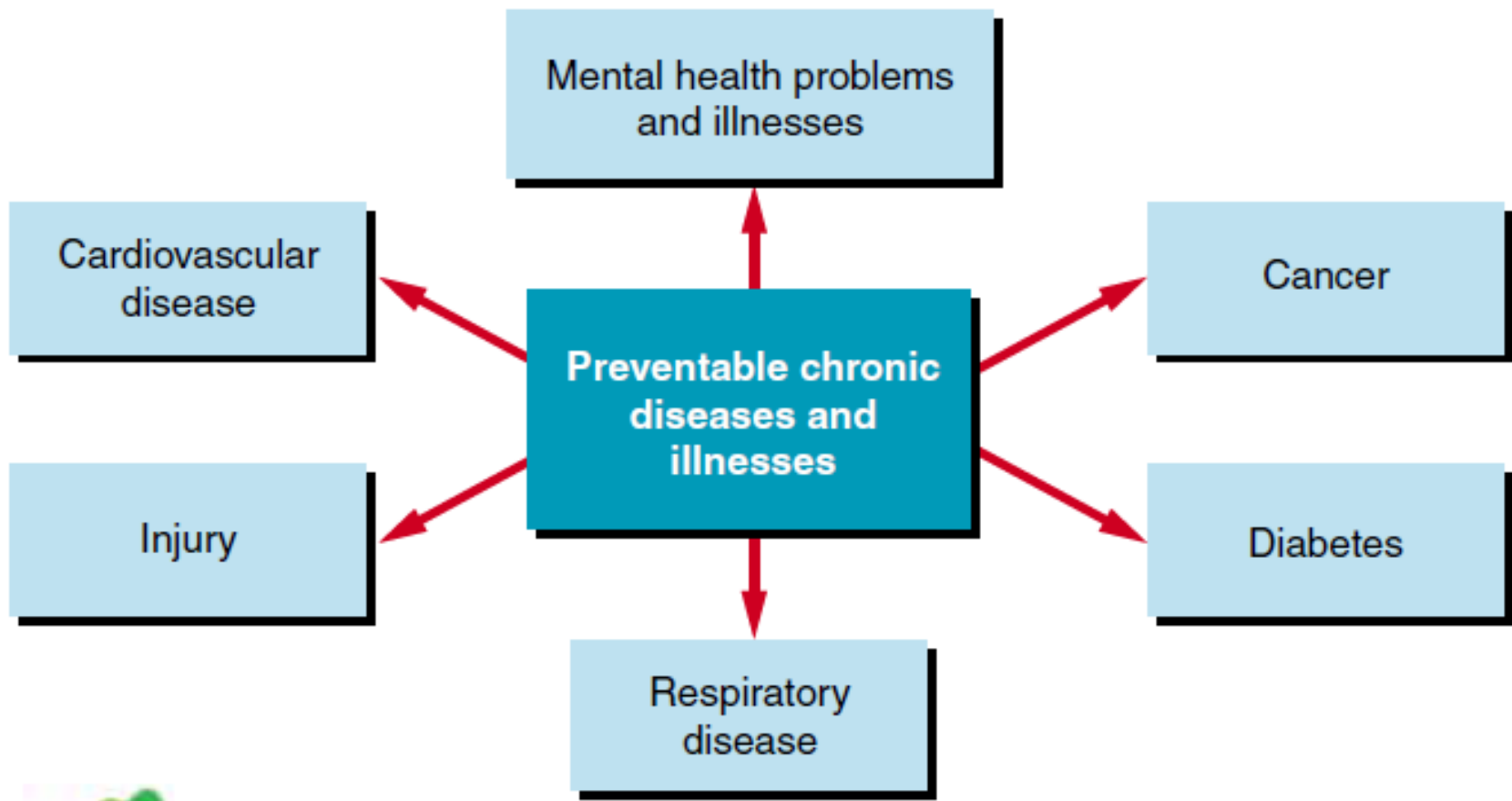


High levels of preventable chronic disease, injury and mental health problems



Mental Health Problems and Illnesses

The nature of the problem

- Mental health affects the way the mind works and includes illnesses such as depression, anxiety, schizophrenia, eating disorders
- Depression – beyondbule (1min)
<https://www.youtube.com/watch?v=iGE4CAIsSfQ>

Mental Health Problems and Illnesses

Extent of the problem (trends)

- Approx 25% of Australian adults have experienced a mental illness.
- Morbidity rates are increasing
- Mortality rates are slowly decreasing
- Women were more likely to have anxiety
- Men were more likely to have symptoms of substance use disorders

Mental Health Problems and Illnesses

Risk factors and protective factors

- Risk Factors: family history, chemical imbalance, drug/alcohol abuse, stress, negative emotional experiences
- Protective Factors: Strong peer network, positive family and friendship relationships, being resilient (bounce back from tough times)

Mental Health Problems and Illnesses

The sociocultural, socioeconomic and environmental determinants

Table 2.6: The sociocultural, socioeconomic and environmental determinants for mental health problems

Sociocultural determinants	<ul style="list-style-type: none">• Aboriginal and Torres Strait Islander peoples are more at risk of suicide and depression, due to higher levels of drug and alcohol abuse, compared to other Australians.• People with a family history of mental illness are more at risk.• People who have had a falling out with peers, or who have been exposed to bullying, are more at risk.
Socioeconomic determinant	People with a low socioeconomic status or who are unemployed have higher rates of mental health problems, as these groups tend to engage more in substance abuse, compared to those of a higher socioeconomic status.
Environmental determinant	Rural, young males are at a higher risk of suicide than urban, young males because they have less access to support services and fewer job prospects.

Mental Health Problems and Illnesses

Groups at risk

- ATSI people
- Those with a family history of mental illness
- Certain personality types eg perfectionist
- Those who have had a trauma
- People with a disability or chronic illness
- Low socioeconomic status