

Improve mental health and wellbeing

Mental health is a state of emotional, social and psychological wellbeing.

Positive mental health allows a person to realise their full potential, cope with the normal stresses of life, work productively and contribute to their community.

Mental health effects and is affected by multiple socioeconomic factors, including a person's access to services, living conditions and employment status.

Improving liveability through addressing these factors will lead to improved mental health outcomes in Cardinia Shire.

Key statistics



22% of Cardinia Shire adults report high/very high levels of **psychological distress**. (1)



20% of year **4-6 students** and **year 7-9 students** have been bullied.



6% of hospital admissions are due to intentional injury. (3)



8% of adults are unable to **work, study or manage daily activities** due to psychological.



Higher rate of avoidable death from **suicide and self inflicted injury**. (4)



18% of adults have sought professional help for mental health problems. (2)



69% of residents accessing **mental health services**, did so outside of Cardinia Shire. (2)



33% of adults have with a disability have a **mental health condition**. (6)



13% of parents have a **history of mental illness**. (5)

Health considerations in priority populations

- Young people more often report challenges with mental illness, self-harm and suicide continue to be common issues in people aged 12-24 years. (4)
- People with chronic illness or disability are more likely to experience high or very high levels of psychological distress. (7)
- Females and people identifying as LGBTQIA+ are more likely to experience poor mental health: experiencing high or very high psychological distress, and greater rates of anxiety and depression. (8)

Impact of climate change on mental health

- Increased incidence or exacerbation of mental health conditions, due to trauma from preparing for, and dealing with the impact of extreme event(s).
- Increased anxiety among community members regarding the effects of climate change and rate of action by society to reduce emissions and adapt. This can lead to long-term emotional distress, disproportionately affecting young people and farmers.

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References

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