MENTAL HEALTH
Mental health is a state of wellbeing in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.

Depression is a mood disorder characterised by feelings of sadness, loss of interest or pleasure in nearly all activities, feelings of hopelessness and suicidal thoughts or self-blame.

It is understood to be a condition that generally comes and goes, that is more likely at certain stages of the life cycle, and is driven either by genetic and biological factors or is a result of response to major life events.

Depression is commonly linked with a range of health risk behaviours, including tobacco use, illicit drug use, alcohol misuse and dependence, eating disorder and obesity.
Mental health is one of the leading causes of non-fatal burden of disease and injury in Australia. It is associated with increased exposure to health risk factors, poorer physical health, and higher rates of death from many causes including suicide. Mental health problems are responsible for a large proportion of disability cases, incur high direct and indirect costs, result in high numbers of hospitalisations, and impose a heavy burden of human suffering, including stigmatisation of people with mental disorders and their families.

More than three million Australians are estimated to experience a mental disorder, with more than 50% of those affected long term. The 2007 second National Survey of Mental Health and Wellbeing estimated that 1 in 5 Australians aged between 16 and 85 years experienced one or more of the common mental disorders in the 12 months before the survey. These were mood disorders (such as depression), anxiety disorders and substance use disorders. An additional one-quarter of those surveyed, while not experiencing one of these disorders in the 12 months beforehand, had done so at some time in the past. Thus, 45% of respondents had experienced a mental disorder in their lifetime. This equates to 7,286,600 Australians aged 16 to 85.
What are the risk factors for getting this condition.

Biological: age - the most at risk age is 18-24 years for females, and males highest at 35-40 years. And people over 65 because of illness, loneliness, or isolation. Gender: females are at a greater risk of depression, stats have shown twice as many females suffer from depression as males. Due that females are more likely to get help.

Behavioural: Alcohol consumption: risky levels of alcohol consumption a risky factor for mental illness. It can also contribute to or trigger mental health in people to some extent.

Environmental factors
Mental health disorders are believed to be more prevalent among residents of rural and remote area than those in metropolitan areas, and also for people of Aboriginal or Torres Strait Islander descent. Suicide rates, especially among young males, are much higher for these groups than the general population.
What are the costs of this condition?

Direct:
- Hospitals
- doctor visits
- Physiologists
- health clinic’s
- medication

Indirect
What can people do to prevent/improve this condition?

TALK to someone is the very first step of helping mental health. Go to beyond blue, lifeline, your doctor, school counsellor, school teacher, trusted friend or family member.
What Health Promotion Initiatives are there to improve this area?

Headspace
beyond blue
Mind matters
Lifeline
Better Outcomes in Mental Health Care
kids helpine