



MENTAL HEALTH FACT SHEET

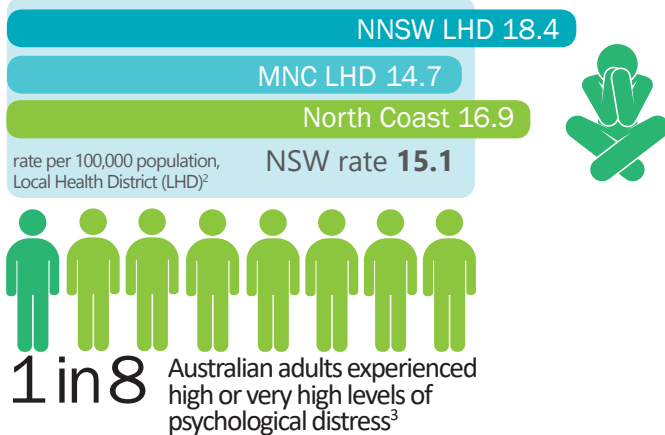


A key role of North Coast Primary Health Network (NCPHN) is to identify health needs and service gaps and, based on this evidence, prioritise activity to address those needs. This fact sheet contains the most up-to-date health and service statistics and community perspectives.

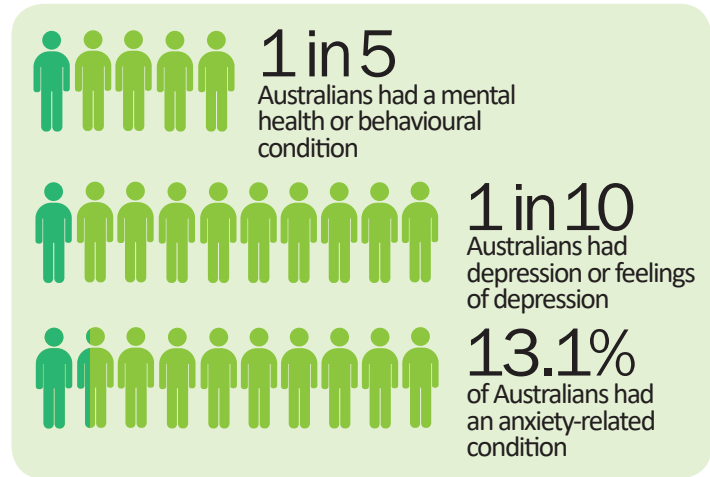
People of all ages can develop symptoms and behaviours that are distressing to themselves or others, and interfere with their social functioning and capacity to negotiate daily life. These symptoms and behaviours may require treatment, rehabilitation, or even hospitalisation. A diverse range of social, environmental, biological and psychological factors can impact on an individual's mental health.¹

Psychological Distress

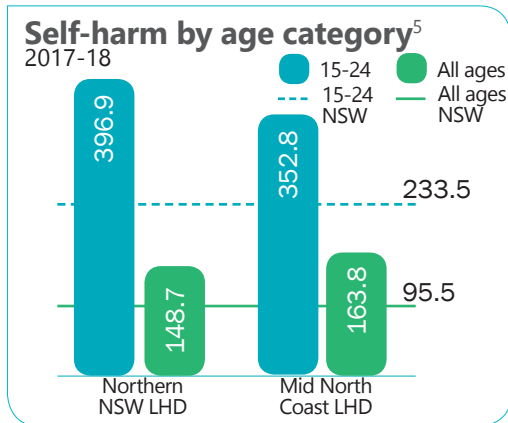
Measures of psychological distress are commonly used as an indication of the mental health and wellbeing of a population.



Mental Health and Behavioural Conditions⁴



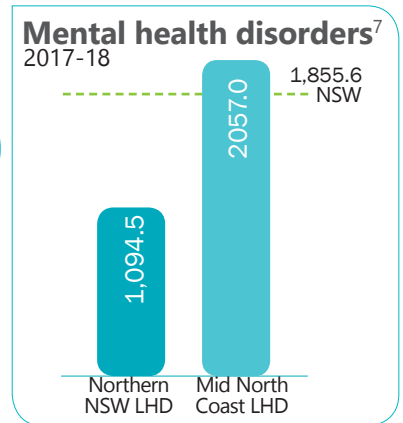
Hospitalisations per 100,000 population, Local Health District



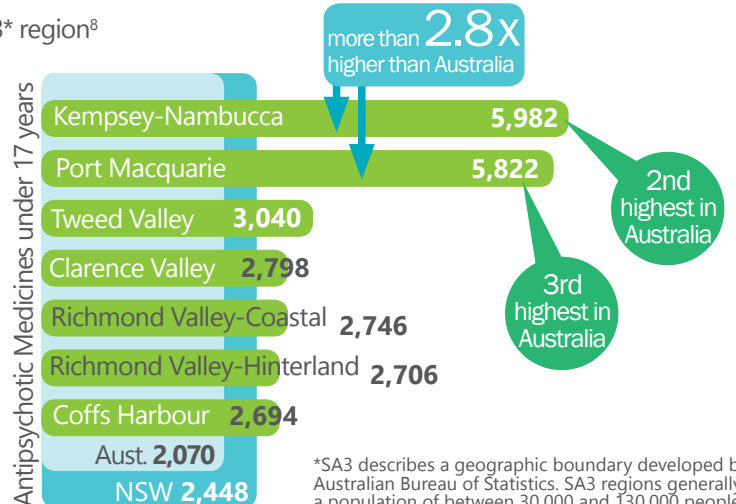
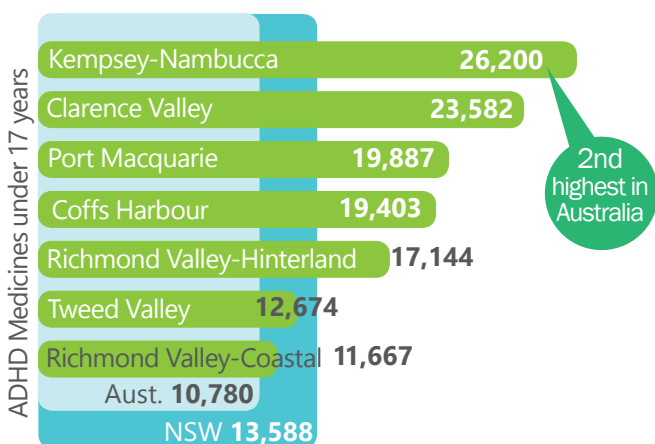
- LGA regions:** 2016-17 to 2017-18
1. Kempsey (230.2)
 2. Coffs Harbour (194.3)
 3. Lismore (192.3)
 4. Tweed (192.0)
 5. Clarence Valley (176.0)

Highest rates for all ages in North Coast

In 2017, intentional self-harm was the leading cause of death of people aged 15-44 years old in Australia⁶



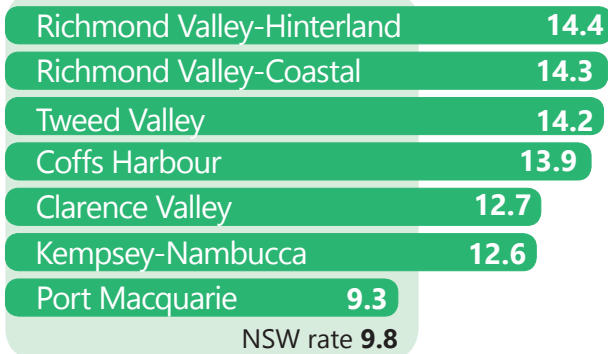
Prescribing Medicines per 100,000 population, SA3* region⁸



*SA3 describes a geographic boundary developed by the Australian Bureau of Statistics. SA3 regions generally have a population of between 30,000 and 130,000 people and often cluster around major regional towns and areas.

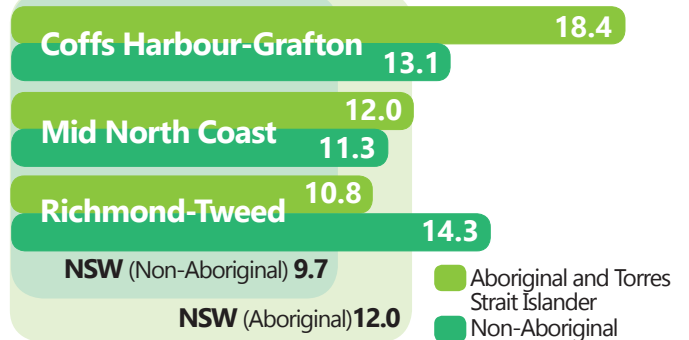
Deaths by Suicide

Rate for all persons⁹



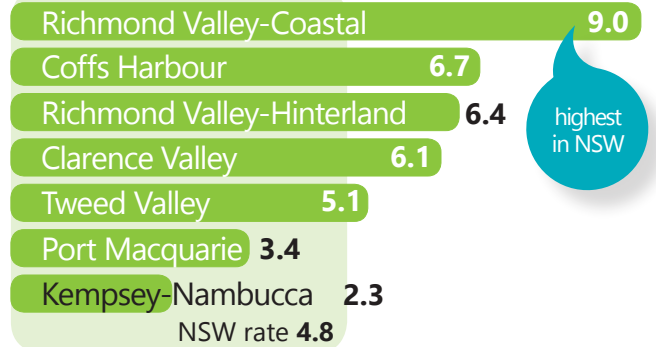
per 100,000 population, SA3 region (crude rate for combined reference years 2008-16)

Rate for Aboriginal and Torres Strait Islanders¹⁰



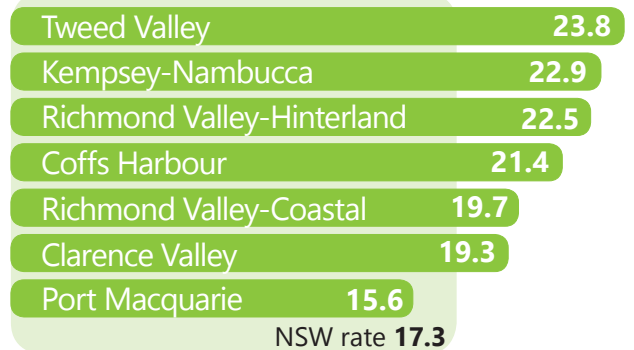
per 100,000 population, SA4 region (crude rate for combined reference years 2008-16)

Among females⁹



per 100,000 population, SA3 region (crude rate for combined reference years 2008-16)

Among males⁹

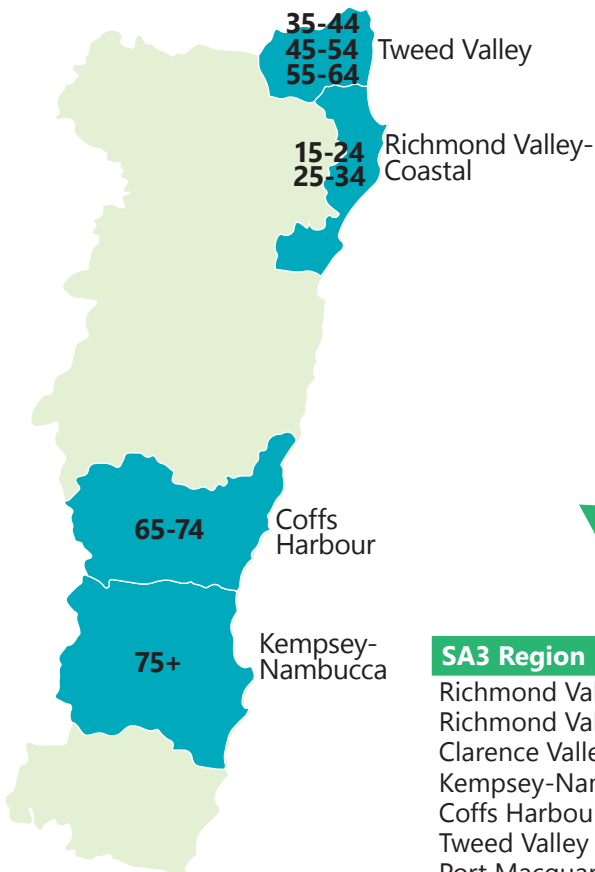


per 100,000 population, SA3 region (crude rate for combined reference years 2008-16)

LGBTI young people are: **5x** more likely to attempt suicide and nearly twice as likely to engage in self-injury, than their peers.¹¹

Rate by age⁹

SA3 regions in the North Coast with the highest rates of suicide, by age group



per 100,000 population, SA3 region (age specific death rate for combined reference years 2008-16)

SA3 Region	Age groups						
	15-24	25-34	35-44	45-54	55-64	65-74	75+
Richmond Valley Coastal	21.1	26.1	19.7	20.5	12.3	13.3	8.1
Richmond Valley Hinterland	16	23.3	21.6	23	15.2	10.5	10.3
Clarence Valley	20	15.7	23.6	13.8	9.9	12.7	13.4
Kempsey-Nambucca	15.1	19.5	19.7	14.4	13	11.2	18.7
Coffs Harbour	9.8	21.8	25.1	22.6	13.6	16.8	7.7
Tweed Valley	8.1	24.3	26.1	24	15.5	11	10.6
Port Macquarie	NA	14.1	19.1	9.7	10.4	NA	17.3
NSW	8.3	11.7	14.3	14.7	11.6	10.1	12.7

If you are thinking about suicide or experiencing a personal crisis, help is available. **No one needs to face their problems alone.**

To get help call Lifeline: **13 11 14**
If life is in danger call **000** (Emergency Services)

SpeakUp, the 2018 local health needs assessment community survey was held in June 2018 and completed by 3,372 North Coast locals from Port Macquarie to Tweed Heads.

783



Survey participants who told us they have a mental health challenge

NORTH COAST
3,372

19.5%

identified as LESBIAN, GAY, BISEXUAL, QUEER, TRANSGENDER, NON-BINARY OR WITH A DIFFERENT GENDER OR SEXUAL IDENTITY

8.3%

identified as ABORIGINAL or TORRES STRAIT ISLANDER

44.2%

said they wouldn't be able to get \$2,000 for something important within a WEEK

29.5%

had PRIVATE HEALTH INSURANCE

13.5%

were AGED between 15-24 YEARS

8.7%

were AGED 65 YEARS or over

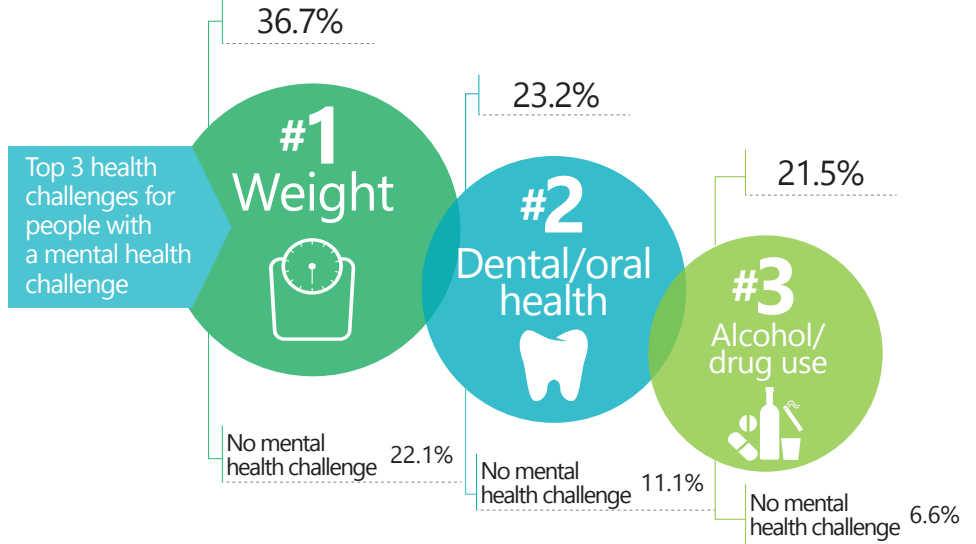
16.9%

needed help with SELF CARE activities

22.5%

WORKED 35 or more HOURS a week

Participants were asked which health challenges they face...



Participants were asked what they think are the three most serious health concerns in their community...

People with a mental health challenge

1	Mental health issues	68.1%
2	Drug and alcohol misuse	52.7%
3	Ageing issues	26.6%

People without a mental health challenge

1	Ageing issues	53.6%
2	Drug and alcohol misuse	46.0%
3	Mental health issues	41.0%

Survey respondents told us which additional services are needed to meet health challenges in their community...



% of respondents with a mental health challenge who reported that access is difficult to:

3 health services most commonly reported as hard to access

3 most commonly reported barriers to access services

Specialists



Psychiatrist
Cardiologist
Orthopaedic surgeon

Cost (66.1%)
Long wait (58.7%)
Distance of travel (52.7%)

Allied health



Psychologist
Dentist
Physiotherapist

Cost (70.5%)
No Medicare cover (52.3%)
Long wait (48.3%)

Mental health services



Counselling
Doctor with knowledge in mental health
NSW Health
Community Mental Health

Cost (54.6%)
Lack of services (42.0%)
Poor experience (35.3%)

Alcohol & other drug (AOD) services



Rehab
Detox
Counselling

Lack of services (49.9%)
Cost (48.0%)
Stigma/shame (43.3%)

Age specific services



Care packages/funding
In-home domestic support
Support/social groups

Cost (56.9%)
Difficult to organise (52.0%)
Lack of services (50.0%)

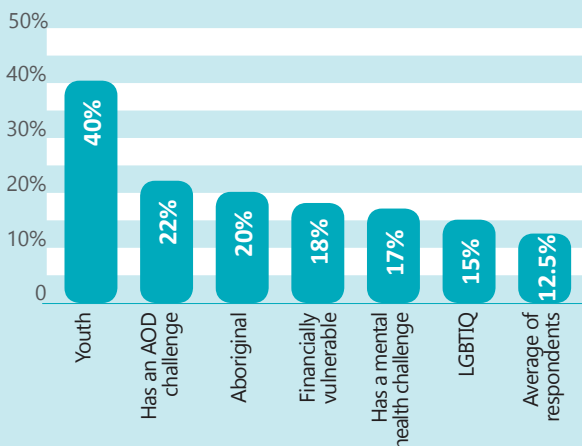
General Practice (Doctor)



25.3%
of people with a mental health challenge didn't have a regular GP in the past 12 months

Can't get appointment (49.7%)
Long wait (31.2%)
Cost (29.4%)

Participants were asked what they think are the three most serious health concerns in their community. This graph shows who was most concerned about **suicide**



51.4% of respondents with a mental health challenge reported having an AOD challenge



18.9% of respondents report that they are supporting someone with a mental health challenge

Local Government Areas with the highest concern about Mental Health in North Coast:



References

- 1 Australian Bureau of Statistics, 2019. National Health Survey: Users Guide 2017-18, Health conditions, mental, behavioural and cognitive conditions. [Online] Available at: <https://www.abs.gov.au/AUSSTATS/abs@.nsf/Lookup/4363.0Main+Features12017-18?OpenDocument> [Accessed June 2019].
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- 3 Australian Bureau of Statistics, 2019. National Health Survey: First Results, 2017-18, Psychological distress. [Online] Available at: <https://www.abs.gov.au/AUSSTATS/abs@.nsf/Lookup/4364.0.55.001Main+Features702017-18?OpenDocument> [Accessed June 2019].
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- 10 Mental Health Commission of New South Wales, 2018. Number of deaths due to suicide by Aboriginal and Torres Strait Islander status by Statistical Area 4 (SA4) NSW for combined reference years 2008 to 2016, crude rates, ABS 2016, customised report.
- 11 National LGBTI Health Alliance, 2016. Snapshot of mental health and suicide prevention statistics for LGBTI people. [Online] Available at: <http://lgbtihealth.org.au/wp-content/uploads/2016/07/SNAPSHOT-Mental-Health-and-Suicide-Prevention-Outcomes-for-LGBTI-people-and-communities.pdf> [Accessed October 2018].
- 12 North Coast Primary Health Network (NCPHN), 2018. 2018 Speak Up Community Survey. [Online] Available at <https://ncphn.org.au/speakup> [Accessed February 2019].

