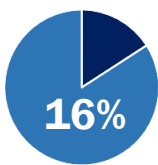


Mental health and wellbeing

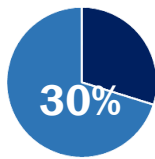
Mental health is a state of emotional, social and psychological wellbeing. Positive mental health allows a person to realise their full potential, cope with the normal stresses of life, work productively and contribute to their community. Mental health effects and is affected by multiple socioeconomic 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.



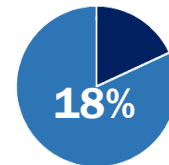
Key statistics



Cardinia Shire adults reported high/very high levels of psychological distress



Cardinia Shire adults ever diagnosed with anxiety or depression



Cardinia Shire adults who sought professional help for mental health problems



56 hospitalisations for self-harm in 2019-20



7 out of 8 rating of resilience score



78 out of 100 subjective wellbeing score



- Females more often report high/very high levels of psychological distress and a diagnosis of anxiety or depression
- Those experiencing financial hardship less often feel positive about their future
- Young people identifying as non-binary or other identify have a higher incidence of suicidal thoughts, being unhappy and feelings of isolation
- 46% of young people report anxiety and 42% report being unhappy



- 24% of residents felt the pandemic had a big impact on their mental health
- The pandemic more commonly impacted on the mental health of females and renters than males and homeowners
- Families and young people more often reported an impact from COVID-19 than older adults



- Increased incidence of mental illness for community 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

For more information contact Cardinia Shire Council on 1300 787 624 or mail@cardinia.vic.gov.au