



Fact Sheet

Caring For Someone With A Mental Illness



GUESTS:

Hon Jeff Kennett - Jeffrey Kennett AC (born 2 March 1948), is a former Australian politician who was the 43rd Premier of Victoria between 1992 and 1999 and a current media commentator. He was the President of Hawthorn Football Club from 2005 - 2011. He is the founding Chairman of beyondblue, a national depression initiative.

Dianne Bellette – Dianne Bellette has been caring for her son John who at the age of 21 was diagnosed with schizophrenia. Since being diagnosed, John had drifted through life. His illness, and the stigma associated with it, led him to attempt to take his life on several occasions. Dianne is passionate about sharing what she's learned. She has co-facilitated a 12-week program for people caring for someone with a mental illness in outer Melbourne. She is passionate about carers receiving the right support and works alongside SANE Australia to make this happen.



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STATISTICS:

- Around 20% of adults are affected by some form of mental disorder every year
- Anxiety disorders affect around 14% of the adult population every year
- Depression affects around 6% of the adult population every year
- The remainder are affected by substance abuse disorders, psychotic illnesses such as schizophrenia, personality disorders, and other conditions. Many people have more than one diagnosis
- Nearly half (45%) of the population will experience a mental disorder at some stage in their lives
- Almost one in five Australians (20%) will experience a mental illness in a 12-month period
- During a one-year period, anxiety disorders will affect 14% of the population and depression will affect 6%
- Depression is one of the most common conditions in young people and increases during adolescence
- At least one third of young people have had an episode of mental illness by the time they are 25 years old
- Research indicates that people receiving treatment for a mental illness are no more violent or dangerous than the general population
- People living with a mental illness are more likely to be victims of violence, especially self-harm
- Mental illnesses are not purely 'psychological' and can have many physical features.

If you are caring for someone with mental illness, support and information is available from these following organisations

- **Carers Victoria** - There are many mental health services and supports available to help carers. <http://www.carersvictoria.org.au/advice/services-supports/mental-health>
- **The Personal Helpers and Mentors Program (PHaMs)** - a program that supports people whose lives are severely affected by mental health problems. It is a key part of the Australian Government's Mental Health program, which was announced in the 2006 Budget, and is part of the Council of Australian Government's National Action Plan on Mental Health. <http://www.wiseemployment.com.au/en/community/phams/>
- **Mind Australia** - Mind Australia is a leading provider of community mental health services. Mind supports clients to live independent, productive and purposeful lives. Underpinning their work is a belief that it is possible for everyone to have a full and meaningful life, including people with severe and persistent mental health issues. <http://www.mindaustralia.org.au/about-mind.html>



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USEFUL WEB LINKS:

Beyond Blue - www.beyondblue.org.au

SANE Australia - www.sane.org

REFERENCE:

Statistics in this fact sheet were provided by SANE Australia.