

# Mental Wellbeing and Inclusion

## Mental wellbeing

**34.9%** report having been diagnosed with anxiety or depression  
COMPARED TO 27.4% FOR VICTORIA

**45.1%** of women diagnosed  
COMPARED TO 33.6% FOR VICTORIA  
**23.8%** of men diagnosed  
COMPARED TO 21% FOR VICTORIA



**21%** report high to very high levels of psychological distress  
COMPARED TO 15.4% FOR VICTORIA

**25.3%** of women report  
COMPARED TO 18% FOR VICTORIA  
**15.9%** of men report this  
COMPARED TO 12.8% FOR VICTORIA

## Life satisfaction



**77%** report high to very high satisfaction with life  
COMPARED TO 78% FOR VICTORIA

**77.7%** of women report this  
COMPARED TO 78.2% FOR VICTORIA  
**76%** of men report this  
COMPARED TO 77.8% FOR VICTORIA

### Community insights:

Our community told us that the top three things that would improve satisfaction with life are better physical health, more sleep and rest and better mental health

## Social inclusion and connection



**39.6%** feel valued by society  
COMPARED TO 48.4% FOR VICTORIA



**71.3%** feel people in their neighbourhood are willing to help each other  
COMPARED TO 74% FOR VICTORIA

**65%** feel people in their neighbourhood can be trusted  
COMPARED TO 72% FOR VICTORIA

**25%** of households are people who live alone  
COMPARED TO 23.3% FOR VICTORIA

**24%** feel they had opportunities to have real say on issues that were important to them  
COMPARED TO 30% FOR VICTORIA

### Impact of COVID-19:

People's feelings of social connectedness declined throughout the COVID-19 pandemic restrictions.

In February 2020, 57% of Victorians agreed they felt connected to others.

In May-June 2020 (Lockdown 1) this decreased to 37%, and in July-October 2020 (Lockdown 2) decreased to 31%.



**33.4%** of people volunteer  
COMPARED TO 36% FOR VICTORIA

## Sense of community and belonging

Through our Community Satisfaction Survey 2021 we heard that:

**63.6%** of our community think our City is an age friendly community

**60.2%** of our community think our City is a child friendly community



**57.6%** think our City is accessible and inclusive for people with a disability

**57.3%** think our City is welcoming and supportive of people from diverse cultures



## Frankston City Health and Wellbeing Community Profile

These statistics have been sourced from a number of datasets, and comprise the most currently available data at the time of printing. To view the full Frankston City Health and Wellbeing Community Profile 2021, please visit our website.

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