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 slowing 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

| **Sociocultural determinants** | • 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. |
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Socioeconomic determinant</strong></td>
<td>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.</td>
</tr>
<tr>
<td><strong>Environmental determinant</strong></td>
<td>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.</td>
</tr>
</tbody>
</table>
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