Health for all and all for health • Santé pour tous et tous pour la santé
Salud para todos y todos para la salud • 人人享有健康 一切为了健康
الصحة للجميع والجميع للصحة • Здоровье для всех и все для здоровья

National Health and Family Planning Commission of the People’s Republic of China

World Health Organization
BUILDING MENTAL HEALTH INTO THE CITY

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National Health and Family Planning Commission of the People’s Republic of China
HEALTH: a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

MENTAL HEALTH: a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.
Why invest in happiness / prevention of mental disorders?

Thriving, resilient, sustainable cities

- Strengthen relationships
- Build social capital and coping skills
- Reduce physical health problems
- Ease health and social care costs
- Educational attainment
- Employment opportunities
- Economic potential

Happier, healthier citizens
People who live in cities are at higher risk of loneliness, unhappiness, stress and mental disorders:

- Depression risk by 40%
- Anxiety risk by 20%
- Heroin and cocaine use
- Risk of schizophrenia
How the city affects our mental health

- Access to nature
- Exercise
- Social interaction
- Social networks
- Security
- Privacy
- Leisure time
- Sleep

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World Health Organization
“It took decades to integrate knowledge about the biomedical effects of the cityscape into (my) profession. But when it comes to mental health, we haven’t a clue.’

– Urban Planner, Basel, Switzerland
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Mind the GAPS Framework by the Centre for Urban Design and Mental Health helps cities plan better mental health through urban design.
To Discuss Further

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