

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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