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Mental Health

Mental Health – Definition



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World Health Organisation (WHO):

“A state of wellbeing in which the individual ... can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.”

Mental Illness – Definition



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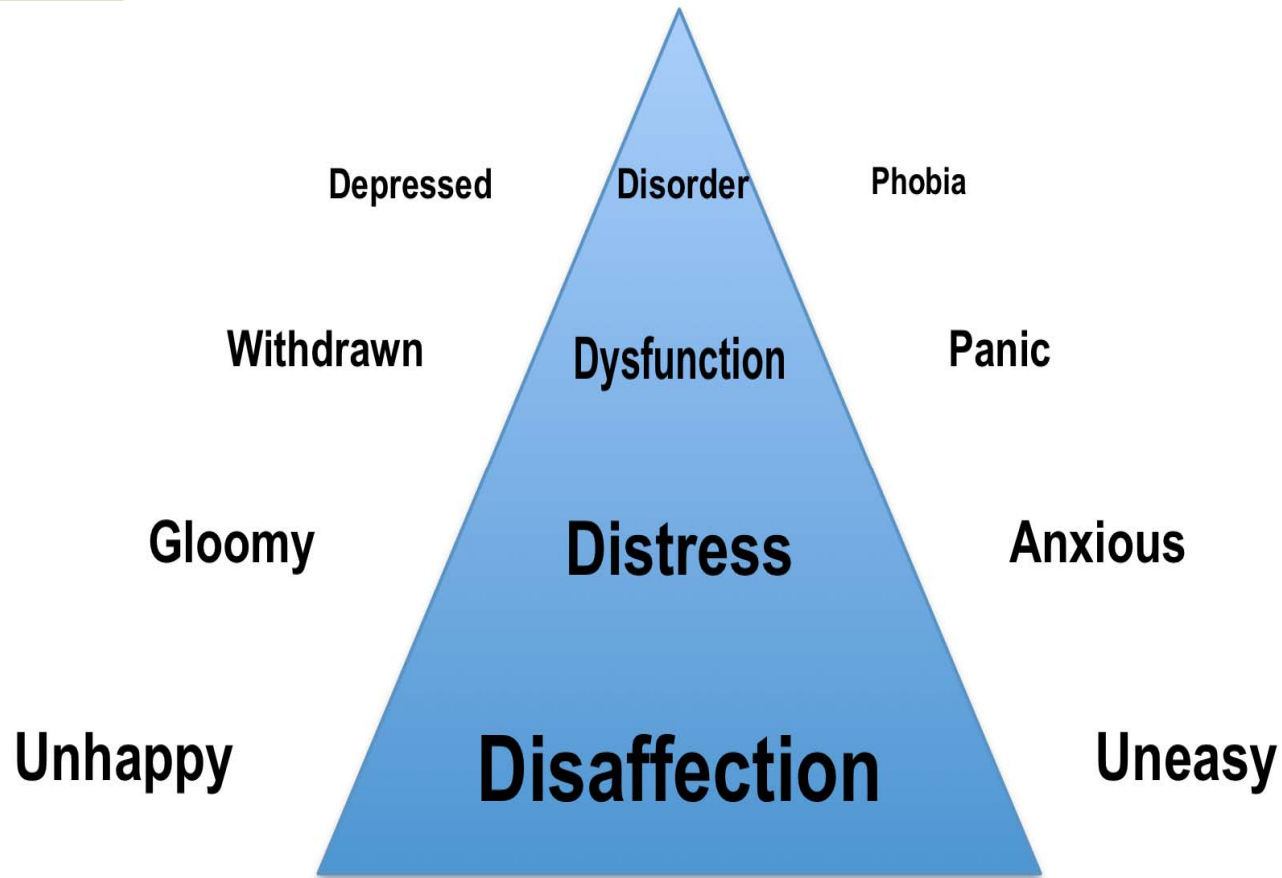
2007 National Survey of Mental Health and Wellbeing:

“... a clinically diagnosable disorder that significantly interferes with an individual’s cognitive, emotional or social abilities.”

PROBLEMS VS DISORDERS



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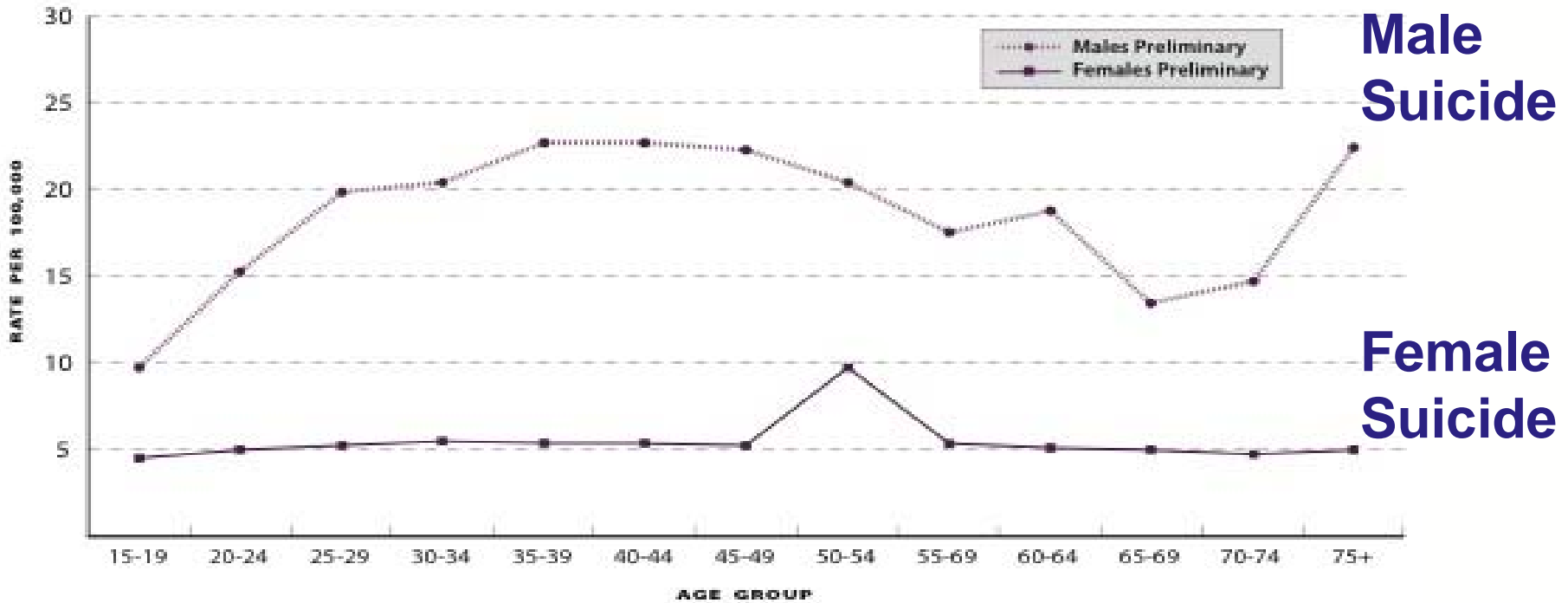
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Suicide in Australia

2009 Statistics – Rate per 100,000



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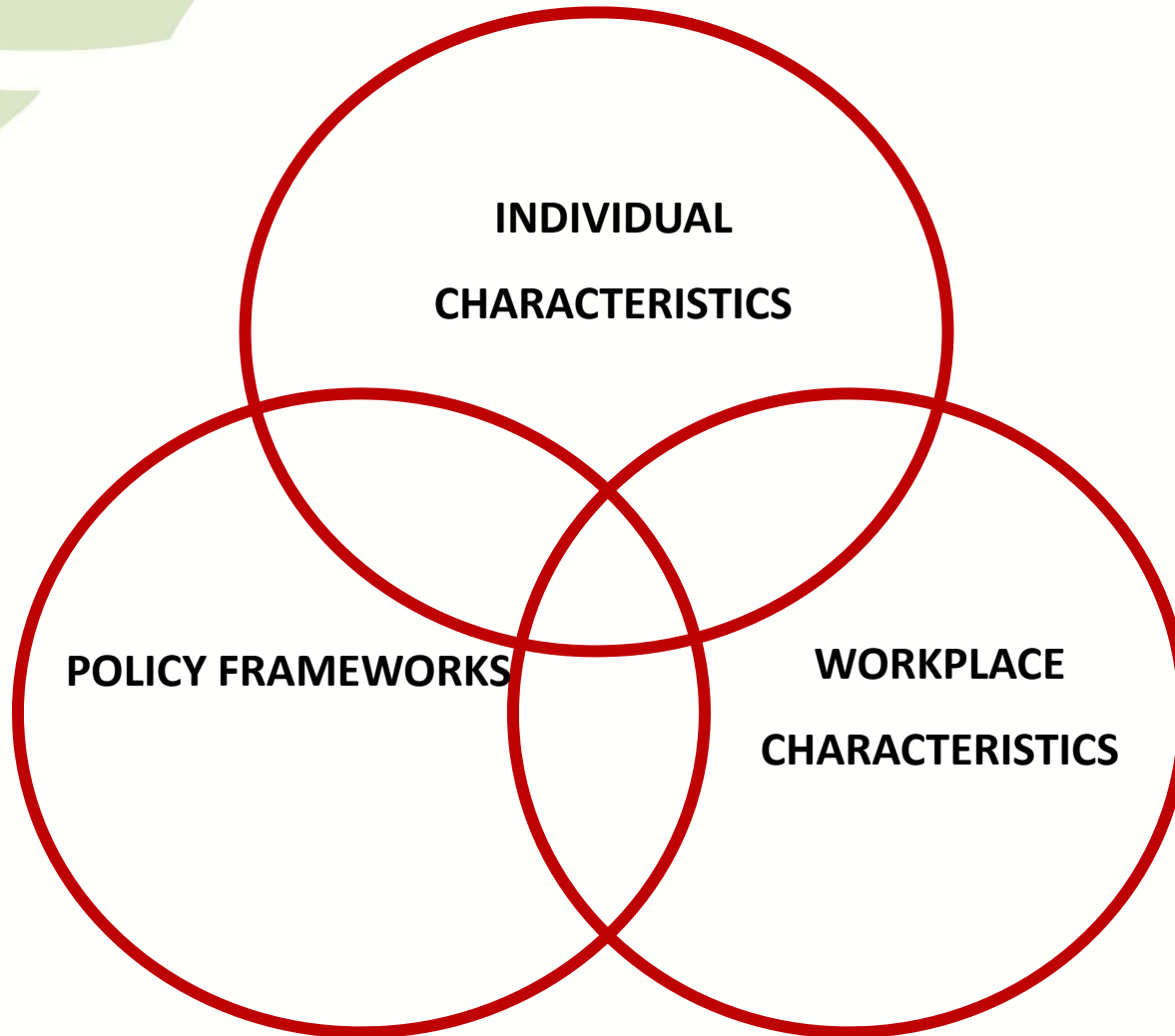


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What Contributes to MH?



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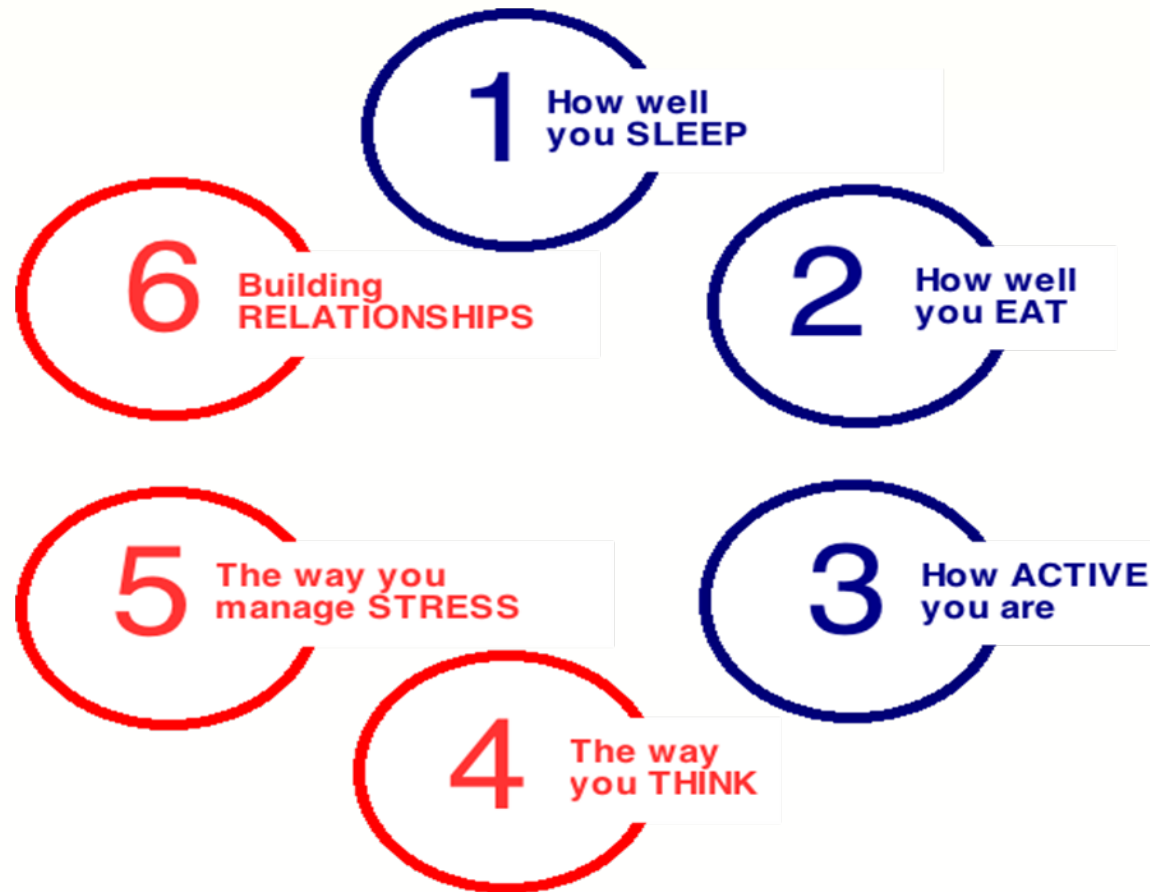
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Six Key Factors in Resilience and Mental Wellness



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