

# Mental Health in the Nepean Blue Mountains

August 2019

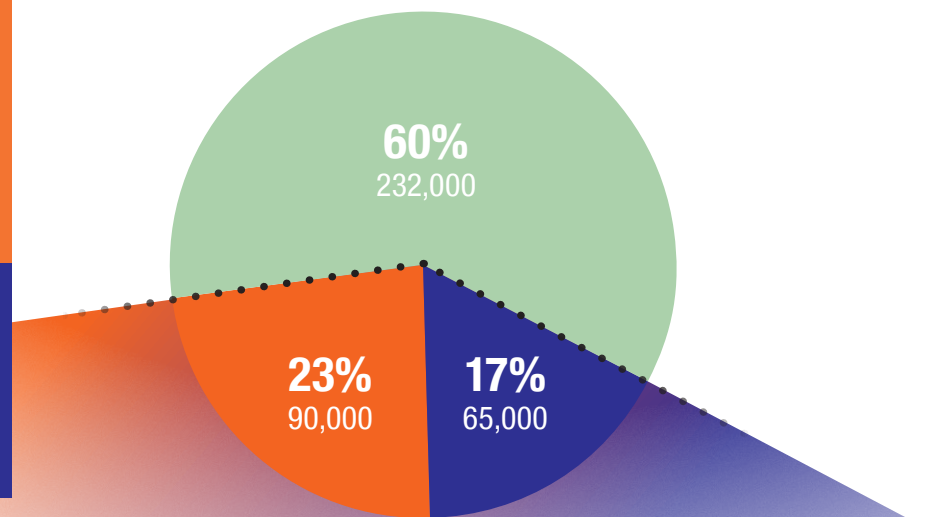
## DID YOU KNOW?

This year alone, approximately **90,000** (23% of the population) will be at risk of mental illness, some of whom will require early intervention to avoid progression. However, not all people will seek support services within a 12-month period.

A further **65,000 or more** (17% of the population) will likely experience a mental illness.

## Mental health risk in our region

Well At risk Mental Illness



Nepean Blue Mountains total population approximately 387,000

## People with mental health issues by severity matched to service need

| At risk of mental illness or requiring early intervention     | 90,000 or 23% of the population  | 22,000 or 24% need services  |
|---|----------------------------------|------------------------------|
| Mild mental illness   | 35,000 or 9% of the population   | 17,500 or 50% need services  |
| Moderate mental illness                                       | 18,000 or 5% of the population   | 14,200 or 80% need services  |
| Severe mental illness<br>(Severe Episodic, Severe Persistent) | 12,000 or 3.1% of the population | 12,000 or 100% need services |

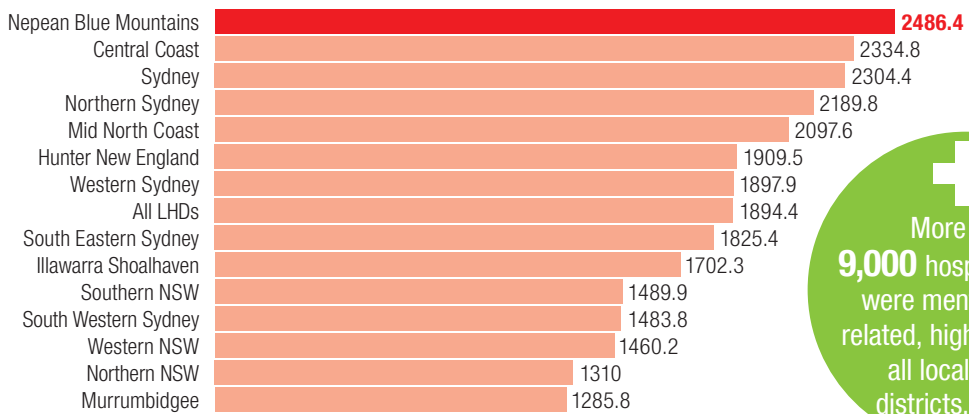
# Mental Health in the Nepean Blue Mountains

August 2019

## THE LATEST AVAILABLE POPULATION DATA INDICATES:

**Rates of mental illness are higher in our region than the NSW average.**

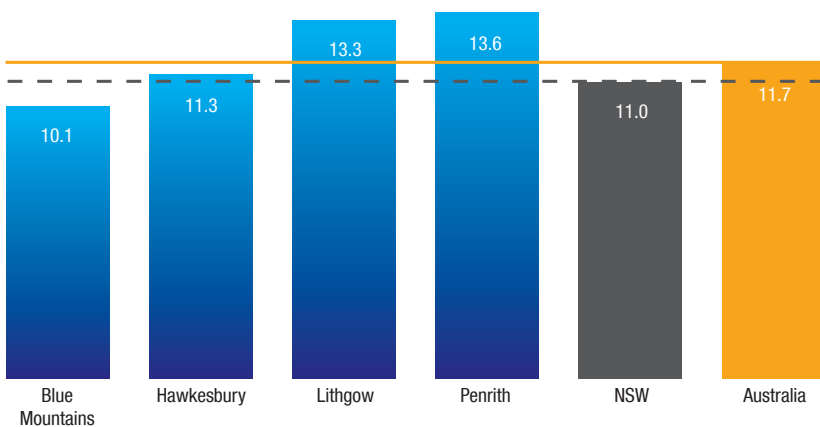
### Hospitalisations for mental illness



Rate per 100,000 among NSW LHDs, 2016-17.

**+**  
More than **9,000** hospitalisations were mental health related, highest among all local health districts. (2016-17)

### Prevalence of high or very high psychological distress by LGA



Rate per 100 of high or very high psychological distress by LGA, 2014-15.

**Over 17%** of our **adults** report high or very high psychological distress. (2015-16)

**Aboriginal & Torres Strait Islander** people are **2.6 times** more likely to experience high or very high psychological distress. (2015-16)

**Suicide in our region is the highest rate among metropolitan local health districts in NSW.** (2016-17)

**Our rates of hospitalisations for self-harm are higher than the NSW State average.**

This is highest for females, young people, Aboriginal & Torres Strait Islander people and residents of the Lithgow LGA.