

FACE THE PROBLEM: INVEST IN MENTAL HEALTH

WHO/NMH/WMHHD/2011.1

SCALING UP SERVICES



Mental Health Gap Action Programme Intervention Guide

A comprehensive, evidence-based, easy-to-follow, guide for delivering mental health care interventions in primary care and community settings.

Cost-effective interventions exist

Current mental health spending in low- and middle-income countries is US\$0.30 per capita.



Investment needed:
US\$3-4 per capita



Result:
for every US\$1 million invested, 350-700 healthy years of life restored

Depression treatment in primary care is as cost effective as antiretroviral treatment for HIV/AIDS.

There are successful, affordable and cost-effective interventions for other mental disorders such as schizophrenia, alcohol use and epilepsy.

It is cost effective and it is a right!

For more information:
http://www.who.int/mental_health/en/

TIME FOR ACTION If you are:

A concerned citizen/person with a mental disorder

- Support and mobilize people with mental disorders in your country to self-organize and advocate for change.
- Educate yourself and raise awareness about mental health and human rights issues.
- Advocate for increased funding for mental health to improve access and quality of treatment and care.
- Promote positive attitudes, non-discrimination, and equal opportunities for people with mental disorders. Volunteer to help.

A health-care provider

- Respect the dignity and promote the rights of people with mental disorders.
- Ensure provision of good quality mental health care within the health care system and community.

A policy-maker

- Identify new resources for mental health, e.g. increasing tax on alcohol and tobacco may increase resources for health.
- Reallocate investment from large hospitals to primary health care and community mental health care.
- Foster inter-sectoral collaboration. Adopt and promote mental health policies, laws and services that support comprehensive education, employment, housing and social services for people with mental disorders.

A donor, foundation or NGO

- Include mental health in all health-related programmes.
- Advocate for policies that promote the rights of people with mental disorders.
- Support the development and functioning of services in primary care and the community.



INVESTING IN MENTAL HEALTH

Is it worth it?



http://www.who.int/mental_health



THE BURDEN OF MENTAL DISORDERS

The burden of mental disorders gives rise to huge social and economic consequences to individuals, their families and whole communities or populations.

Neuropsychiatric disorders cause 1/3 of years lost due to disability worldwide and account for 13% of total disease burden.

80% of the global burden of disease due to mental disorders is found in low- and middle-income countries.

Among all disabilities, mental disorders are associated with the highest rates of unemployment, between 70% and 90%.

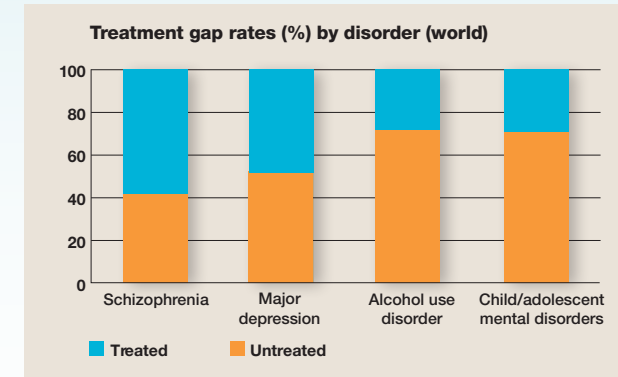
“If someone has a broken arm, you feel sorry for them. But when (the problem) is psychiatric, people don’t know how to react because they can’t see anything.

But just because you can’t see someone’s pain, it doesn’t mean they don’t need your care and support.”

Samoan woman with bipolar disorder, 29 years old, Auckland, New Zealand

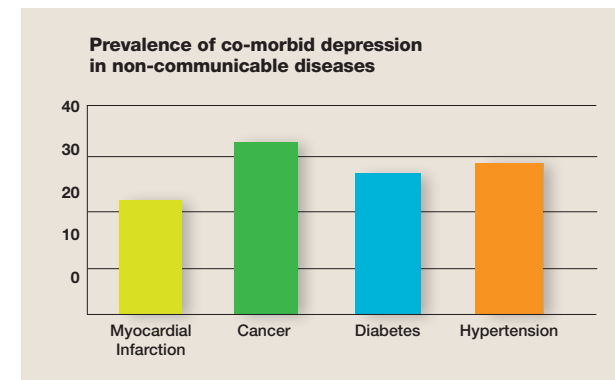
THE SERVICE GAP

Mental health services are inadequate in most countries. 80% of people with mental disorders in developing countries do not receive treatment.



Mental disorders and other health conditions

Mental disorders are closely related to a range of other priority conditions including HIV/AIDS, maternal and child health and non-communicable diseases. Up to 63% of HIV-positive people in low- and middle-income countries also have depression.



People with co-morbid depression are three times less likely to comply with recommended treatment plans, resulting in higher health-care costs and increased risk of disability and mortality.

LITTLE INVESTMENT

Low- and middle-income countries spend less than 2% of their total health budget on mental health.

In addition, lower income countries allocate a smaller proportion of their health budget to mental health than higher income countries.



Wrong investments?

Example 1

80% of the mental health budget in developing countries is spent on mental hospitals that serve only 7% of patients. However, the majority of people with mental disorders can be successfully treated through mental health services integrated in primary care and the community.

Example 2

The service gap for children and adolescents is much higher than for adults. This is in spite of the fact that providing services to children and adolescents often prevents lifelong disabilities.

THE FACTS

Depression

is the leading cause of disability worldwide

33%

of countries have no mental health budget

1 in 4

people will be affected by a mental disorder at some point in their lives

Every 40 seconds

someone commits suicide

4 out of 5

people with mental disorders in developing countries don't receive treatment

Almost 50%

of all mental disorders begin before the age of 14

2.5 million deaths

per year are due to the harmful use of alcohol

50 million

people worldwide have epilepsy