

Youth Mental Health



STATE ADVOCACY

Establish and provide ongoing funding for a Mental Health Service Hub in Melbourne's west.

Additional asks

- **Implement community-based solutions, as recommended by the Royal Commission into Victoria's Mental Health System.**
- **Increase sustained investment to reduce wait times for services.**
- **Undertake a review and establish a plan to address the mental health impact of housing affordability, climate change and the long term impacts of COVID-19 for young people.**

NEED

Youth mental health services in the inner western suburbs of Melbourne are in crisis with young people (aged 12 - 25 years) waiting 3-6 months for an appointment.

The risk for these young people is poorer mental health outcomes often associated with experiences of exclusion, discrimination and stigma, and barriers to accessing services.

In Maribyrnong, which has one of the largest multi-cultural communities in Victoria, there are significantly more young people than the State average vulnerable to these experiences, through their cultural or gender identity, language barriers, instability at home due to financial or migration reasons, or even homelessness.

Maribyrnong Youth Advisory Committee



Challenges

1. Young women in Maribyrnong aged 15-24 years are reporting that they have a diagnosed mental health condition at higher rates than in Greater Melbourne. In some areas of Maribyrnong, 1 in 4 young women report they have a diagnosed mental health condition.
2. Average wait times for clinical appointments are greater than 3 months, with one in three psychologists closing their books.
3. A lack of available services in the inner-west, means vulnerable people need to travel outside of our municipality to seek support.
4. Ambulance callouts for low acuity mental health issues are twice as high in Maribyrnong than for Victoria as a whole and its average annual deaths from suicide and self-inflicted injuries is among the highest in the region.
5. The youth mental health system in Melbourne's inner west is under immense pressure and services are stretched with limited capacity to respond quickly. The system is both complex and difficult to navigate especially if you are a young person seeking help. To respond to this, Council is advocating to State and Federal Government to ensure young people growing up in our City have support when they need it most.
6. Young people themselves have identified a need for greater investment in prevention and culturally accessible, wrap-around services underpinned by co-design and co-delivery that places them at the centre of care.

Summary

Prevention and early intervention youth mental health is a key priority for the City of Maribyrnong. We must work together to ensure that young people have localised access to mental health services during times of crisis and need.

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