Hi guys, so back again, as you know I’m doing my mental health subject, mental health nursing subject, at the moment and I’m about to start that placement.

Umm so today I thought we could talk about mental health in the community and umm the effects it can have on people. So I’ve got Ross here with me,

Hello, my names Ross, I’m studying arts at La Trobe, and I pull a lot of subjects from sociology, which as of last year we’re looking at the demographics of suicide rates in society and how that can be neglected by government policy and that sort of thing.

So studying nursing has really brought to my attention the rate at which mental health issues affect Australians today and I feel like knowing what to do in those situations and encountering it isn’t just for nurses and health professionals to learn about.

I feel like everyone in the community should know something about it, because mental illness will effect at least 1 in 3 people in Australia its predicted will have a mental health issue in their lifetime, be that depression or anxiety, manic depression or bipolar as its more commonly known, umm or even stress related disorders things like that.

And it’s especially prominent in young people so I think its really important for everyone to know about it, not just the nursing and health professionals that deal with it umm in hospital. Ross’ got some statistics to share with you from his course.

So in Australia, there was almost twice the amount of deaths from suicide then the road toll for 2012, that’s um, 1,310 vs 2,535. There were over 300 suicide attempts a day in Australia.

That’s about one every 10 minutes and on average 1 in 30 suicide attempts are successful. Over 60% of these were young males, all over it equals about 1,900 males and about 600 females.

and that was in 2012?

yep 2012

So obviously there are a few different signs and symptoms to look out for. The trick is to know how much is too much.

A lot of people feel sad when something bad happens in their life, a lot of people have times when they feel anxious, during exams, things like that, but when we classify it as a disorder is when it has a measurable effect on your daily life,

when you withdraw from activities you used to enjoy, um if you see someone who has cut off a lot from their social group, things like that, and when its having a debilitating effect, depression and anxiety, is when we start to get concerned.

So there is support out there, beyond blue, and there’s another beyond blue brochure, but beyond blue is really good, just go on the website if you have a friend or if you are feeling yourself the symptoms.

And there is always if you are at La Trobe we have counseling services that run and there is a lovely phone number on the back and an office you can call to talk to someone, because a lot of the time talking to someone does help a lot, having someone who is neutral and just wants to listen to you, does help.

and there’s counseling services with pretty much all high schools these days, and of course all universities as well offer counseling services.

Alright thanks for watching guys!