

Child and adolescent psychiatry: meeting future workforce needs



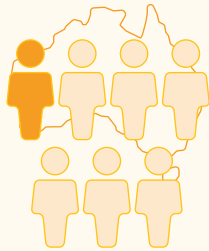
The Royal
Australian &
New Zealand
College of
Psychiatrists



Australia

The scale of the issue

Approximately
1 in 7 children and adolescents
in Australia experience a
mental health disorder.



Very few see a specialist

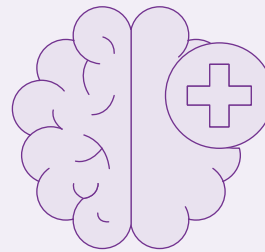


Despite the high prevalence, in
2023–2024, only around
2,000
Australian children (1.7%)
saw a child and adolescent
psychiatrist in a 12-month period.

Children and adolescent psychiatrists are under-represented in the psychiatry workforce

Children and adolescents make up

20–22% of the population,

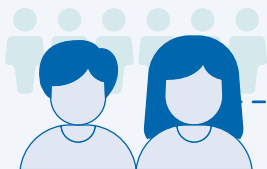


but only:
13.1%
of psychiatrists
in Australia
specialise in child and
adolescent psychiatry.



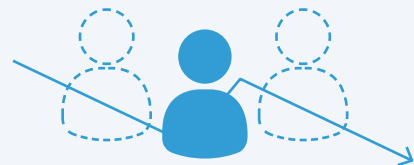
Demand far exceeds supply

For every 571
Australian children
with moderate to severe
mental illness,



there is
just one child
and adolescent
psychiatrist.

The workforce gap is growing



Australia faces a
projected psychiatry
workforce shortfall of
up to 42% by 2040,
including at least 131 FTE child and
adolescent psychiatrists needed in 2024.

Early intervention delivers major economic returns

Investing in **one additional child and adolescent psychiatrist FTE** is estimated to generate:

AUD\$5.85 million
in lifetime benefits

including economic
and social gains over an
individual's life.



AUD\$13.64
in healthcare
savings for
every AUD\$1
invested



Returns are **highest**
when intervention
occurs in **early**
childhood, particularly
before age 3.



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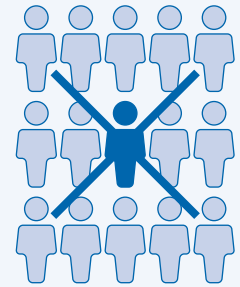
New Zealand

The scale of the issue



Demand far exceeds supply

In New Zealand,
1 in 15 children
report an
**unmet need for
mental health
support**
in the past 12 months.



Health outcomes are worsening



The workforce gap is growing

Vacancy rates
in Aotearoa New Zealand are
**nearly 25% for child and
adolescent psychiatrists**
more than doubling since 2018.

Mental illness starts early

50%

of mental disorders emerge
before age 14 and

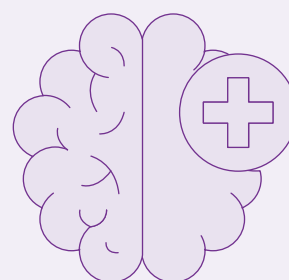


75%
before age 25

Children and adolescent psychiatrists are under-represented in the psychiatry workforce

Children and adolescents are

20-22% of the population,



only
11.4%
of psychiatrists
specialise in their care.
**Many rural youth can't
access CAPs at all.**

