

# Mental and Social Wellbeing

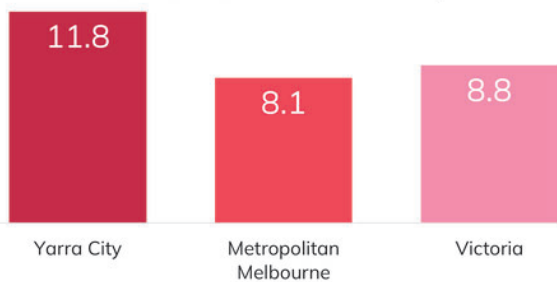
## Why is it important?

Positive mental health can reduce the risk of developing some chronic diseases and tof misusing of alcohol and other substances. Social inclusion and connection can greatly impact how people feel about their lives and community as a whole. Community connection supports positive mental health and a sense of belonging.

## What is the story in Yarra?

Yarra has a comparable rate of diagnosed mental illness compared with Victoria, however residents of Yarra seek support for mental health at a significantly higher rate. Within some priority groups in Yarra, there are more people struggling with their mental and social wellbeing.

Mental health condition, %



Mental health conditions in Yarra (11.8%) are higher than Metropolitan Melbourne (8.1%) and Victoria (8.8%)



**31%** of people, sought help for a mental health related problem

This was significantly higher than metropolitan Melbourne (20%)



**15%** of Yarra residents experienced discrimination

This is similar to Metropolitan Melbourne and Victoria.

**22%** report **poor/fair mental health**

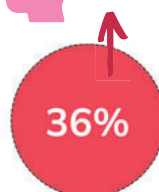
**26%** report **experiencing loneliness**

These experiences are more commonly reported by people who:

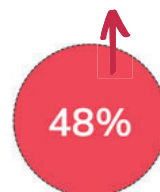
- live with disability
- live in low-income households
- are in the LGBTQIA+ community



self-rated poor/fair mental health



Living with a disability



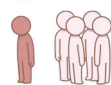
Low-income households



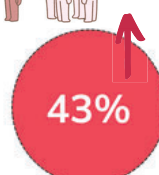
Culturally and linguistically diverse



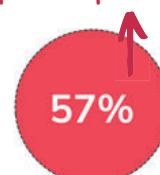
LGBTQIA+ community



People experiencing loneliness



Living with a disability



Low-income households



Culturally and linguistically diverse



LGBTQIA+ community

Supporting mental and social wellbeing is particularly important for:

- people living with disability
- people living in a low-income household
- people in the LGBTQIA+ community
- First Peoples