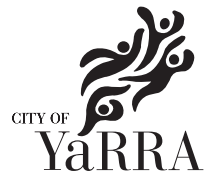


MENTAL WELLBEING SNAPSHOT



People with a positive mental wellbeing have a better chance of enjoying life, developing and reaching their potential and contributing to the community. Poor mental wellbeing can increase the risk of developing a variety of chronic diseases as well as increasing the risk of alcohol and substance misuse and problem gambling.



ALL THE DETAILS

Visit Yarra's Health and Wellbeing Profile 2020 at yarracity.vic.gov.au/publichealth



Residents reported high or very high levels of psychological distress.



Residents have been diagnosed with anxiety or depression.

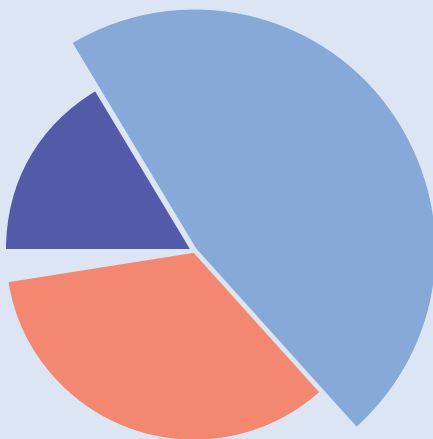


Twice as many women report high or very high levels of psychological distress.
Women: **16%**
Men: **8.1%**



Feeling connected to people and having the opportunity to contribute to community is essential for optimal mental wellbeing.

A WORTHWHILE LIFE



47%

Feel that their life is of high worth

When Yarra residents were asked to rate how worthwhile they find their life...

- **16%** feel that life is of low to medium worth.
- **34%** feel their life is of very high worth.
- **47%** feel their life is of high worth.

VOLUNTEERING



Residents volunteer compared to 18% in Greater Melbourne.

LIVING ALONE



Residents live alone compared with 25% in Greater Melbourne.

Sources: Victorian Population Health and Wellbeing Survey (2017), Australian Bureau of Statistics Census (2016)