

HEPBURN SHIRE HEALTH PROFILE

MENTAL WELLBEING

12.3%

of people rated their satisfaction with life as low or medium



Hepburn Shire community reported a **higher** than average resilience score.

Both males and females have a higher percentage of depression or anxiety than the Victorian average



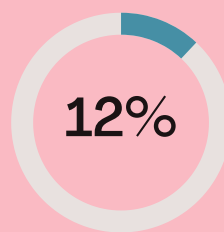
29.9%

VIC 21%



42.2%

VIC 33.6%



of people had **high or very high** levels of psychological distress

89

the rate of hospitalisations for intentional self-harm injuries 2014 - 2019

During COVID-19:

23%

of Victorians did not feel connected with others, this was up from 10% before the pandemic.



This increased to **29%** during the second wave.



Central Highlands
Rural Health

Hepburn
SHIRE COUNCIL