community has been impacted by extreme weather.
- 12% say their own mental health has been impacted, and 19% say the mental health of friends/family has been impacted.

**Comparison to 2023: These figures are again slightly lower than in 2023 - previously, 48% reported that their own or someone they know mental health has been negatively impacted by extreme weather.**

- Impacts on mental health and wellbeing (including access to support) is a concern for almost 1 in 2 Australians (48%). Combined with the risk of suicide, 55% of Australians are concerned about the mental health impacts of extreme weather events.
- Around 1 in 3 are also concerned about the impacts on community infrastructure (35%) and ecosystems and the environment (30%).
- Extreme weather-affected communities reflect the national sample.
- The most concerning impacts remained finances and livelihood (62%), physical health and safety (58%) and access to safe, comfortable homes (55%). Almost half (47%) selected mental health and wellbeing/risk of suicide.

**Comparison to 2023: Finances & livelihood have now surpassed physical health and safety as the most concerning impact.**

**"My children have endured at least one major weather event every year of their lives and it is hard to know how to help their mental health."**

**Woman, 52, Bannockburn QLD**

# Impact of extreme weather on children

Most Australians are concerned about the mental health toll of extreme weather on children and young people.

6 in 10 Australians (60%) worry about the toll repeated extreme weather events will have on the mental health of children and young people in impacted communities

- 53% of people in extreme weather-affected communities believe the same.
- More than 2 in 3 parents of children under 18 (68%) agree with this statement.

Few Australians believe that children and young people have the support they need to cope with extreme weather impacts.

Less than half (43%) believe that the children and young people in their community have the resources and support they need to cope with the mental health impacts of extreme weather events.

- 37% of people in extreme weather affected communities believe the same.
- More than half (51%) of parents with children under 18 (68%) agree with this statement, though only 1 in 3 (35%) parents of adult children do.

These are new questions in 2025 and so there are no comparisons to 2023.

Australians are most concerned about the impact of extreme weather on:

	Issue	Australians (national)	Extreme weather Communities (boost)	National SHIFT since 2023
1	Finances & livelihood	62%	62%	+6%
2	Physical health and safety (including access to support)	57%	58%	-11%
3	Access to safe, comfortable homes	54%	55%	+10%
-	NET: Mental health/risk of suicide	55%	47%	-
4	Community infrastructure (e.g. schools, roads)	35%	45%	+4%
5	Mental health & wellbeing	48%	40%	-5%
6	Ecosystems and the environment	30%	28%	-8%
7	Risk of suicide (including access to support)	13%	11%	-8%

% ranked in their top 3 issues 'most concerned about'.

## Key Insights

# Preparedness and responsibility

“Those that are impacted by or highly stressed about extreme weather events absolutely deserve increased support, especially our vulnerable members of the community. Not everyone has a healthy network to turn to or feels as connected to community.”

Woman, 36, Petrie QLD



## Preparedness and responsibility

# 5 key findings

Almost 2 in 3 (65%) Australians agree that it shouldn't be up to communities to do the heavy lifting when governments fail to prepare for extreme weather events.

Almost 3 in 4 (72%) Australians agree that local, state and federal governments should do more to support the mental health of communities at risk of extreme weather.

Almost 8 in 10 Australians (78%) agree that mental health services should be part of emergency response plans for extreme weather events.

Less than half of Australians (42%) feel confident that their community is well prepared to manage the mental health impacts of an extreme weather event.

Almost 2 in 3 (64%) Australians believe that most communities need more support to build their ability to mentally cope with and adapt to challenges brought about by extreme weather events.

# Perception of responsibility for action

Most Australians expect stronger government action to support community mental health during extreme weather.

- Almost 3 in 4 (72%) agree that local, state and federal governments should do more to support the mental health of communities at risk of extreme weather.
- Just 1 in 3 (37%) agree that people make a choice to live in areas at higher risk of extreme weather and shouldn't get more government support and services than other areas.
- Almost 2 in 3 (65%) Australians agree that it shouldn't be up to communities to do the heavy lifting when governments fail to prepare for extreme weather events.

Comparison to 2023: Those who agree that governments should do more to support the mental health of communities at risk has slightly decreased since 2023.

Agreement with statements:

	Issue	Australians (national)	Extreme weather Communities (boost)	National SHIFT since 2023
1	Local, state and federal governments should do more to support the mental health of communities at risk of extreme weather	72%	68%	-6%
2	People make a choice to live in areas at higher risk of extreme weather and shouldn't get more government support and services than other areas	37%	27%	-
3	It shouldn't be up to communities to do the heavy lifting when governments fail to prepare for extreme weather events	65%	58%	-1%

**"I thought it would never happen to me, and when it did I was so confused and anxious I didn't know what to do. There were people worse off than me so I just muddled through it myself with the help of my adult children, I now know where to go if I ever need help in the future. I pray that I don't go through this again."**

**Woman, 74, Clifton Beach QLD**



## Responsibility to prepare people

Australians most commonly see government as responsible for helping people mentally cope with or adapt to the challenges of extreme weather.

More than half of Australians believe that:

- State/territory governments have a responsibility (58%)
- Local governments/councils have a responsibility (56%)
- The Australian government has a responsibility (54%)

Less than half - but a large proportion - believe that people living in the community (48%) and local mental health services and providers (48%) have a responsibility.

Those in weather-affected communities also believe governments have a responsibility, but favour people in their local community over the federal government

- As with the national sample, those in extreme weather-affected communities were most likely to select 'state/territory government' (56%) and 'local government' (53%) - however this was then followed by 'people living in the community' (57%), with 'the Australian government' in fourth place (52%).

**Comparison to 2023:** The order of most commonly selected has changed significantly since 2023, when local government (64%) was top, followed by people living in the community (57%) and state government (56%). In 2023 the responses were far more localised, whereas in 2025, we see a shift to government in general.

# Community mental health preparedness

Most Australians want mental health built into disaster planning, but confidence in community preparedness remains low.

- Almost 8 in 10 Australians (78%) agree that mental health services should be part of emergency response plans for extreme weather events.
- Less than half of Australians (42%) feel confident that their community is well prepared to manage the mental health impacts of an extreme weather event.

However, most Australians want government to strengthen mental health services for all communities, not only those directly affected by extreme weather.

- 8 in 10 (80%) agree that Governments need to focus on improving mental health services for all communities equally, not just those at risk of extreme weather (this was less commonly agreed with by those in extreme weather-affected communities).

Comparison to 2023: The proportions of Australians who believe that governments need to focus on improving mental health services for all communities equally has decreased slightly since 2023.

Agreement with statements:

	Issue	Australians (national)	Extreme weather Communities (boost)	National SHIFT since 2023
1	I feel confident that their community is well prepared to manage the mental health impacts of an extreme weather event.	42%	40%	-
2	Mental health services should be part of emergency response plans for extreme weather events.	78%	75%	-
3	Governments need to focus on improving mental health services for all communities equally, not just those at risk of extreme weather.	80%	73%	-4%

# Communities ability to cope with the mental health impacts

Most Australians believe that communities lack the support they need to cope with the mental health impacts of extreme weather.

- Almost 2 in every 3 (64%) Australians believe that most communities need more support to build their ability to mentally cope with and adapt to challenges brought about by extreme weather events.
- Just 1 in 3 (36%) believe that most communities are well equipped to deal with the mental health impacts of extreme weather events.

People in weather-affected communities share this view.

- Almost than 2 in 3 (64%) people in extreme weather-affected communities believe that most communities need more support to build their ability to mentally cope with and adapt to challenges brought about by extreme weather events, in line with the national sample.
- In line with the national sample, just 1 in 3 (36%) believe that most communities are well equipped to deal with the mental health impacts of extreme weather events.

Comparison to 2023: Neither of the national figures has changed significantly since 2023.



## Additional Insights | National

- Women (69%) were far more likely than men (59%) to believe that communities need more support.
- In contrast to other statements regarding concern about the impacts of extreme weather, those aged 65+ are the age group most likely to believe that communities need more support (72%).
- Likewise, those living in regional areas (67%) were slightly more likely than those living in capital cities (63%) to believe that communities need more support.
- Around 2 in 3 Australians believe that communities need more support, regardless of if they are financially comfortable (65%), just getting by (64%) or financially stressed (64%).

# Personal preparedness for the mental health impacts of extreme weather

Most Australians feel confident managing their mental health and see mental preparation as just as important as physical readiness.

7 in 10 Australians (70%) feel confident they could manage their mental health during and after an extreme weather event.

- 66% of people in extreme weather-affected communities believe the same.

Almost 8 in 10 Australians (79%) agree that it's just as important to prepare for the mental impacts of extreme weather as it is to prepare for the physical impacts.

- 75% of people in extreme weather affected communities believe the same.

These are new questions in 2025 and so there are no comparisons to 2023.

Total level of agreement with each statement:

	Issue	Australians (national)	Extreme weather Communities (boost)
1	People in my community work together to prepare for / prepare for the mental health impacts of extreme weather events.	55% / 41%	48% / 33%
2	People in my community check in on / check in on the mental wellbeing of vulnerable members (e.g., elderly neighbours, people with disability) before, during, or after an extreme weather event.	56% / 49%	57% / 50%
3	If I was affected by an extreme weather event, I would have people in my community I could turn to for help / mental health support	59% / 55%	57% / 48%
4	If I was affected by an extreme weather event, I would feel comfortable asking people in my community for help / mental health support	65% / 51%	57% / 49%

Researchers Note: For this question, half the sample were shown general statements and half were shown statements specifying the mental health impacts.

# Community resilience

Australians show a strong willingness to prepare for and discuss mental health in the context of extreme weather, though agreement with these statements is stronger when the phrasing is more general.

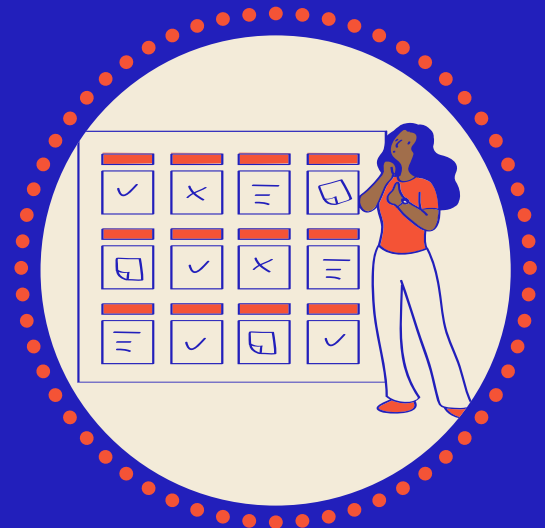
- 4 in 10 Australians (41%) believe their communities work together to prepare for the mental health impacts of extreme weather, rising to 55% when phrased generally.
- Almost 1 in 2 (49%) say people in their community check in on vulnerable members before, during or after extreme weather, increasing to 55% when phrased generally.
- Around 6 in 10 (55%) feel they would have people in their community to turn to for mental health support, rising slightly to 59% when phrased generally.
- 1 in 2 (51%) would feel comfortable asking for mental health support if affected by extreme weather, increasing to almost 2 in 3 (64%) when phrased generally.

Results in weather-affected communities follow the same trend as the national sample.

- There is strong willingness to act, but less agreement when mental health is mentioned. The difference between general and mental-health phrasing is more pronounced, indicating lower comfort discussing mental health directly.

# Key Insights

# Information



## Information

## 5 key findings

Less than 1 in 4 (23%) Australians are aware of any information or resources about how to mentally prepare for an extreme weather event.

Half (51%) of Australians actively check for information as soon as they hear about an extreme weather event in their area.

Most Australians (63%) would turn to loved ones for mental health support during or after extreme weather, rather than seeking professional help.

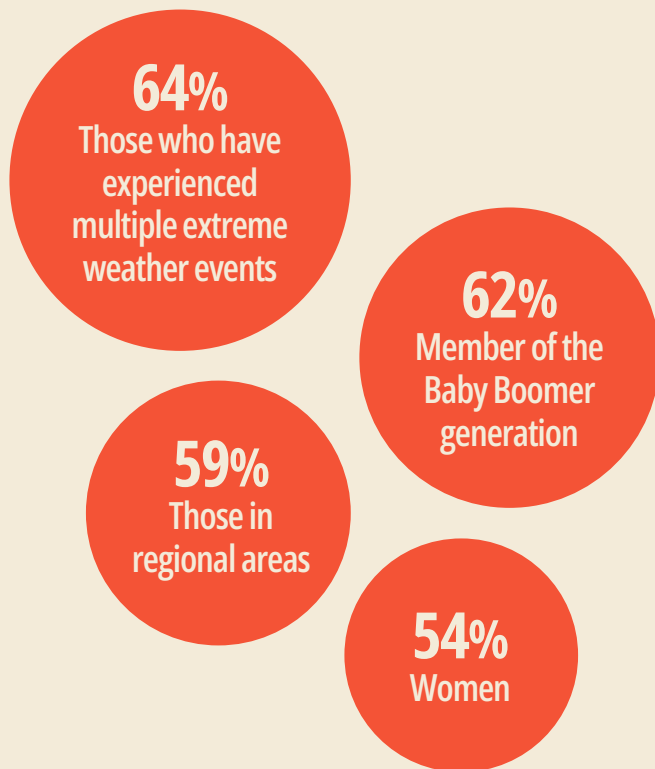
Almost 1 in 5 Australians feel overwhelmed by media coverage of extreme weather, regardless of if it is traditional (19%) or social (18%).

Less than half (43%) of Australians feel informed when consuming traditional media about extreme weather. This falls to less than 1 in 3 (27%) of those consuming social media.

# Seeking information about extreme weather events

Most Australians proactively seek out information about extreme-weather events in their local area as soon as they hear about it.

Those who were MORE likely to seek out information immediately included:



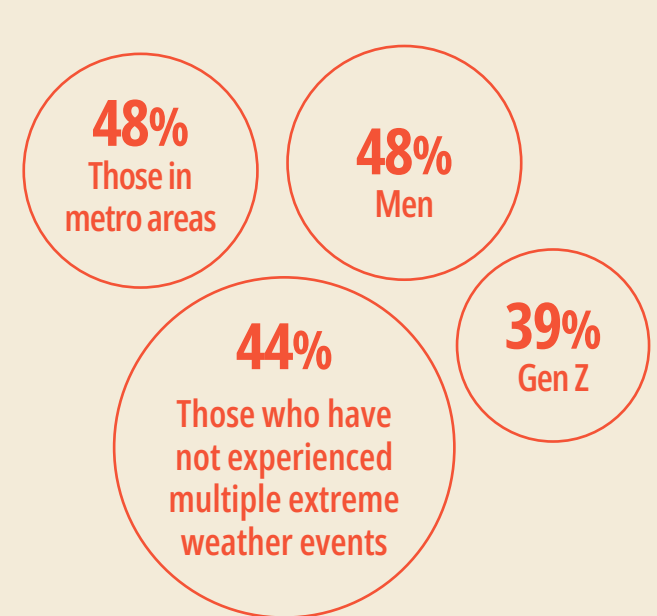
- Half (51%) of Australians actively check for information as soon as they hear about an extreme weather event in their area.
- A further 31% look for information, but not immediately.

Those in extreme weather-affected areas are more likely to seek out information immediately.

- More than half (58%) of people in the extreme weather-affected communities actively seek out information as soon as they hear about extreme weather events in their area, far more than the national average.

This is a new question in 2025 and so there is no comparison to 2023.

Those who were LESS likely to seek out information immediately included:



# Seeking information to mentally prepare

## Seeking information to prepare

Less than 1 in 4 (23%) Australians are aware of any information or resources about how to mentally prepare for an extreme weather event.

The three most common sources Australians would go to are:

- Government websites or materials (50%)
- Emergency services (42%)
- Mental health or suicide prevention organisations (e.g. Lifeline, Beyond Blue) (35%)

Friends or family is ranked fourth, with less than 1 in 3 Australians (30%) saying they would seek information from those closest to them about how to mentally prepare for an extreme weather event.

Fewer still would turn to community groups or their local council (21%), social media (21%) or their workplace or school (just 5%).

## Extreme weather-affected communities

Just 1 in 5 (20%) of people in these communities are aware of any information or resources about how to prepare mentally for an extreme weather event - slightly fewer than the national sample. The most common sources they would access reflected the list above.

## Seeking information if their mental health is impacted

Most Australians would turn to loved ones for mental health support during or after extreme weather, rather than seeking professional help.

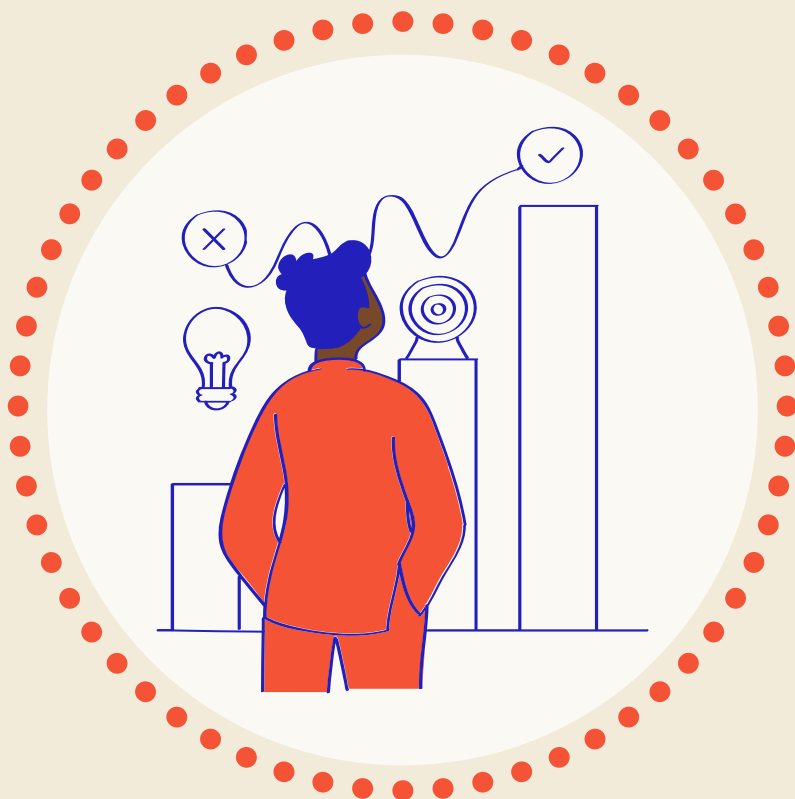
Although few would seek out friends and family to help them prepare their mental health for the impacts of an extreme weather event, most (almost 2 in 3 or 63%) would turn to loved ones (friends or family) if their mental health was impacted.

Almost 1 in 2 (48%) would turn to a GP, and more than 1 in 3 (38%) would turn to a mental health provider.

## Extreme weather-affected communities

Reflective of the national sample, more than 2 in 3 (67%) of those in these communities would turn to loved ones if their mental health was negatively impacted by extreme weather events. 1 in 2 (50%) would turn to a GP, and more than 1 in 3 (35%) to a mental health provider.

These are new questions in 2025 and so there are no comparisons to 2023.



# Reactions to media

## Australians experience a mix of reactions when exposed to media coverage of extreme weather.

Fewer than half feel informed and very few feel reassured or confident. Traditional media evokes strong emotions overall, while social media leaves fewer feeling informed and more feeling distrustful.

- Less than half (43%) of Australians feel informed when consuming traditional media about extreme weather. This falls to less than 1 in 3 (27%) of those consuming social media.
- Almost 1 in 5 Australians feel overwhelmed by media coverage of extreme weather, regardless of if it is traditional (19%) or social (18%).
- Australians are more likely to be sad (32% v. 23%), anxious (29% v. 26%) or alarmed (28% v 21%) when viewing traditional media over social media.
- Positive emotions are uncommon when Australians view coverage of extreme weather. Traditional media elicits marginally more hope, support and reassurance (14%, 10%, 9%) than social media (10%, 8%, 5%), but confidence remains low at just 7% and 6%.
- Australians are more likely to feel distrustful when viewing social media (14%) coverage compared to traditional media (8%).

People in extreme weather-affected communities respond much like other Australians to media coverage, though they are slightly more likely to feel distrustful of social media and prepared when viewing traditional media.

## The top five most common words to describe how Australians feel when hearing coverage of extreme weather events were:

### Social Media

- Informed (27%)
- Anxious (26%)
- Sad (23%)
- Alarmed (21%)
- Overwhelmed (18%)

### Traditional Media

- Informed (43%)
- Sad (32%)
- Anxious (29%)
- Alarmed (28%)
- Overwhelmed (19%)



**“I feel that the media tends to exaggerate some aspects of extreme weather & climate change, that results in anxiety in our society.”**

**Man, 76, Buderim QLD**

# Sample details

## Total sample

### National Sample - n = 1,022

The total sample has been weighted so as to be representative of the national population of Australian adults by age, gender and location.

#### Gender

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51% Women  
49% Men

#### Generation

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20% Gen Z (11-26 yrs)  
28% Millennial (27-42 yrs)  
25% Gen X (43-58 yrs)  
23% Baby Boomer (59-77 yrs)  
3% Silent Generation (78+ yrs)

#### Location

---

75% Metropolitan  
25% Regional  
-----  
31% NSW  
26% VIC  
21% QLD  
11% WA  
7% SA  
2% TAS  
3% NT & ACT

### Boost Sample - n = 584

This sample was drawn from:

Far North Queensland (Feb 2025 floods)

North Coast New South Wales and South East Queensland (Mar 2025 cyclone)

Mid-North Coast New South Wales (May 2025 floods)

The total sample has been weighted so as to be representative of the average of the three regions by age and gender.

#### Gender

---

51% Women  
49% Men

#### Generation

---

14% Gen Z (11-26 yrs)  
29% Millennial (27-42 yrs)  
24% Gen X (43-58 yrs)  
29% Baby Boomer (59-77 yrs)  
4% Silent Generation (78+ yrs)

#### Location

---

32% Metropolitan  
68% Regional  
-----  
26% NSW  
74% QLD

# Appendices



# Survey questions

This survey explored Australians' experiences, concerns and mental health impacts related to extreme weather events.

In addition to the questions listed opposite, the following demographic details were collected:

- Age
- Gender
- Location
- Parental status
- Housing status
- Financial security
- Caring responsibilities
- Pet ownership
- Cultural and linguistic background
- Disability
- First Nations identity

## Main Survey Question Themes

- Which issues are you most concerned about?
- How would you describe your overall level of concern about each of the following extreme weather events?
- In the past 5 years, my community has been affected by ...
- In the next 5 years, I think my community will likely be affected by...
- How much stress or anxiety do you feel about the possibility of your community being affected by an extreme weather event in the next five years?
- Thinking about people who are affected by extreme weather events, what impacts are you MOST CONCERNED about?
- Do feelings of stress or anxiety about extreme weather events ever impact your daily life?
- Have feelings of stress or anxiety about extreme weather events led you to take one of the following actions (Key life events and lifestyle changes)
- Which of the following statements sounds most right? (Feelings of stress or anxiety around extreme weather events)
- Can you share one or two examples of decisions you've made or things you've done that were driven by feelings of stress or anxiety about extreme weather events?
- Which of the following statements sounds most right? (How well communities are equipped to deal with the mental health impacts of extreme weather)
- How strongly do you agree or disagree with the following statements? (Government, community, and preparedness attitudes)
- In your view, whose responsibility is it to prepare people to mentally cope with or adapt to challenges brought about by extreme weather events?
- Which of the following words best describe how you feel seeing, hearing and reading news stories about extreme weather events from traditional media/social media sources?
- Which of the following best describes what you usually do when you hear about an extreme weather event in your area?
- Where would you go to find information about how to mentally prepare/ be mentally supported to cope with an extreme weather event?
- Have you heard of 13 HELP? Do you recall seeing any marketing or promotion of either of these specific mental health support services? Which of the following best describes your experience with 13 HELP?
- How strongly do you agree with the following statements? (Preparing for and responding to extreme weather events generally v. preparing for and responding to the mental impacts)
- In the past 5 years, have you experienced multiple extreme weather events (heatwaves, bushfires, droughts, floods, cyclones, severe storms or severe hail events) close together (i.e. more than one in 12 months)?
- Which of the following best describes you? (Capacity to cope)
- In the past five years, has your mental health - or that of friends, family or people in your community - been negatively impacted by extreme weather events?
- If your mental health was negatively impacted by worry/ anxiety about or experiencing extreme weather events, who would you turn to?
- Experts tell us extreme weather events such as fires, floods, heatwaves, cyclones, droughts, severe storms and severe hail events are becoming more frequent and more severe. How does this make you feel?
- Do you have any experiences or thoughts about the impact of extreme weather on mental health you would like to share?

# About 89 Degrees East Accreditation

We are a national research, strategy and communications agency that has been trusted to deliver critical insights to corporates, government, industry bodies and advocacy organisations for over a decade.

We are dedicated to supporting the clean energy transition and have worked with Offshore Wind Energy Victoria, Marinus Link, Bass Offshore Wind Energy (BOWE), Elanora Offshore, Clean Energy Council, Clean Energy Finance Corporation, Nature Conservation Council and The Sunrise Project.

We are a Research Society of Australia accredited company, adhering to the highest ethical and privacy standards.

Our research unit is led by Dr Rebecca Huntley Australia's leading climate change and environmental social researcher. Rebecca is a Fellow of The Research Society, the author of *How to Talk About Climate Change in a Way That Makes a Difference* (2020) and was integral to developing The Climate Compass project.

Our research team is able to deliver high quality data and evidence lead reports that are practical and pragmatic enabling our clients to make critical decisions on the best way forward.

89 Degrees East is a full service Communications Agency, our clients benefit from our strategic communication advice, design studio and public affairs advisory.

Dr Rebecca Huntley is a fellow of The Research Society (formerly known as the Australian Market and Social Research Society).

All members are required to abide by strict procedures in line with The Research Society's Code of Professional Behaviour, including:

- Requiring informed consent for the use of identifiable research information
- Anonymity preserved if conducting anonymous research
- Identifiable research collected and held only for the specific purposes of the project
- When presenting findings, an individual's identity cannot be inferred via deductive disclosure
- Identifiable research and information must be kept no longer than is required for the research purposes of collection, and is deleted when no longer needed.



