The mental health story

One in four people will suffer from a mental or neurological disorder at some point during their lifetime.

121 million people suffer from depression.

450 million people are currently affected by these disorders.

24 million people and 50 million from epilepsy.

10 to 20 million attempt suicide.

Every year, one million people commit suicide.

Provide treatment in primary care.

Make psychotropic medicines available.

Provide care in the community.

Educate the public.

Involve communities.

Establish national policies, programmes and legislation.

Develop human resources.

Link with other sectors.

Monitor community mental health.

Support more research.


For further information about mental health, please contact:

Department of Mental Health and Substance Dependence
World Health Organization
20 Avenue Appia
1211 Geneva 27
Switzerland
Tel: +41 22 791 3634
www.who.int/mental_health
mnh@who.int

For further information about the World Health Report, please contact:

World Health Reporting
World Health Organization
20 Avenue Appia
1211 Geneva 27
Switzerland
Tel: +41 22 791 4224/2384
www.who.int/whr
whr@who.int

Copies of the World Health Report 2001, Mental Health: New Understanding, New Hope can be obtained through bookorders@who.int

The circle of care

Early recognition
Information about illness and treatment
Medical care
Psychological support
Hospitalization

Social support
Education
Vocational support
Day care
Long-term care
Spiritual needs

Assistance of stigma and discrimination
Family cohesion
Networking with families
Crisis support
Financial support
Respite care

Skills for care
Family cohesion
Networking with families
Crisis support
Financial support
Respite care

Medical
Community

Human rights

Mental disorders affect all people in all countries.

Neuropsychiatric disorders account for nearly one-third of the disability in the world.

This disability is present in every region of the world.

People do not get the care they need.

...because of lack of resources

Based on information from 177 Member States.


Number of psychiatrists per 100 000 population, 2000:

- 0–1
- 1.1–5
- 5.1–10
- >10
- No data available

Neuropsychiatric disorders account for nearly one-third of the disability in the world.

People can be successfully treated.

Presence of mental health policies in WHO Regions:

- Africa
- The Americas
- Eastern Mediterranean
- Europe
- South-East Asia
- Western Pacific


There are solutions

...because of fear of seeking help

A study in Australia showed that even where care is available and affordable, only 35% of people with a mental disorder sought help from a health professional.

35% of people seek help.


People can be successfully treated.


Depression

Up to 60% of patients recover

Substance abuse

Up to 60% reduction in drug use

Epilepsy

Up to 73% of patients live free from seizures

Schizophrenia

Up to 77% of patients live without relapses


