

What We Know About Mental Ill Health in the Community

- ✦ Nearly half of the population will experience mental ill health at some stage in their lives.
- ✦ Almost 1 in 5 Australians will experience a mental illness in a 12-month period; more than half a million Queenslanders!
- ✦ The prevalence of mental illness varies throughout life, peaking in early adulthood. Nearly one third of young Australians aged 16 to 24 years have experienced some form of mental illness in the past 12 months, compared with 6% of those aged 75 to 85 years.
 - Young people have the highest rate of substance use disorders and are more likely to have anxiety disorders than affective disorders.
 - Among people aged 35 to 44 years, anxiety and affective disorders are most common.
 - All types of mental illness generally decline in prevalence after about 45 years of age although older people who are socially isolated are at risk of mental illness, particularly affective and anxiety disorders.

Choice is supported with funding from:

- ✦ **Department of Communities, Child Safety and Disability Services**
- ✦ **Queensland Health**

Choice Support Service Inc

Choice Support Service Inc (Choice) provides an interlinked range of health and wellbeing programs, community activities and individual support for people in the Gympie region with symptoms of mental illness, or a diagnosed mental illness and/or psychiatric disability.



**PO Box 881
Gympie, Queensland 4570**

To contact Choice Support Service Inc

Ph: 5482 1805

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Choice is supported by



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Connect By Choice



*Your one stop shop for
mental wellbeing,
information, gifts and
resources*

Connect By Choice

Connect By Choice Resource Centre

A one-stop-shop for mental wellbeing making it easier for members of the community to access mental health support in a non-threatening environment.

Free resources:

- ✦ Fact sheets on local resources
- ✦ Free information resources on mental illness

Available for purchase:

- ✦ Books, booklets, workbooks & relaxation CDs
- ✦ Gift items addressing mental illness stigma
- ✦ Coffee, tea, cold drinks, muffins & cakes

Community Education & Group Support

The Community Education and Support Program offers a variety of group activities and informal support and information sharing.

Activities include:

- ✦ Various support groups
- ✦ Mental health and wellbeing education sessions
- ✦ Community promotion of mental health and wellbeing
- ✦ Referral and other information
- ✦ Assistance with Self-Managed Wellness Plans
- ✦ Time limited, supported activities leading to accessing community-based resources and services

Community Placement

One-on-one support for people requiring support and assistance to apply for Disability funded mental health services, or to support the initial development of a Self-Managed Wellness Plan.

Contact Connect By Choice

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Skype: [Connect.by.Choice](https://www.skype.com/en/contacts/voice/Connect.by.Choice)

CONNECT BY CHOICE OPENING HOURS

Monday to Friday: 9:00 am - 5:00pm