

### Mental Health

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**Lifeline** Saving Lives  
Crisis Support Suicide Prevention.

In Gippsland it's estimated that:

	Gippsland	Victoria
 Children with emotional or behavioural problems <sup>1</sup>	7.4%	4.6%
 Adults with high or very high psychological distress <sup>2</sup>	14.3%	12.6%
 Intentional injuries treated in hospital <sup>1</sup>	4.4 per 1,000 people	3.0
 Mental health overnight hospitalisations <sup>3</sup>	11.0 per 1,000 people	10.2
 Anti-depressant prescribing rates for children <sup>4</sup>	62-145* per 1000 people	78
 Mental health treatment plans by general practitioners <sup>4</sup>	40-65* per 1,000 people	48
 People who are mental health clients <sup>1</sup>	15.1 per 1,000 people	11.9
 Registered psychologists <sup>5</sup>	44.3 FTE per 100,000 people	81.4

\*Range for Gippsland local government areas

■ Among highest or lowest 25% of regions in Victoria

### Strengths

- Most people feel like they live in a close community (very important for good mental health)<sup>6</sup>
- Service providers and the community recognise that mental health is a top health issue<sup>10</sup>
- Recommendations to raise awareness and removing stigma around mental health and alcohol and other drug use<sup>7</sup>
- Funders and service providers meet to improve how services work<sup>8</sup>
- Recommendation to develop a Gippsland mental health and alcohol and other drug web site<sup>7</sup>
- "...consumers and carers need to be involved much more."<sup>9</sup>

### Needs

- People experiencing social and economic disadvantage have a significantly higher risk of mental health issues<sup>11</sup>
- Access to mental health services for children and young people is challenging<sup>10</sup>
- Affordable access to psychiatrists and counselling services is needed<sup>10</sup>
- Stigma among health professionals is still common<sup>7</sup>
- Many people present with substance misuse problems in addition to their mental illness<sup>11</sup>
- About 1 in every 8 GP appointments are mental health related (national data)<sup>12</sup>
- Mental health related hospital admissions are six times higher for Aboriginal people<sup>13</sup>
- "... often mental health is just dealt with by prescribing medication."<sup>10</sup>

### References

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5. Australian Institute of Health and Welfare, 2014
6. VicHealth Indicators Survey, 2015

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9. Gippsland PHN, Mental Health Outcomes Project, 2018
10. Gippsland PHN, Community and Stakeholder engagement 2016
11. Fifth National Mental Health and Suicide Prevention Plan, 2017
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