

Priority area

Mental health and wellbeing



Good mental health is more than just the absence of mental illness. A positive state of mental health and wellbeing is about feeling good, being able to cope with life's stressors, an ability to work productively, realising individual potential and an ability to contribute to family and community life.

What we know for Cardinia Shire

Adult Population

- 15% of adults experience high or very high psychological distress, compared to 12.5% of Victorians.
- 20% of adults living in rural areas identified mental health issues negatively impact either themselves or their households, compared to 19% of living in growth areas.
- 8% of adults were unable to work, study or manage day-to-day activities due to impacts of psychological distress compared to 9% of Victorians.
- 19% adults have reduced work, study or day-to-day activities due to impacts of psychological distress, compared to 15% of Victorians.
- 17% of adults living in rural areas identified workplace stress negatively impact them or their households, compared to 21% living in growth areas.
- 35% of residents feel that mental health, counselling and support services are not currently available locally but would make their life easier if they were.
- 52% of respondents in a local community safety survey identified mental health related issues as one of the main safety and injury concerns in Cardinia Shire.
- Cardinia Shire has the highest rate of overnight hospitalisations for depressive episodes in the Southern Metropolitan Region⁵.
- Cardinia Shire has higher than average rates of suicide deaths, attempts and/or ideation.
- The rate of registered mental health clients per 1,000 population is among the lowest in the state.

Children and Youth

- 15% of parents of school aged children report their families experience high or very high rates of stress, compared to the Victorian average of 11%.
- Depressive symptoms are high in school children:
 - In year 6, 31% of children report depressive symptoms.
 - In year 8, 51% of children reported higher levels of depressive symptoms compared to the Australian measure of 41%.
- The top five issues of concern for youth living in Cardinia Shire relate to mental health and wellbeing:
 1. Stress (School or work related): 35%
 2. Stress (other): 31%
 3. Being Unhappy: 29%
 4. Anxiety: 22%
 5. Body Image: 18%
- Over one quarter of all students reported they have been bullied recently.
 - In Year 6 this was 35% of students
 - In Year 8 this was 45% of students
 - In Year 10 this was 26% of students
- 8% of adolescents have an eating disorder compared to the Victorian average of 2.5%.

Cardinia Shire Liveability Plan 2017-29

Cardinia Shire's Liveability Plan 2017-2029 identifies seven health and social priorities impacting the wellbeing of Cardinia Shire residents. These are identified as the long term goals within the plan.

Contact us

For more information contact Social and Community Planning on **1300 787 624** or email mail@cardinia.vic.gov.au.

Year prepared: 2017 For a list of data sources or a copy of this information please contact Social and Community Planning