

# 7. Mental Health



Alpine Ararat Ballarat Banyule Bass Coast Baw Baw Bayside Benalla Boroondara Brimbank Buloke Campaspe Cardinia Casey Central Goldfields Colac-Otway Corangamite Darebin East Gippsland Frankston Gannawarra Glen Eira Glenelg Golden Plains Greater Bendigo Greater Dandenong Greater Geelong Greater Shepparton Hepburn Hindmarsh Hobsons Bay Horsham Hume Indigo Kingston Knox Latrobe Loddon Macedon Ranges Manningham Mansfield Maribyrnong Maroondah Melbourne Melton Mildura Mitchell Moira Monash Moonee Valley Moorabool Moreland Mornington Peninsula Mount Alexander Moyne Murrindindi Nillumbik Northern Grampians Port Phillip Pyrenees Queenscliffe South Gippsland Southern Grampians Stonnington Strathbogie Surf Coast Swan Hill Towong Wangaratta Warrnambool Wellington West Wimmera Whitehorse Whittlesea Wodonga Wyndham Yarra Yarra Ranges Yarriambiack Alpine Ararat Ballarat Banyule Bass Coast Baw Baw Bayside Benalla Boroondara Brimbank Buloke Campaspe Cardinia Casey Central Goldfields Colac-Otway Corangamite Darebin East Gippsland Frankston Gannawarra Glen Eira Glenelg Golden Plains Greater Bendigo Greater Dandenong Greater Geelong Greater Shepparton Hepburn Hindmarsh Hobsons Bay Horsham Hume Indigo Kingston Knox Latrobe Loddon Macedon Ranges Manningham Mansfield Maribyrnong Maroondah Melbourne Melton Mildura Mitchell Moira Monash Moonee Valley Moorabool Moreland Mornington Peninsula Mount Alexander Moyne Murrindindi Nillumbik Northern Grampians Port Phillip Pyrenees Queenscliffe South Gippsland Southern Grampians Stonnington Strathbogie Surf Coast Swan Hill Towong Wangaratta Warrnambool Wellington West Wimmera Whitehorse Whittlesea Wodonga Wyndham Yarra Yarra Ranges Yarriambiack Alpine Ararat Ballarat Banyule Bass Coast Baw Baw Bayside Benalla Boroondara Brimbank Buloke Campaspe Cardinia Casey Central Goldfields Colac-Otway Corangamite Darebin East Gippsland Frankston Gannawarra Glen Eira Glenelg Golden Plains Greater Bendigo Greater Dandenong Greater Geelong Greater Shepparton Hepburn Hindmarsh Hobsons Bay Horsham Hume Indigo Kingston Knox Latrobe Loddon Macedon Ranges Manningham Mansfield Maribyrnong Maroondah Melbourne Melton Mildura Mitchell Moira Monash Moonee Valley Moorabool Moreland Mornington Peninsula Mount Alexander Moyne Murrindindi Nillumbik Northern Grampians Port Phillip Pyrenees Queenscliffe South Gippsland Southern Grampians Stonnington Strathbogie Surf Coast Swan Hill Towong Wangaratta Warrnambool Wellington West Wimmera Whitehorse Whittlesea Wodonga Wyndham Yarra Yarra Ranges Yarriambiack Alpine Ararat Ballarat Banyule Bass Coast Baw Baw Bayside Benalla Boroondara Brimbank Buloke Campaspe Cardinia Casey Central Goldfields Colac-Otway Corangamite Darebin East Gippsland Frankston Gannawarra Glen Eira Glenelg Golden Plains Greater Bendigo Greater Dandenong Greater Geelong Greater Shepparton Hepburn Hindmarsh Hobsons Bay Horsham Hume Indigo Kingston Knox Latrobe Loddon Macedon Ranges Manningham Mansfield Maribyrnong Maroondah Melbourne Melton Mildura Mitchell Moira

## 7. Mental Health

There is strong and consistent evidence of an association between depression and anxiety and physical illness in each of the National Health Priority Area disease groups (Clark & Currie 2009). Depression is also associated with poorer health outcomes in those with physical diseases. Given the significance of mental health and its relationship to poor physical health, a measure of psychological distress, the Kessler 10 Psychological Distress Scale (K10) has been included in the survey. The K10 is a set of ten questions designed to categorise the level of psychological distress over a four week period. It cannot be used to determine the presence of major illnesses but has been validated as a simple measure of anxiety, depression and worry (psychological distress).

The K10 covers the dimensions of depression and anxiety, such as nervousness, hopelessness, restlessness, sadness and worthlessness. It consists of 10 questions that have the same response categories: all of the time, most of the time, some of the time, a little of the time and none of the time (that are scored 5 through to 1). The ten items are summed to yield scores ranging from 10 to 50. Individuals are categorised to four levels of psychological distress, based on their score: low (10–15), moderate (16–21), high (22–29) and very high (30–50) (Andrews & Slade 2001).

The survey also collected information regarding the life-time prevalence of depression and anxiety (ever diagnosed by a doctor) and the use of mental health services.

### Survey results

#### Psychological distress

- The majority (62.4 per cent) of persons aged 18 years and over experienced low levels (10–15) of psychological distress, based on their K10 scores, and a further 22.8 per cent experienced moderate levels (16–21) of distress in the four weeks before the survey. High levels (22–29) of distress were reported by 8.3 per cent of persons and 3.1 per cent reported very high levels (30–50) of distress.
- The prevalence of very high levels of distress was higher for females (3.8 per cent), compared with males (2.4 per cent).
- The proportion of Victorians who experienced very high levels of psychological distress remained constant between 2001 and 2008, as did the proportion who experienced low levels of distress.
- There were no differences between metropolitan and rural areas of the state in levels of psychological distress.
- Victorians in the LGAs of Brimbank, Greater Dandenong, Hume, Melton and Pyrenees were more likely to have high or very high levels of psychological distress, compared with all Victorians.

#### Use of mental health services

- More than one in ten (10.9 per cent) persons reported seeking professional help for a mental health problem in the last 12 months.
- Females were more likely to have sought professional help than males and older persons (aged 65 years and over) were less likely to have sought help than persons from other age groups.
- The higher the level of psychological distress, the more likely a person was to have sought professional help.
- There were no differences between metropolitan and rural areas of Victoria in the proportion of persons, who sought professional help for a mental health problem.
- Persons in the LGAs of Colac-Otway and East Gippsland were more likely to have sought professional help for a mental health problem, compared with all Victorians. Conversely, persons in the LGAs of Brimbank and Greater Dandenong were less likely to have sought professional help, compared with all Victorians.
- More than one third (38.1 per cent) of persons saw a private counsellor or psychologist, almost two thirds (60.7 per cent) saw a general practitioner, and 18.9 per cent sought help from a private psychiatrist.

## Psychological distress

Table 7.1 shows the proportion of persons by level of psychological distress, age group and sex. Overall, 3.1 per cent of persons had experienced very high levels and 8.3 per cent had experienced high levels of psychological distress in the previous four weeks. More than one in five (22.8 per cent) had experienced moderate levels, and the majority (62.4 per cent) had experienced low levels of psychological distress.

Females had higher rates of moderate, high and very high (24.0 per cent, 9.3 per cent, and 3.8 per cent respectively) levels of psychological distress compared with their male counterparts (21.5 per cent, 7.3 per cent, and 2.4 per cent respectively).

Persons aged 18–24 years had higher rates of moderate (32.7 per cent) and high (10.9 per cent) levels of psychological distress, compared with the average for Victoria (22.8 per cent and 8.3 per cent respectively). Persons aged 25–34 years also had higher rates of moderate (25.8 per cent) psychological distress, compared with the state average (22.8 per cent). Persons from older age groups (aged 55–64 years and 65 years and over) had higher rates (67.5 per cent and 66.3 per cent respectively) of low psychological distress, compared with the rate for Victoria (62.4 per cent).

**Table 7.1: Psychological distress<sup>(a)</sup>, by age group and sex, 2008**

Age group (years)	Level of psychological distress											
	Low (10–15)			Moderate (16–21)			High (22–29)			Very high (30–50)		
	%	Lower 95% CI	Upper 95% CI	%	Lower 95% CI	Upper 95% CI	%	Lower 95% CI	Upper 95% CI	%	Lower 95% CI	Upper 95% CI
<b>Males</b>												
18–24 years	55.1	50.3	59.8	32.5	28.1	37.2	9.2	6.7	12.5	1.7*	0.9	3.3
25–34 years	60.1	56.1	64.1	24.5	21.1	28.3	8.2	6.3	10.6	3.5	2.3	5.1
35–44 years	67.0	64.2	69.8	20.7	18.4	23.2	6.8	5.5	8.4	2.2	1.5	3.3
45–54 years	68.7	66.0	71.2	19.0	17.0	21.3	7.1	5.8	8.6	2.3	1.6	3.4
55–64 years	70.2	67.6	72.6	16.5	14.6	18.7	6.7	5.6	8.1	3.1	2.2	4.2
65+	69.8	67.7	71.9	17.3	15.6	19.1	5.9	4.9	7.2	1.7	1.2	2.4
<b>Total</b>	<b>65.3</b>	<b>64.0</b>	<b>66.6</b>	<b>21.5</b>	<b>20.4</b>	<b>22.7</b>	<b>7.3</b>	<b>6.6</b>	<b>8.0</b>	<b>2.4</b>	<b>2.0</b>	<b>2.8</b>
<b>Females</b>												
18–24 years	48.6	44.1	53.0	32.9	28.9	37.3	12.7	10.2	15.7	5.1	3.4	7.4
25–34 years	56.8	53.9	59.6	27.1	24.6	29.8	10.1	8.5	12.0	3.1	2.3	4.2
35–44 years	62.2	60.2	64.2	24.0	22.2	25.8	8.7	7.6	10.0	3.1	2.5	3.9
45–54 years	60.9	58.6	63.1	21.6	19.8	23.6	10.0	8.7	11.5	5.1	4.2	6.3
55–64 years	64.8	62.7	66.9	20.1	18.3	21.9	7.5	6.4	8.7	4.1	3.3	5.0
65+	63.5	61.6	65.4	19.8	18.3	21.4	7.1	6.2	8.3	2.9	2.3	3.7
<b>Total</b>	<b>59.7</b>	<b>58.6</b>	<b>60.7</b>	<b>24.0</b>	<b>23.1</b>	<b>25.0</b>	<b>9.3</b>	<b>8.7</b>	<b>9.9</b>	<b>3.8</b>	<b>3.4</b>	<b>4.3</b>
<b>Persons</b>												
18–24 years	51.9	48.6	55.2	32.7	29.7	35.9	10.9	9.1	13.1	3.4	2.4	4.7
25–34 years	58.5	56.0	60.9	25.8	23.7	28.1	9.2	7.9	10.6	3.3	2.6	4.2
35–44 years	64.6	62.8	66.3	22.3	20.9	23.9	7.8	6.9	8.7	2.7	2.2	3.3
45–54 years	64.7	63.0	66.4	20.3	18.9	21.8	8.6	7.6	9.6	3.7	3.1	4.5
55–64 years	67.5	65.8	69.1	18.3	17.0	19.7	7.1	6.3	8.0	3.6	3.0	4.3
65+	66.3	64.9	67.7	18.7	17.5	19.9	6.6	5.9	7.4	2.4	1.9	2.9
<b>Total</b>	<b>62.4</b>	<b>61.6</b>	<b>63.3</b>	<b>22.8</b>	<b>22.1</b>	<b>23.6</b>	<b>8.3</b>	<b>7.8</b>	<b>8.8</b>	<b>3.1</b>	<b>2.8</b>	<b>3.4</b>

(a) Based on Kessler 10 Psychological Distress Scale (K10).

95% CI = 95 per cent confidence interval.

Note that figures may not add to 100 per cent due to a proportion of 'don't know' or 'refused' responses.

Data are crude estimates, except for the totals, which represent the estimates for Victoria and have been age standardised to the 2006 Victorian population.

Estimates that are (statistically) significantly different to the corresponding estimate for Victoria are identified by colour as follows: above Victoria / below Victoria.

\* Estimate has a relative standard error of between 25 and 50 per cent and should be interpreted with caution.

Table 7.2 shows K10 score categories for the period 2001–2008. The proportion of persons aged 18 years and over who had experienced very high levels of psychological distress remained constant between 2001 and 2008. The proportion of persons who experienced low levels of distress also remained constant over this period.

**Table 7.2: Psychological distress<sup>(a)</sup>, 2001–2008**

Level of psychological distress	2001	2002	2003	2004	2005	2006	2007	2008
	Per cent							
Low (10–15)	56.1	67.6	66.7	64.9	60.9	63.5	63.8	62.4
Moderate (16–21)	28.3	21.1	20.7	20.6	24.5	22.2	22.2	22.8
High (22–29)	11.6	8.6	8.3	8.7	8.7	7.8	8.2	8.3
Very high (30–50)	4.0	2.7	2.6	3.4	3.2	2.8	2.4	3.1

(a) Based on Kessler 10 Psychological Distress Scale (K10).

Note that figures may not add to 100 per cent due to a proportion of 'refused' responses.

Data are age standardised to the 2006 Victorian population.

Ordinary least squares linear regression was used to test for trends over time.

### Levels of psychological distress by region and LGA

Table 7.3 shows the prevalence of psychological distress by sex and Department of Health region. When compared with each other, there were no differences in the levels of psychological distress between metropolitan and rural areas of the state.

However, females in the metropolitan area had higher rates of moderate (24.2 per cent), high (9.3 per cent) and very high (3.9 per cent) levels of psychological distress, compared with their metropolitan male counterparts (21.3 per cent, 7.1 per cent and 2.4 per cent respectively). There were no differences between males and females in rural Victoria.

Persons in the North and West Metropolitan region had lower rates (59.5 per cent) of low psychological distress, compared with all Victorians (62.4 per cent). There were no other differences between the Department of Health regions for all persons.

Females in the North and West Metropolitan region had higher rates of moderate (25.8 per cent) and high (10.7 per cent) psychological distress, compared with their male counterparts (21.5 per cent and 7.9 per cent, respectively). Moreover, the female rate for very high (4.7 per cent) psychological distress was almost twice as high as the rate for males (2.6 per cent) in the North and West Metropolitan region.

Table 7.3: Psychological distress<sup>(a)</sup>, by sex and Department of Health region, 2008

Region	Level of psychological distress											
	Low (10–15)			Moderate (16–21)			High (22–29)			Very high (30–50)		
	%	Lower 95% CI	Upper 95% CI	%	Lower 95% CI	Upper 95% CI	%	Lower 95% CI	Upper 95% CI	%	Lower 95% CI	Upper 95% CI
<b>Males</b>												
Barwon-South Western	64.0	57.6	69.8	22.4	17.3	28.5	7.0	4.6	10.6	1.3*	0.7	2.6
Eastern Metropolitan	65.5	62.1	68.7	23.3	20.3	26.4	5.4	4.0	7.1	2.4	1.6	3.7
Gippsland	61.6	57.3	65.7	25.6	21.8	29.7	8.6	6.3	11.6	2.8	1.8	4.4
Grampians	65.5	61.2	69.5	21.6	18.2	25.5	7.5	5.6	9.8	2.2*	1.1	4.3
Hume	65.0	61.4	68.4	22.5	19.4	25.9	6.1	4.6	8.1	4.0*	2.4	6.7
Loddon Mallee	65.7	61.5	69.7	20.6	17.2	24.4	9.1	6.8	12.2	1.9*	1.1	3.2
North and West Metropolitan	64.2	61.9	66.5	21.5	19.7	23.6	7.9	6.7	9.3	2.6	1.9	3.5
Southern Metropolitan	66.8	63.9	69.6	20.2	17.8	22.8	7.1	5.7	8.8	2.2	1.5	3.2
<b>Metropolitan</b>	65.6	64.0	67.1	21.3	19.9	22.7	7.1	6.3	8.0	2.4	2.0	3.0
<b>Rural</b>	64.6	62.2	66.9	22.3	20.3	24.5	7.7	6.5	9.0	2.3	1.8	3.0
<b>Total</b>	65.3	64.0	66.6	21.5	20.4	22.7	7.3	6.6	8.0	2.4	2.0	2.8
<b>Females</b>												
Barwon-South Western	61.7	56.8	66.3	25.3	21.3	29.7	6.5	4.3	9.6	4.1*	2.4	6.9
Eastern Metropolitan	61.6	58.8	64.3	23.7	21.3	26.3	8.4	6.9	10.3	3.4	2.5	4.6
Gippsland	59.3	56.0	62.4	23.0	20.2	26.1	10.6	8.4	13.3	4.2	3.1	5.8
Grampians	62.6	58.8	66.3	19.0	16.1	22.3	11.1	8.6	14.2	4.1	2.7	6.2
Hume	62.3	59.5	65.0	22.6	20.3	25.1	9.5	7.9	11.5	2.7	2.0	3.7
Loddon Mallee	58.4	55.3	61.6	25.2	22.4	28.3	10.8	8.8	13.2	3.0	2.1	4.3
North and West Metropolitan	54.9	53.0	56.8	25.8	24.1	27.5	10.7	9.6	11.9	4.7	4.0	5.5
Southern Metropolitan	62.1	59.8	64.4	22.5	20.6	24.6	8.7	7.4	10.3	3.6	2.7	4.7
<b>Metropolitan</b>	59.2	57.9	60.5	24.2	23.1	25.4	9.3	8.6	10.1	3.9	3.5	4.5
<b>Rural</b>	60.8	59.0	62.5	23.5	21.9	25.1	9.4	8.4	10.6	3.6	2.9	4.5
<b>Total</b>	59.7	58.6	60.7	24.0	23.1	25.0	9.3	8.7	9.9	3.8	3.4	4.3
<b>Persons</b>												
Barwon-South Western	62.8	58.8	66.7	23.8	20.4	27.5	6.7	5.0	9.0	2.7	1.7	4.2
Eastern Metropolitan	63.4	61.2	65.5	23.6	21.7	25.7	6.9	5.8	8.1	2.9	2.3	3.8
Gippsland	60.6	57.9	63.2	24.1	21.7	26.7	9.6	7.9	11.5	3.5	2.7	4.6
Grampians	63.9	61.0	66.7	20.4	18.1	22.9	9.4	7.7	11.4	3.1	2.1	4.5
Hume	63.6	61.3	65.8	22.6	20.6	24.7	7.8	6.6	9.2	3.4	2.4	4.7
Loddon Mallee	62.1	59.5	64.7	22.9	20.6	25.3	10.0	8.4	11.8	2.5	1.8	3.3
North and West Metropolitan	59.5	58.0	60.9	23.6	22.4	24.9	9.3	8.5	10.2	3.7	3.2	4.2
Southern Metropolitan	64.4	62.5	66.2	21.4	19.8	23.0	7.9	7.0	9.1	2.9	2.3	3.6
<b>Metropolitan</b>	62.3	61.3	63.3	22.8	21.9	23.7	8.2	7.7	8.8	3.2	2.9	3.6
<b>Rural</b>	62.7	61.2	64.1	22.9	21.6	24.2	8.5	7.7	9.4	3.0	2.5	3.5
<b>Total</b>	62.4	61.6	63.3	22.8	22.1	23.6	8.3	7.8	8.8	3.1	2.8	3.4

(a) Based on Kessler 10 Psychological Distress Scale (K10).

Metropolitan and rural regions are identified by colour as follows: metropolitan / rural.

95% CI = 95 per cent confidence interval.

Note that figures may not add to 100 per cent due to a proportion of 'refused' responses.

Data are age standardised to the 2006 Victorian population.

Estimates that are (statistically) significantly different to the corresponding estimate for Victoria are identified by colour as follows: above Victoria / below Victoria.

\* Estimate has a relative standard error of between 25 and 50 per cent and should be interpreted with caution.

Table 7.4: Low (10–15) levels of psychological distress<sup>(a)</sup>, by sex and LGA, 2008

LGA	Males			Females		
	%	Lower 95% CI	Upper 95% CI	%	Lower 95% CI	Upper 95% CI
Alpine (S)	70.7	62.7	77.5	71.2	64.6	77.0
Ararat (RC)	54.9	45.6	63.9	61.4	53.3	68.9
Ballarat (C)	65.0	56.9	72.4	63.6	56.2	70.3
Banyule (C)	63.9	54.0	72.7	51.4	43.8	58.9
Bass Coast (S)	62.1	52.8	70.6	61.7	54.3	68.5
Baw Baw (S)	61.4	50.6	71.2	66.7	60.0	72.9
Bayside (C)	71.8	62.5	79.5	64.8	57.1	71.9
Benalla (RC)	70.0	60.3	78.2	61.4	53.6	68.7
Boroondara (C)	69.5	61.4	76.6	68.2	61.2	74.5
Brimbank (C)	57.0	49.0	64.7	50.1	44.1	56.0
Buloke (S)	78.0	71.8	83.2	68.2	58.9	76.2
Campaspe (S)	67.3	58.1	75.2	57.0	49.6	64.1
Cardinia (S)	65.5	55.9	74.0	60.3	53.1	67.1
Casey (C)	63.6	56.0	70.6	59.6	53.2	65.7
Central Goldfields (S)	54.9	45.3	64.1	53.5	46.9	60.0
Colac-Otway (S)	76.4	69.0	82.5	61.8	54.1	69.0
Corangamite (S)	69.0	59.9	76.8	69.5	61.0	76.9
Darebin (C)	66.2	58.5	73.0	54.2	47.8	60.4
East Gippsland (S)	54.6	45.3	63.7	53.5	46.7	60.2
Frankston (C)	64.8	56.4	72.3	60.6	53.6	67.2
Gannawarra (S)	70.4	63.1	76.8	56.9	50.6	63.0
Glen Eira (C)	72.2	64.1	79.0	59.2	52.2	65.9
Glenelg (S)	66.9	56.3	76.1	62.6	55.7	69.1
Golden Plains (S)	61.9	53.8	69.4	60.7	52.7	68.2
Greater Bendigo (C)	66.1	56.1	74.8	56.3	49.5	62.9
Greater Dandenong (C)	60.1	51.9	67.9	63.2	56.3	69.5
Greater Geelong (C)	59.2	49.4	68.3	59.3	51.5	66.6
Greater Shepparton (C)	52.4	44.6	60.0	56.0	49.0	62.8
Hepburn (S)	68.5	58.2	77.2	56.4	48.4	64.1
Hindmarsh (S)	65.8	57.0	73.7	66.2	57.6	73.8
Hobsons Bay (C)	69.4	62.0	75.9	60.2	52.4	67.6
Horsham (RC)	64.6	57.2	71.3	64.2	56.8	71.0
Hume (C)	58.8	50.7	66.4	50.2	43.5	56.8
Indigo (S)	58.5	49.0	67.4	67.1	60.5	73.0
Kingston (C)	70.8	61.8	78.4	58.0	50.5	65.1
Knox (C)	63.0	54.6	70.6	62.0	55.1	68.4
Latrobe (C)	60.8	52.3	68.8	54.3	47.7	60.7
Loddon (S)	63.8	55.7	71.1	62.7	54.9	69.8
Macedon Ranges (S)	70.6	61.2	78.6	60.4	51.5	68.7
Manningham (C)	67.4	59.0	74.8	58.8	51.6	65.7
Mansfield (S)	72.5	63.7	79.8	68.8	61.9	74.9
Maribyrnong (C)	68.4	61.1	74.9	56.9	50.2	63.4
Maroondah (C)	63.2	54.6	71.1	68.3	61.1	74.8
Melbourne (C)	58.1	50.9	65.0	65.7	58.8	71.9
Melton (S)	58.7	49.9	66.9	54.0	47.9	59.9
Mildura (RC)	65.2	56.8	72.8	59.6	53.0	65.8
Mitchell (S)	69.5	61.8	76.2	54.6	47.5	61.6
Moira (S)	62.3	53.8	70.1	62.6	55.8	68.9
Monash (C)	65.9	56.9	73.8	58.0	51.5	64.3
Moonee Valley (C)	69.7	60.7	77.4	52.7	46.9	58.4
Moorabool (S)	66.4	58.0	74.0	66.7	59.6	73.1
Moreland (C)	62.3	54.7	69.4	52.7	46.6	58.7
Mornington Peninsula (S)	69.1	60.8	76.3	67.6	60.5	73.9
Mount Alexander (S)	59.6	51.7	66.9	57.5	49.1	65.4
Moyne (S)	64.5	56.3	72.0	61.9	55.0	68.4
Murrindindi (S)	74.3	64.5	82.1	51.0	44.6	57.4
Nilumbik (S)	67.7	59.7	74.7	63.3	55.6	70.3
Northern Grampians (S)	63.1	53.5	71.8	60.2	52.9	67.1
Port Phillip (C)	69.3	62.1	75.6	65.3	58.8	71.2
Pyrenees (S)	62.3	51.2	72.3	48.5	42.1	55.0
Queenscliffe (B)	67.2	60.1	73.7	69.2	60.7	76.6
Southern Grampians (S)	69.9	62.1	76.7	64.1	56.2	71.4
South Gippsland (S)	67.2	57.3	75.8	70.7	63.5	77.0
Stonnington (C)	66.5	59.0	73.2	69.2	63.1	74.7
Strathbogie (S)	66.4	54.5	76.5	58.8	52.1	65.2
Surf Coast (S)	72.2	60.6	81.4	68.9	62.4	74.8
Swan Hill (RC)	61.1	50.7	70.5	59.3	52.0	66.3
Towong (S)	70.0	63.3	76.0	69.5	61.8	76.2
Wangaratta (RC)	62.9	52.7	72.0	70.1	62.5	76.8
Warrnambool (C)	71.7	63.8	78.4	67.9	60.6	74.3
Wellington (S)	62.5	53.5	70.7	62.6	55.7	69.1
West Wimmera (S)	65.7	56.9	73.5	63.3	56.3	69.7
Whitehorse (C)	61.3	53.0	69.1	55.2	48.8	61.5
Whittlesea (C)	64.2	55.7	72.0	53.5	47.6	59.3
Wodonga (RC)	75.5	67.7	82.0	66.4	60.0	72.3
Wyndham (C)	75.3	68.8	80.8	55.1	48.8	61.3
Yarra (C)	63.2	55.8	70.1	60.7	54.1	66.9
Yarra Ranges (S)	69.9	62.2	76.6	59.0	52.2	65.5
Yarriambiack (S)	74.5	68.1	80.0	64.6	57.3	71.3
<b>Total</b>	<b>65.3</b>	<b>64.0</b>	<b>66.6</b>	<b>59.7</b>	<b>58.6</b>	<b>60.7</b>

(a) Based on Kessler 10 Psychological Distress Scale (K10).

Metropolitan and rural LGAs are identified by colour as follows: metropolitan / rural.

95% CI = 95 per cent confidence interval.

LGA = Local government area.

Data are age standardised to the 2006 Victorian population.

Estimates that are (statistically) significantly different to the corresponding estimate for Victoria are identified by colour as follows: above Victoria / below Victoria.

Figure 7.1: Low (10–15) levels of psychological distress<sup>(a)</sup>, by LGA, males, 2008

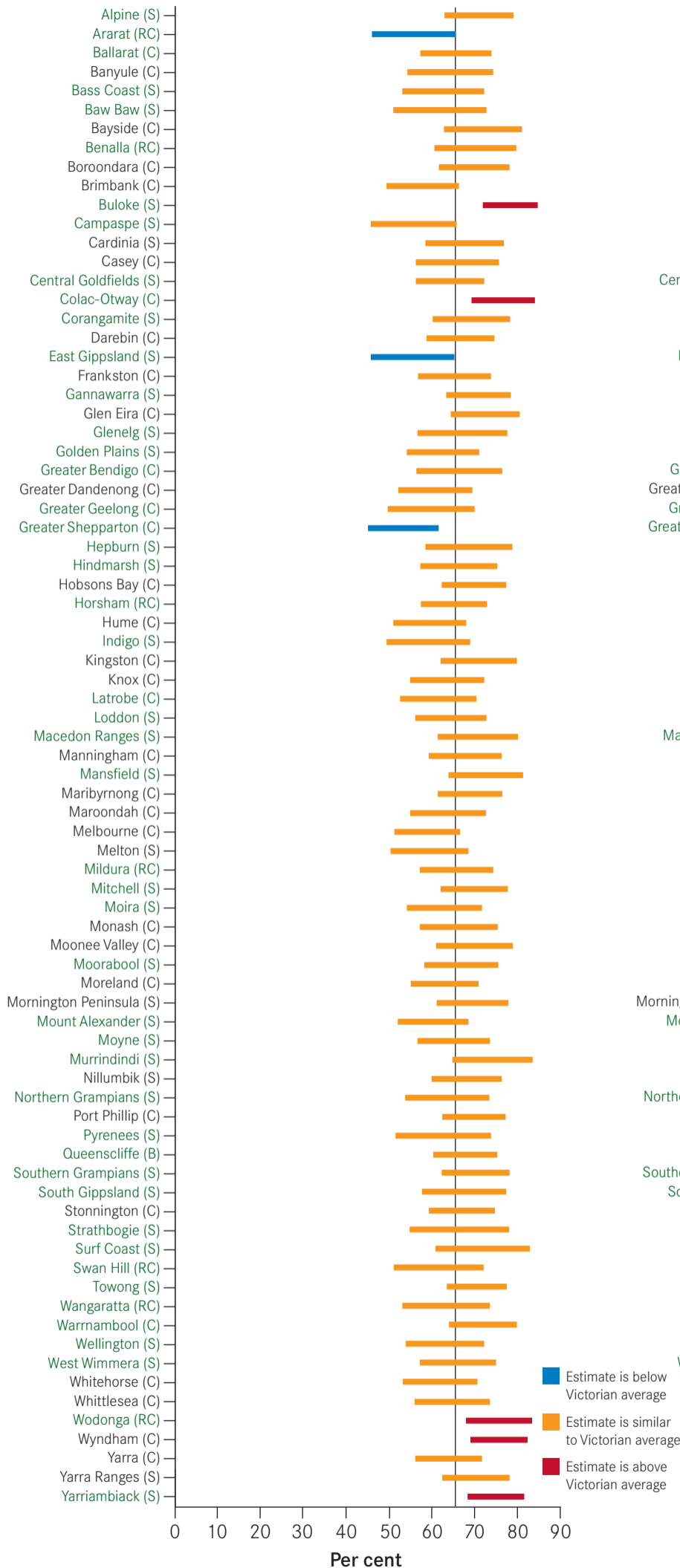
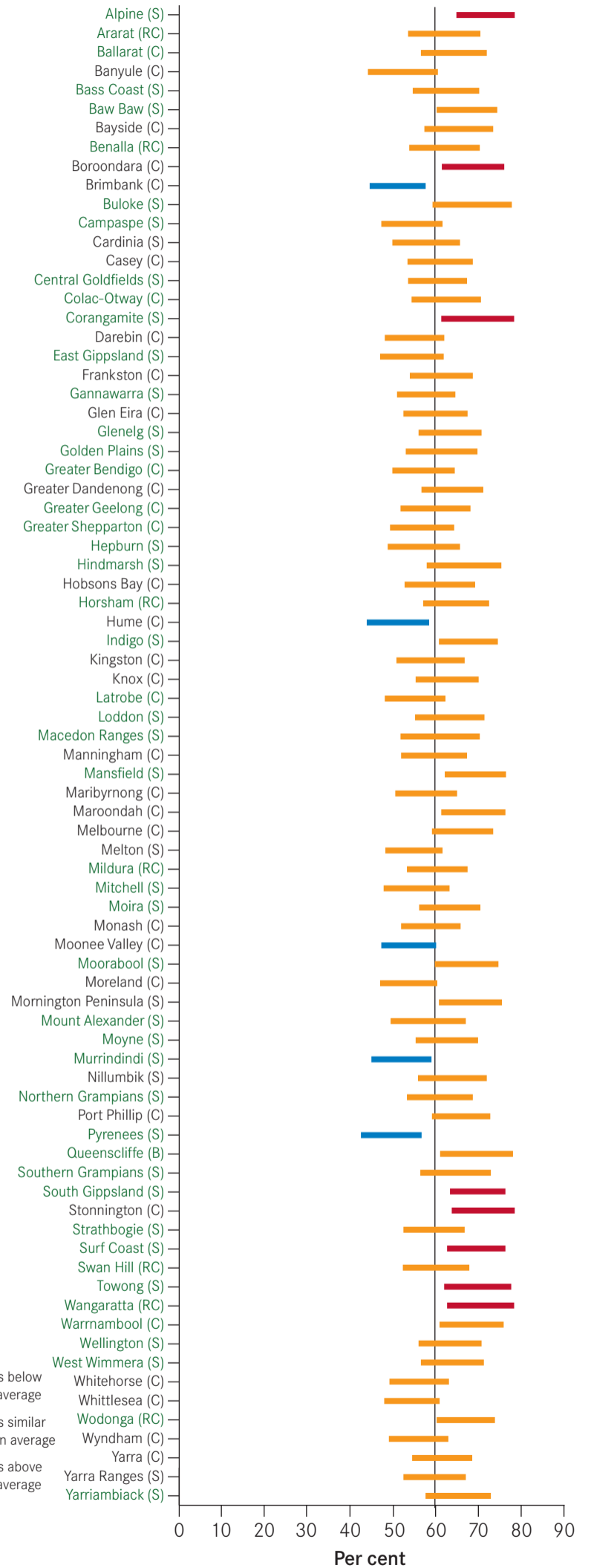


Figure 7.2: Low (10–15) levels of psychological distress<sup>(a)</sup>, by LGA, females, 2008



(a) Based on Kessler 10 Psychological Distress Scale (K10).  
 Metropolitan and rural LGAs are identified by colour as follows: metropolitan / rural.  
 LGA = local government area.  
 Data are age standardised to the 2006 Victorian population.  
 The line on the graph is the Victorian estimate, it does not show the 95% CI. See the relevant table for the 95% CI for Victoria (Total).

Table 7.4, figure 7.1 and figure 7.2 show the proportion of males and females who had experienced the lowest levels of psychological distress, based on a K10 score of less than 16, by LGA. The highest proportion of males who had experienced low levels of psychological distress resided in the LGA of Buloke (78.0 per cent), while the lowest was in the LGA of Greater Shepparton (52.4 per cent). There was a higher proportion of males who had experienced low levels of psychological distress in the LGAs of Buloke (78.0 per cent), Colac-Otway (76.4 per cent), Wodonga (75.5 per cent), Wyndham (75.3 per cent) and Yarriambiack (74.5 per cent), compared with all Victorian males (65.3 per cent).

The highest proportion of females who had experienced low levels of psychological distress resided in the LGA of Alpine (71.2 per cent), while the lowest was in the Pyrenees (48.5 per cent). There was a higher proportion of females who had experienced low levels of psychological distress in the LGAs of Alpine (71.2 per cent), South Gippsland (70.7 per cent), Wangaratta (70.1 per cent), Towong (69.5 per cent), Corangamite (69.5 per cent), Stonnington (69.2 per cent), Surf Coast (68.9 per cent), Mansfield (68.8 per cent), Maroondah (68.3 per cent) and Boroondara (68.2 per cent), compared with all Victorian females (59.7 per cent).

Table 7.5 and figure 7.3 show the proportion of persons who had experienced high or very high levels of psychological distress, by LGA. It was not possible to present the data by sex, or singly for high and very high levels of psychological distress respectively as the rates were too low to allow for reliable analysis at the LGA level.

The highest proportion of persons who had experienced high or very high levels of psychological distress resided in the Hume LGA (19.2 per cent), while the lowest resided in the Boroondara LGA (5.1 per cent). Higher proportions of persons who resided in the LGAs of Hume (19.2 per cent), Pyrenees (19.1 per cent), Brimbank (16.7 per cent), Greater Dandenong (15.5 per cent) and Melton (15.5 per cent) had experienced high or very high levels of psychological distress, compared with all Victorians (11.4 per cent).

**Table 7.5: High (22–29) and very high (30–50) levels of psychological distress<sup>(a)</sup>, by LGA, 2008**

LGA	%	Lower 95% CI	Upper 95% CI
Alpine (S)	9.2	6.0	13.9
Ararat (RC)	9.9	6.7	14.6
Ballarat (C)	13.5	10.0	18.0
Banyule (C)	12.4	8.7	17.4
Bass Coast (S)	16.4	11.3	23.2
Baw Baw (S)	10.4	7.2	14.6
Bayside (C)	6.0	3.9	9.1
Benalla (RC)	10.1	7.2	13.9
Boroondara (C)	5.1	3.3	8.0
Brimbank (C)	16.7	13.2	20.9
Buloke (S)	6.7	4.4	10.0
Campaspe (S)	13.0	9.2	17.9
Cardinia (S)	11.3	8.0	15.8
Casey (C)	12.4	9.3	16.2
Central Goldfields (S)	16.4	11.3	23.2
Colac-Otway (S)	8.7*	5.3	13.9
Corangamite (S)	7.8	5.3	11.3
Darebin (C)	12.2	9.3	15.7
East Gippsland (S)	16.2	11.0	23.2
Frankston (C)	14.0	10.3	18.7
Gannawarra (S)	11.4	8.1	15.6
Glen Eira (C)	9.3	6.6	13.1
Glenelg (S)	12.0	7.9	17.8
Golden Plains (S)	10.4	7.4	14.4
Greater Bendigo (C)	12.2	9.0	16.4
Greater Dandenong (C)	15.5	12.1	19.8
Greater Geelong (C)	9.3	6.3	13.7
Greater Shepparton (C)	14.8	10.2	21.0
Hepburn (S)	12.7	9.0	17.6
Hindmarsh (S)	13.6	9.5	19.0
Hobsons Bay (C)	10.9	7.8	14.9
Horsham (RC)	10.0	6.7	14.6
Hume (C)	19.2	15.3	23.8
Indigo (S)	10.4	7.2	14.8
Kingston (C)	8.8	6.0	12.7
Knox (C)	10.6	7.7	14.5
Latrobe (C)	14.3	10.7	18.8
Loddon (S)	15.6	11.5	20.8
Macedon Ranges (S)	11.4	7.2	17.7
Manningham (C)	10.6	7.7	14.4

(a) Based on Kessler 10 Psychological Distress Scale (K10).

Metropolitan and rural LGAs are identified by colour as follows: metropolitan / rural.

95% CI = 95 per cent confidence interval.

LGA = local government area.

Data are age standardised to the 2006 Victorian population.

Estimates that are (statistically) significantly different to the corresponding estimate for Victoria are identified by colour as follows: above Victoria / below Victoria.

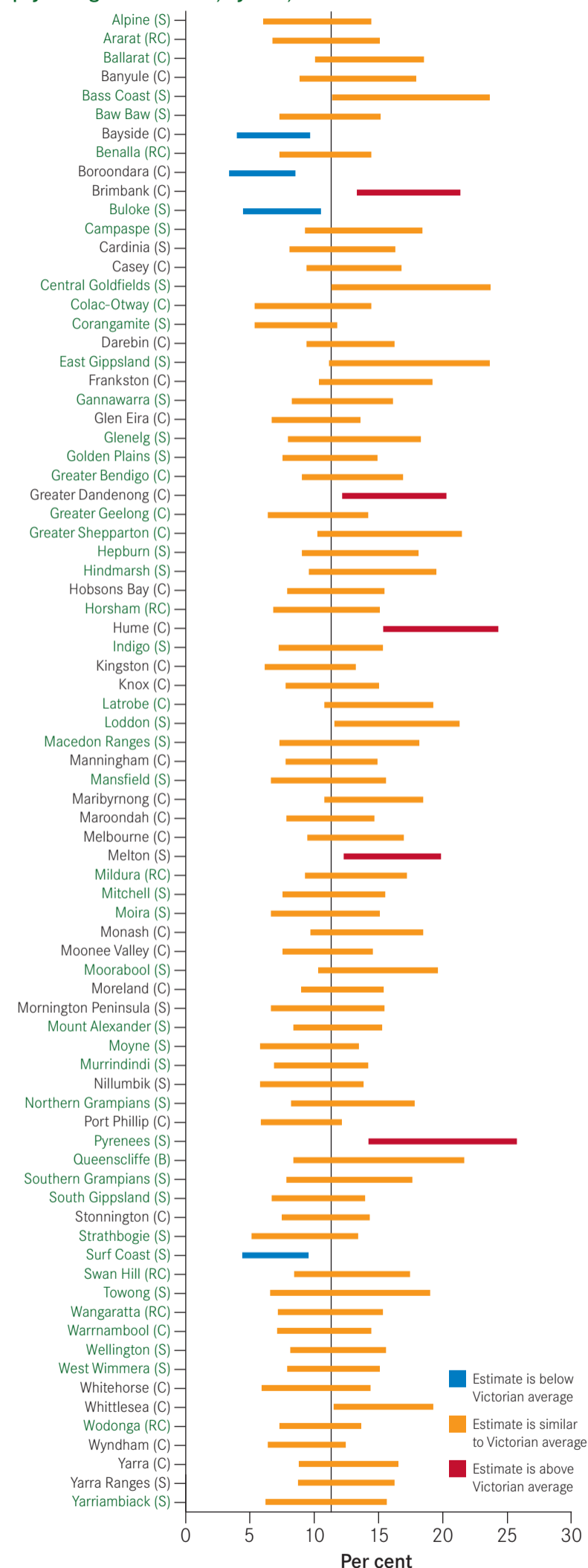
\* Estimate has a relative standard error of between 25 and 50 per cent and should be interpreted with caution.



**Table 7.5: High (22–29) and very high (30–50) levels of psychological distress<sup>(a)</sup>, by LGA, 2008 (continued)**

LGA	%	Lower 95% CI	Upper 95% CI
Mansfield (S)	10.0	6.5	15.1
Maribyrnong (C)	13.9	10.7	17.9
Maroondah (C)	10.5	7.7	14.1
Melbourne (C)	12.5	9.4	16.5
Melton (S)	15.5	12.2	19.4
Mildura (RC)	12.5	9.2	16.7
Mitchell (S)	10.6	7.4	15.0
Moira (S)	9.8	6.5	14.6
Monash (C)	13.3	9.6	18.0
Moonee Valley (C)	10.3	7.5	14.0
Moorabool (S)	14.1	10.2	19.1
Moreland (C)	11.5	8.9	14.9
Mornington Peninsula (S)	10.0	6.5	15.0
Mount Alexander (S)	11.1	8.3	14.8
Moyne (S)	8.7	5.7	12.9
Murrindindi (S)	9.7	6.8	13.7
Nillumbik (S)	8.8	5.7	13.3
Northern Grampians (S)	12.0	8.1	17.3
Port Phillip (C)	8.2	5.8	11.6
Pyrenees (S)	19.1	14.1	25.3
Queenscliffe (B)	13.5	8.3	21.2
Southern Grampians (S)	11.6	7.7	17.1
South Gippsland (S)	9.5	6.6	13.4
Stonnington (C)	10.2	7.4	13.8
Strathbogie (S)	8.1	5.0	12.9
Surf Coast (S)	6.2	4.3	9.0
Swan Hill (RC)	12.0	8.3	16.9
Towong (S)	11.2*	6.5	18.5
Wangaratta (RC)	10.3	7.1	14.8
Warrnambool (C)	9.9	7.0	13.9
Wellington (S)	11.1	8.0	15.1
West Wimmera (S)	10.7	7.8	14.6
Whitehorse (C)	9.0	5.8	13.8
Whittlesea (C)	14.7	11.4	18.8
Wodonga (RC)	9.8	7.2	13.1
Wyndham (C)	8.7	6.3	11.9
Yarra (C)	11.9	8.7	16.0
Yarra Ranges (S)	11.7	8.7	15.7
Yarriambiack (S)	9.7	6.1	15.1
<b>Total</b>	<b>11.4</b>	<b>10.9</b>	<b>12.0</b>

**Figure 7.3: High (22–29) and very high (30–50) levels of psychological distress<sup>(a)</sup>, by LGA, 2008**



(a) Based on Kessler 10 Psychological Distress Scale (K10).

Metropolitan and rural LGAs are identified by colour as follows: metropolitan / rural.

LGA = local government area.

Data are age standardised to the 2006 Victorian population.

The line on the graph is the Victorian estimate, it does not show the 95% CI.

See the relevant table for the 95% CI for Victoria (Total).

## Levels of psychological distress by selected health indicators

Table 7.6 shows levels of psychological distress for males, by selected health indicators. The proportion of males with high levels of psychological distress was higher than the average for the state among those at risk of long-term harm from their level of alcohol consumption, current smokers and those who reported fair or poor health status.

The proportion of males with very high levels of psychological distress was higher than the average for the state among those who reported being non-drinkers (abstainers), current smokers, those who reported fair or poor health status and those who reported being underweight.

**Table 7.6: Levels of psychological distress<sup>(a)</sup> by selected health indicators, males, 2008**

	Level of psychological distress								
	Low to moderate (10–21)			High (22–29)			Very high (30–50)		
	%	Lower 95% CI	Upper 95% CI	%	Lower 95% CI	Upper 95% CI	%	Lower 95% CI	Upper 95% CI
<b>Physical activity<sup>(b)</sup></b>									
Sedentary	78.9	73.5	83.4	10.9	7.7	15.2	3.7*	1.8	7.4
Insufficient time and/or sessions	86.6	84.5	88.4	7.2	5.9	8.8	2.7	1.9	3.8
Sufficient time and sessions	89.2	88.0	90.2	6.5	5.7	7.4	2.2	1.7	2.8
<b>Alcohol consumption<sup>(c)</sup></b>									
At risk or high risk of long-term harm	82.2	76.6	86.8	12.2	8.2	17.9	3.2*	1.8	5.5
At risk or high risk of short-term harm	88.6	87.3	89.7	7.1	6.1	8.1	1.9	1.5	2.4
Abstainer from alcohol	79.9	76.6	82.9	8.6	6.8	10.7	4.5	3.1	6.5
<b>Nutrition<sup>(d)</sup></b>									
Met guidelines for fruit and vegetable consumption	87.6	81.0	92.1	8.2*	4.4	14.7	**		
Met guidelines for vegetable consumption	87.2	81.3	91.4	8.5*	4.9	14.4	0.7*	0.4	1.4
Met guidelines for fruit consumption	88.2	86.7	89.6	6.6	5.5	7.8	2.1	1.5	2.7
Did not meet guidelines for either fruit or vegetables	86.5	85.2	87.7	7.9	7.0	8.9	2.5	2.0	3.1
<b>Smoking status</b>									
Non-smoker	88.9	87.6	90.0	6.0	5.2	6.9	1.9	1.4	2.5
Ex-smoker	87.6	84.9	89.9	6.2	4.8	8.1	1.9	1.3	2.9
Current	81.3	78.8	83.6	10.7	9.0	12.7	4.7	3.5	6.2
<b>Self-rated health</b>									
Excellent or very good	93.0	91.7	94.1	3.7	3.0	4.6	0.7*	0.4	1.2
Good	87.4	85.8	88.8	7.3	6.2	8.6	1.5	1.1	2.1
Fair or poor	73.1	70.2	75.8	14.9	12.8	17.3	7.7	6.2	9.5
<b>Body weight status<sup>(e)</sup></b>									
Underweight	78.9	68.1	86.7	7.4*	3.3	15.8	10.4*	5.0	20.3
Normal weight	87.1	85.5	88.5	7.4	6.3	8.6	2.2	1.7	2.9
Overweight	88.3	86.8	89.7	6.6	5.5	7.8	1.6	1.2	2.2
Obese	83.8	80.9	86.3	9.0	6.9	11.6	3.2	2.4	4.4
<b>Total</b>	<b>86.8</b>	<b>85.9</b>	<b>87.7</b>	<b>7.3</b>	<b>6.6</b>	<b>8.0</b>	<b>2.4</b>	<b>2.0</b>	<b>2.8</b>

(a) Based on Kessler 10 Psychological Distress Scale (K10).

(b) Based on national guidelines (DoHA 1999) and excludes adults aged less than 19 years.

(c) Based on national guidelines (NHMRC 2001).

(d) Based on national guidelines (NHMRC 2003).

(e) Based on Body Mass Index (BMI) score.

95% CI = 95 per cent confidence interval.

Note that figures may not add to 100 per cent due to a proportion of 'refused' responses.

Data are age standardised to the 2006 Victorian population.

Estimates that are (statistically) significantly different to the corresponding estimate for Victoria are identified by colour as follows: **above Victoria** / **below Victoria**.

\* Estimate has a relative standard error of between 25 and 50 per cent and should be interpreted with caution.

\*\* Estimate has a relative standard error of greater than 50 per cent and is not reported as it is unreliable for general use.

Table 7.7 shows levels of psychological distress for females, by selected health indicators. The proportion of females with high levels of psychological distress was higher than the average for the state among those who reported being sedentary, non-drinkers (abstainers), current smokers, those who reported fair or poor health status and those with obese body weight status.

The proportion of females with very high levels of psychological distress was higher than the average for the state among those who reported being inactive (sedentary), non-drinkers (abstainers), not meeting either the fruit or vegetable guidelines, current smokers and those who reported fair or poor health status.

**Table 7.7: Levels of psychological distress<sup>(a)</sup> by selected health indicators, females, 2008**

	Level of psychological distress								
	Low to moderate (10–21)			High (22–29)			Very high (30–50)		
	%	Lower 95% CI	Upper 95% CI	%	Lower 95% CI	Upper 95% CI	%	Lower 95% CI	Upper 95% CI
<b>Physical activity<sup>(b)</sup></b>									
Sedentary	68.2	62.1	73.7	13.6	9.9	18.4	11.0	6.8	17.4
Insufficient time and/or sessions	84.0	82.3	85.4	9.5	8.3	10.9	4.0	3.2	4.9
Sufficient time and sessions	86.2	85.2	87.2	8.3	7.6	9.2	3.0	2.5	3.5
<b>Alcohol consumption<sup>(c)</sup></b>									
At risk or high risk of long-term harm	79.2	73.3	84.1	13.0	8.8	18.7	6.4	4.1	9.7
At risk or high risk of short-term harm	85.9	84.6	87.1	8.8	7.9	9.9	3.3	2.7	3.9
Abstainer from alcohol	76.9	74.8	78.9	11.7	10.1	13.4	6.2	5.2	7.5
<b>Nutrition<sup>(d)</sup></b>									
Met guidelines for fruit and vegetable consumption	86.0	81.7	89.4	9.0	6.7	12.0	3.9*	1.7	9.0
Met guidelines for vegetable consumption	86.7	83.4	89.5	8.8	6.9	11.2	3.2*	1.5	6.8
Met guidelines for fruit consumption	86.3	85.2	87.3	8.2	7.4	9.1	2.7	2.2	3.2
Did not meet guidelines for either fruit or vegetables	81.1	79.8	82.4	10.6	9.6	11.6	5.0	4.4	5.8
<b>Smoking status</b>									
Non-smoker	85.5	84.5	86.5	7.8	7.1	8.6	3.2	2.7	3.8
Ex-smoker	84.4	82.0	86.6	10.2	8.4	12.3	2.4	1.8	3.1
Current	75.3	72.9	77.6	13.6	11.9	15.5	7.6	6.4	9.1
<b>Self-rated health</b>									
Excellent or very good	92.1	91.1	92.9	4.6	4.0	5.4	1.3	0.9	1.9
Good	83.9	82.5	85.1	9.8	8.8	10.9	3.0	2.4	3.6
Fair or poor	62.2	59.6	64.7	20.2	18.1	22.5	11.9	10.4	13.7
<b>Body weight status<sup>(e)</sup></b>									
Underweight	76.8	71.6	81.3	13.1	9.6	17.6	6.2	3.8	9.8
Normal weight	86.7	85.6	87.7	7.9	7.1	8.7	2.6	2.1	3.1
Overweight	84.5	82.8	86.1	9.3	8.0	10.8	3.2	2.6	3.9
Obese	77.7	74.9	80.3	12.8	10.7	15.3	7.2	5.5	9.5
<b>Total</b>	<b>83.7</b>	<b>82.9</b>	<b>84.5</b>	<b>9.3</b>	<b>8.7</b>	<b>9.9</b>	<b>3.8</b>	<b>3.4</b>	<b>4.3</b>

(a) Based on Kessler 10 Psychological Distress Scale (K10).

(b) Based on national guidelines (DoHA 1999) and excludes adults aged less than 19 years.

(c) Based on national guidelines (NHMRC 2001)

(d) Based on national guidelines (NHMRC 2003).

(e) Based on Body Mass Index (BMI) score.

95% CI = 95 per cent confidence interval.

Note that figures may not add to 100 per cent due to a proportion of 'refused' responses.

Data are age standardised to the 2006 Victorian population.

Estimates that are (statistically) significantly different to the corresponding estimate for Victoria are identified by colour as follows: above Victoria / below Victoria.

\* Estimate has a relative standard error of between 25 and 50 per cent and should be interpreted with caution.

## Use of mental health services

Survey respondents were asked if they had sought help from a medical professional for a mental health problem in the previous 12 months. Table 7.8 shows the proportion of males and females who sought help for a mental health problem in the year prior to the survey, by age group and sex.

More than one in 10 persons (11.4 per cent) sought professional help for a mental health problem in the last 12 months. The proportion of females (13.9 per cent) who sought professional help for a mental health problem was higher than the proportion of males (8.7 per cent) who sought professional help.

The proportion of persons aged 65 years and over (4.4 per cent) who sought professional help for a mental health problem was lower than the Victorian average (11.4 per cent) and persons aged 25–34 years (13.5 per cent), 35–44 years (13.5 per cent) and 45–54 years (13.0 per cent) had higher rates, compared with the rate for Victoria.

**Table 7.8: Proportion of persons who sought professional help for a mental health problem in the last 12 months, by age group and sex, 2008**

Age group (years)	Males			Females			Persons		
	%	Lower 95% CI	Upper 95% CI	%	Lower 95% CI	Upper 95% CI	%	Lower 95% CI	Upper 95% CI
18–24	8.6	6.2	11.7	17.9	14.8	21.6	13.2	11.1	15.5
25–34	9.9	7.9	12.5	17.1	15.1	19.3	13.5	12.0	15.1
35–44	9.8	8.2	11.5	17.2	15.7	18.7	13.5	12.4	14.7
45–54	10.4	8.8	12.2	15.6	14.1	17.3	13.0	11.9	14.2
55–64	9.9	8.4	11.5	11.3	10.0	12.8	10.6	9.6	11.7
65+	3.4	2.7	4.2	5.3	4.5	6.2	4.4	3.9	5.0
<b>Total</b>	<b>8.7</b>	<b>8.0</b>	<b>9.5</b>	<b>13.9</b>	<b>13.2</b>	<b>14.7</b>	<b>11.4</b>	<b>10.9</b>	<b>11.9</b>

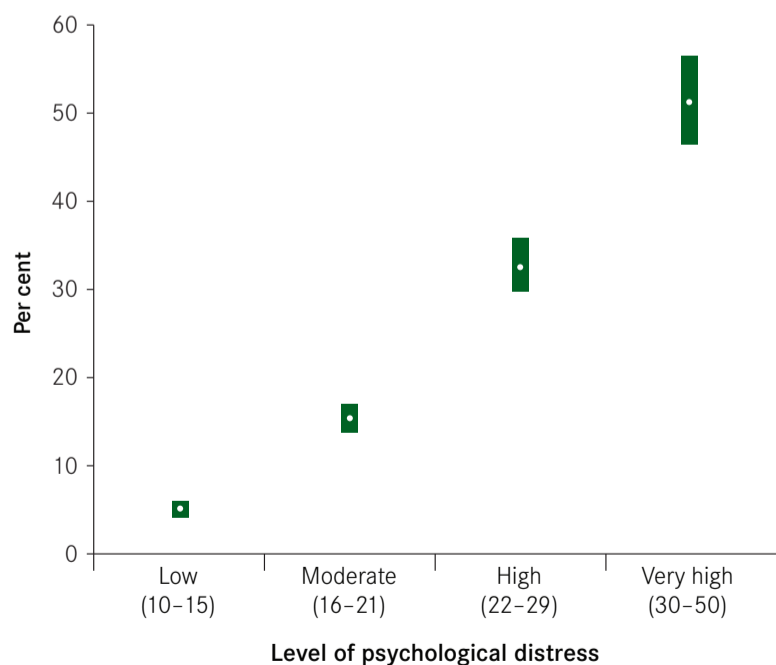
95% CI = 95 per cent confidence interval.

Data are crude estimates, except for the totals, which represent the estimates for Victoria and have been age standardised to the 2006 Victorian population.

Estimates that are (statistically) significantly different to the corresponding estimate for Victoria are identified by colour as follows: **above Victoria** / **below Victoria**.

Figure 7.4 shows that the proportion of persons who sought professional help for a mental health problem increased with increasing levels of psychological distress.

**Figure 7.4: Proportion of persons who sought professional help for a mental health problem in the last 12 months, by level of psychological distress, 2008**



Data are crude estimates, they have not been age standardised.

## Use of mental health services by region and LGA

Table 7.9 shows the proportion of persons who sought professional help for a mental health problem in the last 12 months, by sex and Department of Health region.

There were no differences in the proportion of persons who sought help for a mental health problem between the Department of Health regions. However, a higher proportion of females sought help than males, for all regions of the state, with the exception of the Barwon-South Western and Grampians regions, where there was no difference between the sexes.

**Table 7.9: Proportion of persons who sought professional help for a mental health problem in the last 12 months, by sex and Department of Health region, 2008**

Region	Males			Females			Persons		
	%	Lower 95% CI	Upper 95% CI	%	Lower 95% CI	Upper 95% CI	%	Lower 95% CI	Upper 95% CI
Barwon-South Western	9.1	6.4	12.8	12.1	9.5	15.4	10.7	8.6	13.1
Eastern Metropolitan	8.7	6.9	11.0	13.7	11.7	15.8	11.2	9.8	12.7
Gippsland	9.3	7.2	12.1	17.3	14.7	20.2	13.3	11.6	15.3
Grampians	11.2	8.4	14.7	15.0	12.1	18.3	13.3	11.2	15.7
Hume	8.8	6.8	11.3	14.7	12.7	16.9	11.7	10.2	13.3
Loddon Mallee	7.9	6.1	10.0	15.2	12.8	18.0	11.6	10.0	13.4
North and West Metropolitan	8.5	7.3	9.8	13.8	12.6	15.2	11.2	10.3	12.1
Southern Metropolitan	8.0	6.5	9.8	14.4	12.8	16.1	11.3	10.1	12.5
<b>Metropolitan</b>	<b>8.4</b>	<b>7.5</b>	<b>9.3</b>	<b>13.9</b>	<b>13.0</b>	<b>14.8</b>	<b>11.2</b>	<b>10.5</b>	<b>11.8</b>
<b>Rural</b>	<b>9.2</b>	<b>8.0</b>	<b>10.5</b>	<b>14.7</b>	<b>13.5</b>	<b>16.1</b>	<b>12.0</b>	<b>11.1</b>	<b>12.9</b>
<b>Total</b>	<b>8.6</b>	<b>7.9</b>	<b>9.4</b>	<b>14.1</b>	<b>13.3</b>	<b>14.8</b>	<b>11.4</b>	<b>10.8</b>	<b>11.9</b>

Metropolitan and rural regions are identified by colour as follows: metropolitan / rural.

95% CI = 95 per cent confidence interval.

Data are age standardised to the 2006 Victorian population.

Table 7.10 and Figure 7.5 show the proportion of persons who sought professional help for a mental health problem by LGA. There was a higher proportion of persons who had sought professional help for a mental health problem in the LGAs of East Gippsland (18.1 per cent) and Colac-Otway (16.7 per cent), compared with all Victorians (11.4 per cent).

Conversely, there was a lower proportion of persons who had sought professional help in the LGAs of Brimbank (7.8 per cent) and Greater Dandenong (7.0 per cent). The lowest rate reported was in the Greater Dandenong LGA (7.0 per cent).

Table 7.10: Proportion of persons who sought professional help for a mental health problem in the last 12 months, by LGA, 2008

LGA	%	Lower 95% CI	Upper 95% CI	LGA	%	Lower 95% CI	Upper 95% CI
Alpine (S)	10.5	6.7	16.0	Mansfield (S)	11.9	8.1	17.2
Ararat (RC)	14.2	9.6	20.6	Maribyrnong (C)	11.1	8.4	14.5
Ballarat (C)	15.7	11.9	20.5	Maroondah (C)	13.9	10.4	18.3
Banyule (C)	13.2	9.5	18.1	Melbourne (C)	13.0	9.8	17.1
Bass Coast (S)	17.0	11.7	24.1	Melton (S)	12.1	9.2	15.7
Baw Baw (S)	10.3	7.4	14.1	Mildura (RC)	11.7	8.6	15.7
Bayside (C)	10.7	7.5	15.0	Mitchell (S)	9.9	7.0	13.9
Benalla (RC)	15.0	10.8	20.4	Moira (S)	10.6	7.3	15.3
Boroondara (C)	9.6	6.5	13.9	Monash (C)	11.3	8.1	15.5
Brimbank (C)	7.8	5.8	10.4	Moonee Valley (C)	12.0	8.8	16.1
Buloke (S)	8.7	5.9	12.8	Moorabool (S)	10.1	7.3	14.0
Campaspe (S)	10.9	7.4	15.6	Moreland (C)	10.2	7.4	13.8
Cardinia (S)	9.0	6.3	12.6	Mornington Peninsula (S)	15.6	11.2	21.3
Casey (C)	10.0	7.5	13.3	Mount Alexander (S)	15.5	11.5	20.5
Central Goldfields (S)	10.8	7.4	15.4	Moyne (S)	10.1	7.6	13.3
Colac-Otway (S)	16.7	12.0	22.8	Murrindindi (S)	10.8	7.9	14.5
Corangamite (S)	8.2	5.7	11.6	Nillumbik (S)	11.7	8.3	16.2
Darebin (C)	11.3	8.5	14.9	Northern Grampians (S)	10.0	6.8	14.4
East Gippsland (S)	18.1	12.5	25.6	Port Phillip (C)	11.2	8.6	14.6
Frankston (C)	13.5	9.9	18.1	Pyrenees (S)	16.9	11.6	23.8
Gannawarra (S)	10.8	7.5	15.4	Queenscliffe (B)	12.5	7.9	19.3
Glen Eira (C)	12.5	9.2	16.7	Southern Grampians (S)	9.8	6.6	14.4
Glenelg (S)	10.6	7.9	14.2	South Gippsland (S)	7.7	4.9	12.0
Golden Plains (S)	11.6	8.5	15.5	Stonnington (C)	13.0	9.8	17.0
Greater Bendigo (C)	11.7	8.6	15.7	Strathbogie (S)	11.1	7.2	16.6
Greater Dandenong (C)	7.0	4.9	9.9	Surf Coast (S)	12.1	8.4	17.1
Greater Geelong (C)	9.4	6.5	13.4	Swan Hill (RC)	9.7	6.4	14.5
Greater Shepparton (C)	13.8	9.7	19.4	Towong (S)	12.9	8.7	18.7
Hepburn (S)	12.3	9.1	16.6	Wangaratta (RC)	10.4	7.3	14.5
Hindmarsh (S)	12.0	8.3	17.1	Warrnambool (C)	15.4	11.7	20.0
Hobsons Bay (C)	13.0	9.5	17.6	Wellington (S)	12.9	9.4	17.4
Horsham (RC)	10.2	7.3	13.9	West Wimmera (S)	9.3	6.6	13.1
Hume (C)	11.6	8.7	15.4	Whitehorse (C)	12.0	8.3	17.1
Indigo (S)	9.1	5.7	14.4	Whittlesea (C)	10.3	7.6	13.8
Kingston (C)	12.2	8.7	16.9	Wodonga (RC)	14.1	10.8	18.2
Knox (C)	9.2	6.2	13.5	Wyndham (C)	10.3	7.8	13.5
Latrobe (C)	13.3	10.1	17.4	Yarra (C)	15.2	11.7	19.5
Loddon (S)	12.0	8.4	16.9	Yarra Ranges (S)	14.3	10.9	18.5
Macedon Ranges (S)	9.7	6.5	14.1	Yarriambiack (S)	13.1	8.6	19.5
Manningham (C)	8.5	6.0	11.8	<b>Total</b>	<b>11.4</b>	<b>10.8</b>	<b>11.9</b>

Metropolitan and rural LGAs are identified by colour as follows: metropolitan / rural.

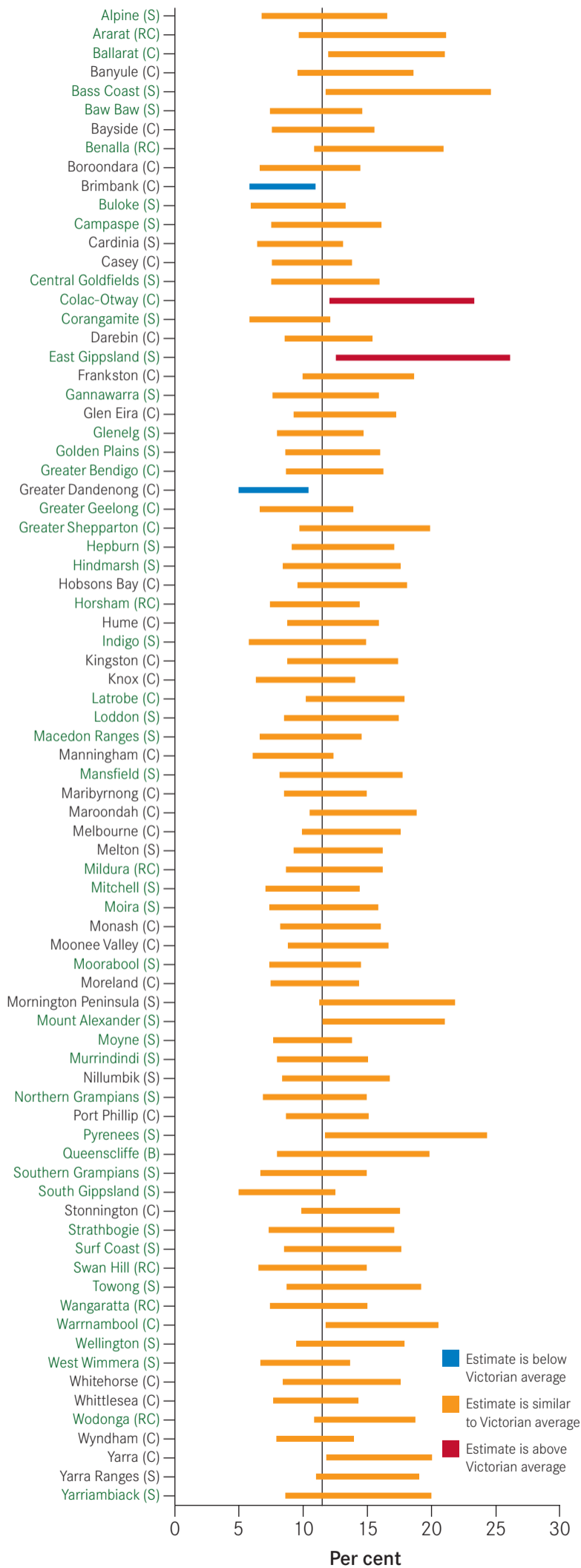
95% CI = 95 per cent confidence interval.

LGA = local government area.

Data are age standardised to the 2006 Victorian population.

Estimates that are (statistically) significantly different to the corresponding estimate for Victoria are identified by colour as follows: above Victoria / below Victoria.

Figure 7.5: Proportion of persons who sought professional help for a mental health problem in the last 12 months, by LGA, 2008



Metropolitan and rural LGAs are identified by colour as follows: metropolitan / rural.  
 LGA = local government area.  
 Data are age standardised to the 2006 Victorian population.  
 The line on the graph is the Victorian estimate, it does not show the 95% CI.  
 See the relevant table for the 95% CI for Victoria (Total).

## Sources of professional help

Respondents who reported seeking professional help for a mental health problem were also asked who they sought help from. Table 7.11 shows the various sources of professional help sought for a mental health problem, by sex.

More than one third (38.1 per cent) of persons who sought professional help, consulted a private counsellor or psychologist, while almost two thirds (60.7 per cent) consulted a general practitioner and 18.9 per cent sought help from a private psychiatrist.

**Table 7.11: Sources of professional help for persons who sought professional help for a mental health problem in the last 12 months, 2008**

	Males			Females			Persons		
	%	Lower 95% CI	Upper 95% CI	%	Lower 95% CI	Upper 95% CI	%	Lower 95% CI	Upper 95% CI
GP	<b>57.3</b>	52.7	61.7	<b>62.8</b>	60.0	65.6	<b>60.7</b>	58.2	63.2
Private counselling/psychologist	<b>35.5</b>	31.2	40.1	<b>39.6</b>	36.8	42.5	<b>38.1</b>	35.7	40.5
Private psychiatrist	<b>22.3</b>	18.7	26.3	<b>16.8</b>	14.7	19.1	<b>18.9</b>	17.0	20.9
Public mental health service community service	<b>7.4</b>	5.2	10.4	<b>5.3</b>	4.2	6.7	<b>6.1</b>	5.0	7.5
Other	<b>4.2</b>	2.9	6.0	<b>4.8</b>	3.6	6.2	<b>4.5</b>	3.6	5.6
Community health service	<b>2.8*</b>	1.5	5.2	<b>5.2</b>	4.0	6.6	<b>4.3</b>	3.4	5.5
Public hospital inpatient services	<b>2.3*</b>	1.2	4.4	<b>1.2*</b>	0.8	2.0	<b>1.6</b>	1.1	2.5
Unknown or refused to say	<b>1.3</b>	0.5	3.0	<b>0.7*</b>	0.3	1.6	<b>0.9*</b>	0.5	1.7
Private hospital emergency department	<b>0.0</b>	N/A	N/A	<b>**</b>			<b>**</b>		
Public mental health service inpatient service	<b>**</b>			<b>**</b>			<b>0.8*</b>	0.4	1.4
Public hospital emergency department	<b>**</b>			<b>0.8*</b>	0.4	1.6	<b>1.1*</b>	0.5	2.1
Private hospital inpatient services	<b>**</b>			<b>0.6*</b>	0.3	1.2	<b>0.6*</b>	0.4	1.1
Public mental health service crisis service	<b>**</b>			<b>1.0*</b>	0.6	1.9	<b>0.9*</b>	0.5	1.5

95% CI = 95 per cent confidence interval.

Data are crude estimates, they have not been age standardised.

\* Estimate has a relative standard error of between 25 and 50 per cent and should be interpreted with caution.

\*\* Estimate has a relative standard error of greater than 50 per cent and is not reported as it is unreliable for general use.

This question allowed for multiple responses.

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