

Why we are here

The KDSC is a community based organisation. Created by our community, for our community. The KDSC works with, supports and compliments current local initiatives to build a Caring and Connected Community.

What is the cMHI?: The Community Mental Health Index (cMHI) is a quantitative survey that is used to identify strengths and areas of improvement to lift mental health literacy in our community.

What does it measure?: The cMHI measures four areas that influence mental health literacy in our community. Those areas are: Improved Recognition; Reduced Stigma; Help-Seeking Behaviour; and Mental Health Promotion. The survey measures how we perform in these areas according to four of our most important support systems: Me; My Family; My Friends; and My Community.

How can we use it?: We can use the cMHI to understand what we are doing well, and what we need to focus on, so that we can catch mental health issues earlier, and lend necessary support to struggling individuals, their friends and family, and the community in which we all live.

Global Statistics

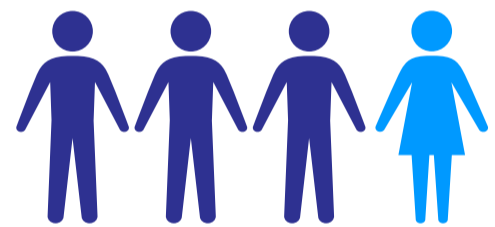
Every 40 seconds

a person dies by suicide somewhere in the world and many more attempt suicide.



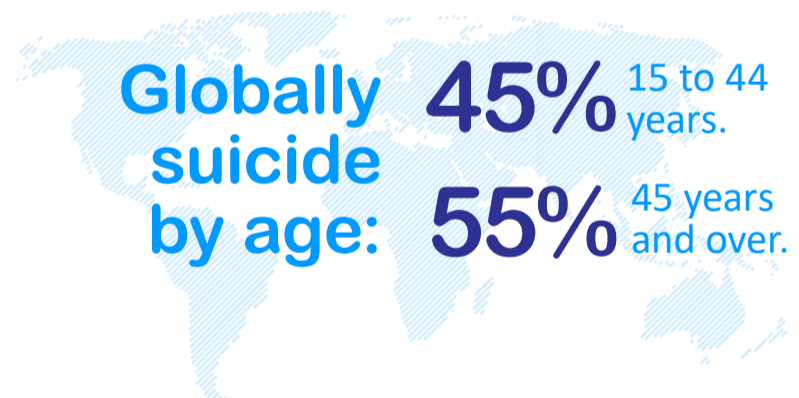
Approximately **800 000** people die due to suicide every year.

3 in 4 suicides are men.



For every suicide, there are **20 people** who attempt suicide each year. A prior suicide attempt is the single most important risk factor for suicide in the general population.

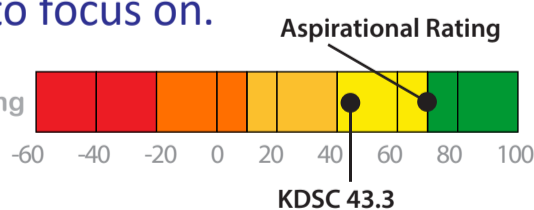
Globally **45%** 15 to 44 years.
55% 45 years and over.



What is happening in Kiama?

Kiama and Districts is in the 'Developing' range. This means that we do have some wins BUT we also have some key target areas to focus on.

cMHI - Mental Health Literacy Rating



Males scored 6 points lower than women. The men in our community are a clear target area for support.

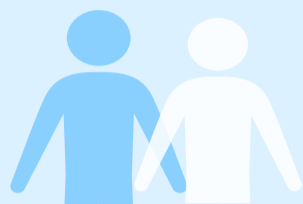


Beliefs and Behaviours

The survey showed us that as a community, what we think about mental health and what we do on a daily basis has a massive influence on whether or not someone gets help when they are in a crisis.

What you told us

Me



We know where to get help **BUT** we are not good at talking about our mental health.

We believe that our mental health is as valid and important as our physical health **BUT** we can't reach out when we are thinking about suicide.

Friends



We know that friends who talk about mental health, who know the signs and symptoms and who call out negative stereotypes are a key resource in encouraging people to get help and support.

BUT

We are still performing very low with this in our community.

Family



Our family members may know where to go for support **BUT** they still do not feel comfortable asking for help when they need it.

Families who have open and non-judgemental conversations about mental health in the home are better at getting the support they need when something happens **BUT** we still need to work on this as a community.

Community



Our community encourages us to get support.

BUT

There are no viable or affordable mental health support services available to us when we need it.

What we are doing about it

The KDSC has listened to what you told us and are committed to providing our community with:



More events to reduce stigma and increase awareness of services in the area.



Increase local mental health support services in the community.



A Lighthouse Leadership training program for coaches and mentors in the community.



Making sure that young people's voices are heard.