

1 IN 5 PEOPLE WILL EXPERIENCE MENTAL ILLNESS IN THEIR LIVES



MENTAL HEALTH - 2018

Depression will be one of the biggest health problems worldwide by the year 2020.

12% of people in Wodonga showed high levels of psychological distress, compared to only 8.8% of all Victorians.

Wodonga has high rates of substantiated child abuse, numbers of children on child protection orders and numbers of children witnessing family violence.

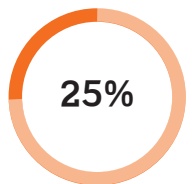


Wodonga has a higher proportion of registered mental health clients compared to Victoria.



One in four children in Wodonga will be bullied at school.

Evidence suggests three in four adult mental health conditions emerge by age 24 and half by age 14.



Those with high levels of psychological distress were more likely to:

- Be unemployed
- Not have completed high school
- Have a total annual household income less than \$40k



Local schools in Wodonga have reported a rise in self-harm among young people.

Children in Wodonga are clearly more vulnerable to bullying and the impacts of family violence. The mental wellbeing and resilience of young people needs to be prioritised.

REFERENCES: DHHS 2014, CoW 2013, DHHS 2016.

For more information please contact the Community Planning and Wellbeing team on (02) 6022 9300 or go to wodonga.vic.gov.au



Mental health awareness and understanding

WHAT COUNCIL IS DOING

Wodonga Council acknowledges the importance of good mental health and wellbeing for everyone. To work towards this, the council works closely with the community to raise awareness and understanding of mental illness.

The council engages in several activities that promote mental health and wellbeing including:

1. Screening for postnatal depression during Maternal and Child Health Nurse appointments;
2. Promoting and supporting mental health initiatives where people live, learn, work and play through the Victorian Achievement Program; and,
3. Supporting community-wide campaigns that promote mental health such as Mental Health Month.

WHAT YOU CAN DO

It is up to everyone in the community to support mental health and wellbeing. There are key settings where change can occur:

- **Workplaces** (Are policies in place in your organisation that support mental health and wellbeing? If possible, are there flexible working arrangements to support a healthy work/life balance for staff?)
- **Schools and early learning services** (Does your child's school have a policy that supports the mental health and wellbeing of students and staff?)
- **Community and sporting organisations** (Is your sporting club open about mental illness or does it reinforce stigma around mental illness?)
- **Communities** (Do you take time out to focus on your own mental health? Do you stop and have a friendly chat to your neighbours?)

To find out more phone Wodonga Council on (02) 6022 9300

OUR ACTIONS

Lobbying and advocacy

To effectively lobby and advocate for local opportunities to improve our local mental health sector, City of Wodonga is undertaking research to understand current needs and gaps of the sector.

Mental Health Campaigns

The council partners with Gateway Health and other stakeholders to deliver community-wide mental health social media campaigns. To raise awareness of the importance of good mental health and asking for help when needed.

If you, or someone you know is experiencing mental illness please call:

- Lifeline: 13 11 14
- Parentline: 1300 30 1300
- SANE Australia: 1800 18 7263
- Suicide Line: 1300 651 251