Bringing MH out of the shadows: the state of global mental health

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Global Mental Health

Scope of the problem:

In developed countries roughly 50 percent of people don’t receive appropriate care for mental disorders.

In developing countries, the treatment gap rockets sky-high to 90 percent.
1) More than 450 million across the globe suffer from mental illnesses. (WHO)

2) By 2030, depression will be the second highest cause of disease burden in middle-income countries and the third highest in low-income countries. (WHO)

3) In the United States, people with severe mental illness die 25 years earlier than the general population on average. (Time)

4) In the last 45 years suicide rates have increased by 60% worldwide. (WHO). More than 90% of people who kill themselves have a diagnosable mental disorder. (NIH) Suicide is among the three leading causes of death among those ages 15-44 years in some countries, and the second leading cause of death in the 10-24 years age group. (WHO)
80% of people who experience an episode of a mental disorder in their lifetime come from low- and middle-income countries.

In addition to their health impact, mental disorders cause a significant economic burden due to lost economic output and the link between mental disorders and costly, potentially fatal conditions including cancer, cardiovascular disease, diabetes, HIV, and obesity.

Two of the most common forms of mental disorders, anxiety and depression, are prevalent, disabling, and respond to a range of treatments that are safe and effective. Yet, owing to stigma and inadequate funding, these disorders are not being treated in most primary care and community settings.

Confronting mental disorders will require new sources of funding to bridge current resource gaps. Investment from a combination of national governments and international development partners could bridge these gaps and result in cost-effective mental health interventions.

This funding will provide a strong return on investment, with scale-up leading to good returns in restored productivity as well as improved health.
Global Burden of Disease

Figure 1
Global distribution of non-fatal disease burden of disease\(^5\)
(years lived with disability)

- 31% Mental, neurological and substance use disorders
  - 10% Depression
  - 4% Anxiety disorders
  - 4% Alcohol use disorders
  - 14% Other disorders
- 31% Other non-communicable diseases (e.g. CVD, cancer, diabetes, respiratory diseases)
- 14% Musculoskeletal
- 6% Injuries
story from the field
Out of the Shadows

1. The case for investing in global mental health
2. Dealing with common mental disorders
3. Resource gaps & funding options
4. Key policy actions
“It’s like magic. Somehow this group allowed me to find hope again and I learned to take care of myself. I had no idea how bad I was until I compared myself to how I was doing before and I know now that I didn’t need a pill for what was troubling me.”
— Group Member
THANK YOU!
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