

Depression and Victorians with an intellectual disability

Depression is more common in people with an intellectual disability

According to the Victorian Population Health Survey of People with an Intellectual Disability 2013 (VPHS-ID 2013), a higher proportion of people with an intellectual disability in every age group had ever been diagnosed with depression compared with the same age groups in the general Victorian population (VPHS 2012) (Figure 1).

People with an intellectual disability use mental health services more often

In every age group a higher proportion of people with an intellectual disability sought professional help for a mental health problem in the 12 months preceding the survey compared with the general Victorian population (VPHS 2012) (Figure 2).

Coping and recovering from depression

Coping and recovering from depression requires help. Early intervention avoids symptoms becoming worse. Mild depression can be helped with healthy sleeping patterns, nutrition and planning. Serious depression requires medical help. For information, advice and referral for mental health issues go to: www.health.vic.gov.au/mhal

Figure 1: Doctor-diagnosed depression

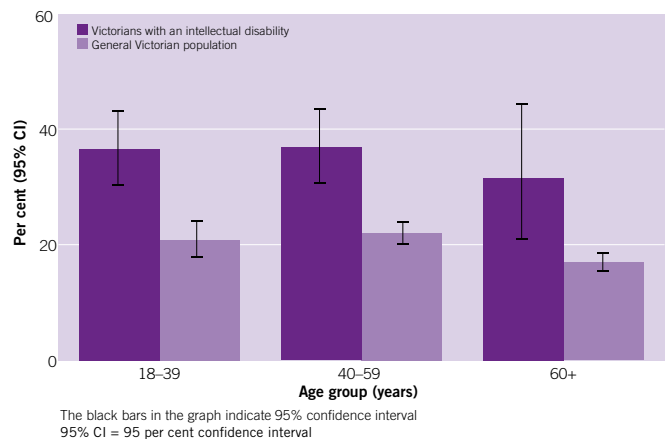
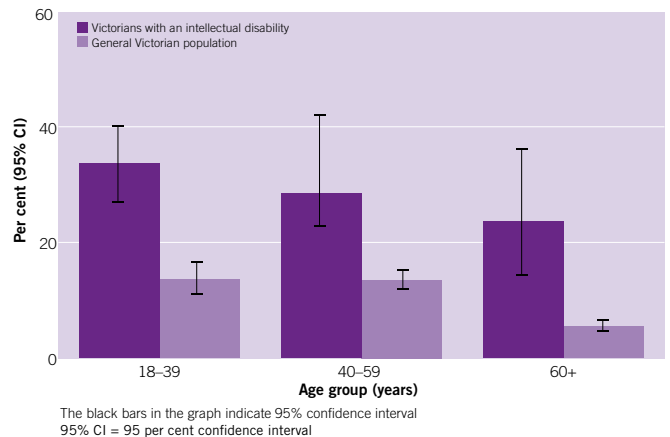


Figure 2: Sought help for a mental health problem in the past 12 months, by age group



For further information

The VPHS-ID 2013 is a statewide survey the Department of Health and Human Services undertook to collect information on the health and wellbeing of people with an intellectual disability in Victoria. This is the second time this survey has been carried out in Victoria.

The full report of the VPHS-ID 2013 is available at:

www.health.vic.gov.au/healthstatus

- The Centre for Developmental Disability Health Victoria (CDDHV) has produced a fact sheet called *Accessing mental health services for people with an intellectual disability* that provides information about mental health services in Victoria. It is available from: www.cddh.monash.org
- The Better Health Channel provides online health and medical information for the Victorian community. It is available from: www.betterhealth.vic.gov.au
- The CDDHV has produced a checklist for identifying possible depression in people with disabilities. It is available from: www.cddh.monash.org

For information, advice and referral for mental health issues go to:

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Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne.

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Available at www.health.vic.gov.au/healthstatus/survey/vphs-id.htm

(1406022)