

In 2021,
more than
72,000
people are forecast
to be affected by or
at risk of a mental
health condition

Mental illness is a key component of the burden of disease in the Australian community. Over a lifetime, nearly half of the Australian adult population will experience mental illness at some point, but less than half will get treatment. The pattern of mental illness for people across their life course is highly variable compared with other types of health conditions.

While many people recover from a single episode of illness (especially if it was connected to the stress of a particular life event), sometimes mental health problems follow a chronic or episodic course.

Mental illness compounds existing social disadvantage and damages chances for social and community participation. Although it can affect any person at any time, at a population level mental illness disproportionately affects those who already experience some level of disadvantage and who are often those with the least access to mental health support.

Mental health MBS GP services per 1,000 population by statistical area 3 (SA3), 2014

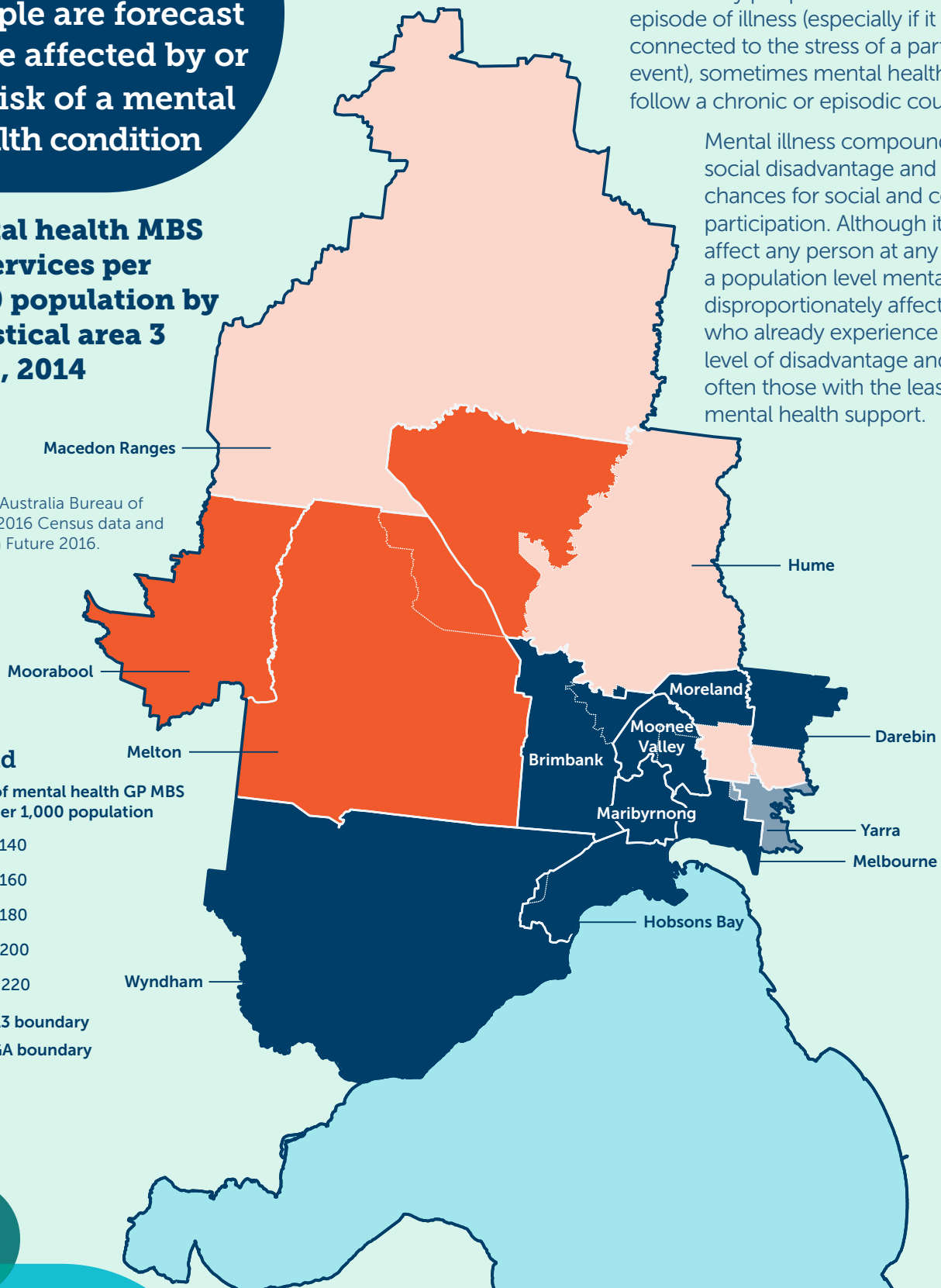
Sources: Australia Bureau of
Statistics 2016 Census data and
Victoria in Future 2016.

Legend

Number of mental health GP MBS
services per 1,000 population

- 120–140
- 140–160
- 160–180
- 180–200
- 200–220

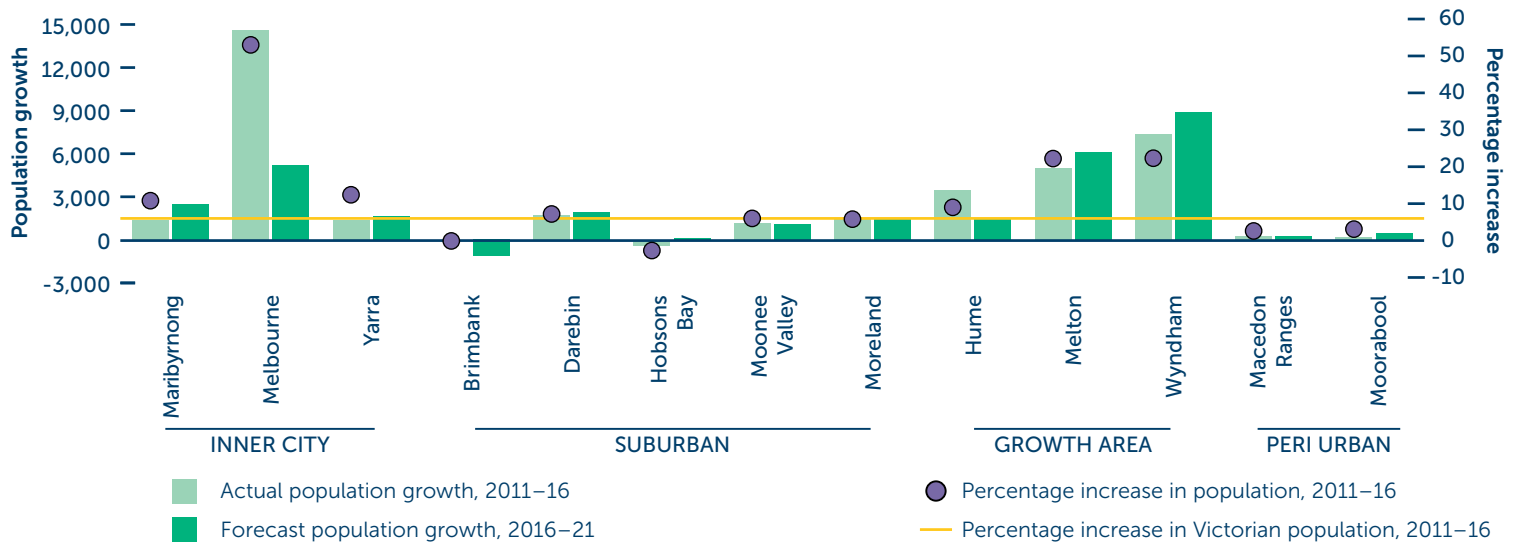
- SA3 boundary
- LGA boundary



Mental health disorders are the leading contributor (49%) to the burden of disease and injury among young Australians aged 15–24. About 75% of mental disorders have their onset before the age of 25 years, highlighting the importance of targeting prevention and early intervention efforts at young people.

The 10–24 year old age bracket in Wyndham and Melton is expected to grow at more than double the Victorian average. These two suburbs alone have grown by almost four times the Victorian average between 2011 and 2016. This illustrates the increase in demand for mental health services within the region.

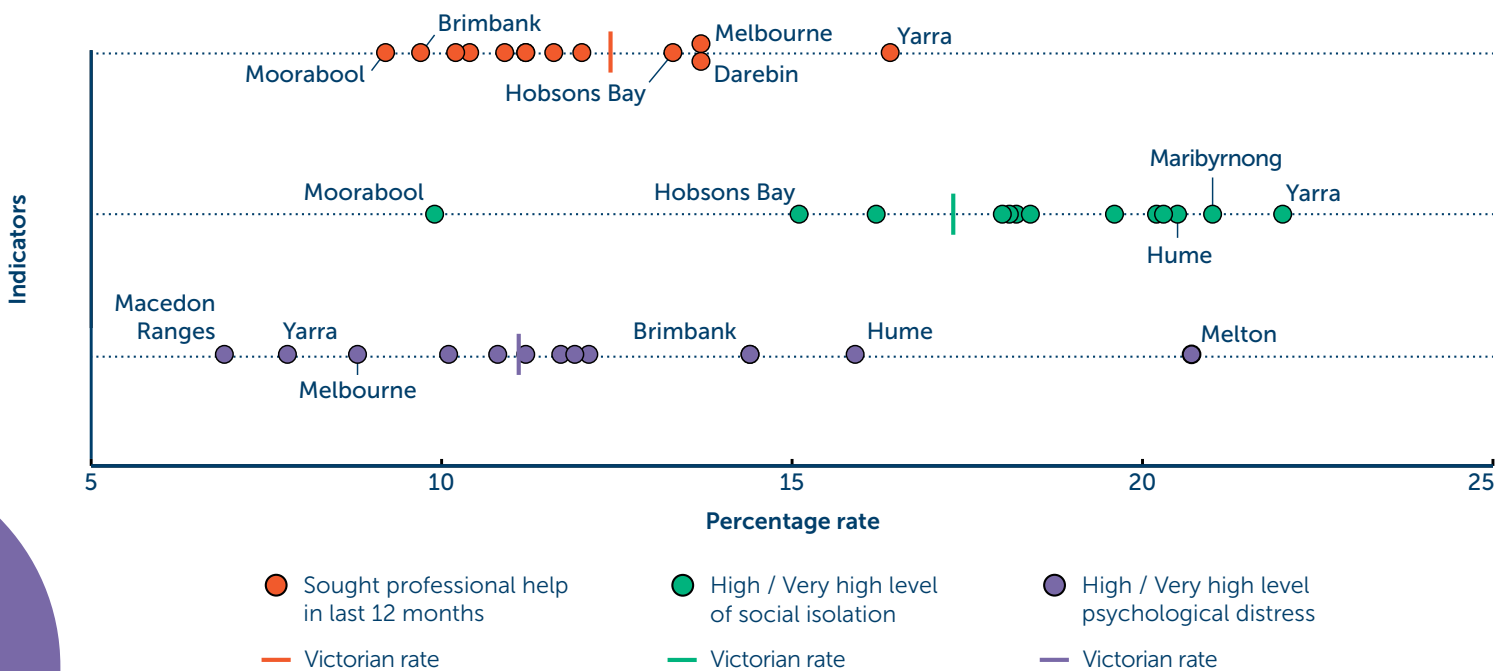
Population growth in the 10–24 year-old age group



Data source: DEWLP, VIF 2016.

The north western Melbourne region contains some of Victoria’s most socioeconomically disadvantaged areas, where many indicators that are related to poorer mental health, such as high unemployment, high levels of social isolation and psychological distress, are elevated. The burden of disease from mental disorders within our catchment, particularly Brimbank and Hume, is greater than the Victorian average.

Mental health indicators



Data source: DHHS LGA Statistical Profiles, 2015.

More information on mental health can be found at nwmpn.org.au/priority-area-topic/mental-health/

Data published as available December 2017.
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