

MENTAL HEALTH

THE FACTS

Prevalence

450 million people worldwide have a mental health problem – more than 1 in every 16.¹

5 to 10% of the population suffer from clinical depression at any given time.²

Depression is the leading cause of disability worldwide and will be the single biggest medical burden on healthcare by 2020.³

50%...
...of all mental disorders begin before...
age 14

75%...
...age **25**⁴

Globally, 20% of children and adolescents have mental disorders or problems.⁵

In Britain*
1 in 4 adults have a diagnosable mental health problem in any one year.
50% of people with common mental health problems are no longer affected after 18 months.

In Australia*
45% of adults will experience a mental illness at some stage of their lives.

Provision

Spending on mental health per person per year*

\$1.63
Globally

\$0.20
In low-income countries

\$44.84
In high-income countries

Professional help is extremely scarce in low-income countries.

1 psychiatrist for every 2 million people
1 psychiatric nurse for every 233,000.

In rich countries
170 psychiatrists for every 2 million people
70 psychiatric nurses for every 233,000.

In India
1 health-service bed per 40,000 people.
3 psychiatrists per 1,000,000 people.⁶

In Ghana
2% of the population has access to treatment.⁷

Even in a wealthy country like Canada only

\$2 /person/year

The amount of money required to increase mental health services in low-income countries to a WHO-accepted standard.⁸

59% of the global population lives in a country which has dedicated mental health legislation.⁹

Employment¹⁰

40%...
...of British employers would hire someone with...
62%...
...a mental health condition

1/3 of those needing mental health services actually receive them.¹¹

Disadvantage, discrimination and disaster

Inequality, social exclusion and extreme stress take their toll on mental health.

8% to 26% – percentage of people with mental illness in different countries. This scale directly correlates to how equal societies in those countries are.
In the US, where there is high inequality, over 50% of the population will experience mental illness over their lifetime.¹²

Among British prisoners:
• the suicide rate is 15 times higher than in the general population.¹³
• male prisoners are 14 times more likely to have 2 or more mental disorders than men in general; women prisoners are 35 times more likely.¹²
• 70% have 2 or more mental health disorders.¹²

Depression affects 1 in 5 older people living in the community; 2 in 5 living in care homes.¹⁴
Loneliness in old age is a higher health risk than life-time smoking.¹⁴

In Britain, the rate of common mental disorders among refugees stands at 40%; in economic migrants 21%.¹⁵
First- and second-generation migrants are up to 8 times more likely to be diagnosed with schizophrenia than a white British person.¹⁶

In the Netherlands, Surinamese migrants are 4 times more likely to develop schizophrenia than the Dutch-born population.¹⁷

Rates of mental disorders double after emergencies like war and natural disasters.¹⁸
Since the financial crisis, suicide attempts have risen sharply in European countries. Greece is hardest hit, with the suicide rate up by 40% in the first five months of 2011.¹⁹

Suicide

90% of those who die by suicide in Western countries have a mental disorder. The proportion is smaller in Asian countries.²⁰

1 in 10 people with schizophrenia die by suicide.

1 in 5 people with bipolar disorder die by suicide.²¹

11 times higher – the rate of suicide of Inuit youth in Canada compared to the national average.²²
3 times higher – the rate of Australian Aboriginal male suicide compared to non-indigenous men.²³

Bitter pills

\$82 billion worldwide sales of drugs of mental health purposes.²⁴
Their profitability has led to large-scale unethical promotion of drugs. Powerful anti-psychotics are often dangerously promoted.

AstraZeneca
AstraZeneca received a \$520-million penalty in 2010 for illegal promotion of anti-psychotics to children and the elderly. This is just 2.4% of the \$21.6 billion made by the company on sales of Serquel from 1997 to 2009.²⁵

In 2009
Eli Lilly paid a \$515-million criminal fine related to its anti-psychotic drug Zyprexa.²⁶

Pfizer paid \$301 million in relation to its anti-psychotic Geodon.²⁷

Dangerousness²⁸

In a 2006 survey, the most common media stories about mental health concerned homicide and crime. **But...**

95% of homicides are committed by people not diagnosed with a mental health problem.

1 in 4 people with a severe mental illness had been a victim of crime in one year, according to a 2005 study.

People with psychosis are **14 times** more likely to be victims of violent crime than perpetrators.

¹ Mental Health Foundation quoting the World Health Organization (2001). ² World Health Organization, Comorbidity Depression, 2001. ³ World Health Organization, Comorbidity Depression, 2001. ⁴ World Health Organization, Comorbidity Depression, 2001. ⁵ World Health Organization, Comorbidity Depression, 2001. ⁶ World Health Organization, Comorbidity Depression, 2001. ⁷ World Health Organization, Comorbidity Depression, 2001. ⁸ World Health Organization, Comorbidity Depression, 2001. ⁹ World Health Organization, Comorbidity Depression, 2001. ¹⁰ World Health Organization, Comorbidity Depression, 2001. ¹¹ World Health Organization, Comorbidity Depression, 2001. ¹² World Health Organization, Comorbidity Depression, 2001. ¹³ World Health Organization, Comorbidity Depression, 2001. ¹⁴ World Health Organization, Comorbidity Depression, 2001. ¹⁵ World Health Organization, Comorbidity Depression, 2001. ¹⁶ World Health Organization, Comorbidity Depression, 2001. ¹⁷ World Health Organization, Comorbidity Depression, 2001. ¹⁸ World Health Organization, Comorbidity Depression, 2001. ¹⁹ World Health Organization, Comorbidity Depression, 2001. ²⁰ World Health Organization, Comorbidity Depression, 2001. ²¹ World Health Organization, Comorbidity Depression, 2001. ²² World Health Organization, Comorbidity Depression, 2001. ²³ World Health Organization, Comorbidity Depression, 2001. ²⁴ World Health Organization, Comorbidity Depression, 2001. ²⁵ World Health Organization, Comorbidity Depression, 2001. ²⁶ World Health Organization, Comorbidity Depression, 2001. ²⁷ World Health Organization, Comorbidity Depression, 2001. ²⁸ World Health Organization, Comorbidity Depression, 2001.

reference: a systematic review and meta-analysis. *Social Science and Medicine* 69, 2009. ¹⁸ R. Cost et al. 'Stained incidence rates of all psychoses among migrant groups', *Archives of General Psychiatry*, Vol 63, No 11, 2006. ¹⁹ P. J. F. J. van den Heuvel et al. 'Older age at onset of psychosis in Surinamese immigrants to the Netherlands', *American Journal of Psychiatry*, Vol 159, No 4, 2002. ²⁰ World Health Organization, *World Suicide Prevention Day 2011*. ²¹ World Health Organization, *World Suicide Prevention Day 2011*. ²² World Health Organization, *World Suicide Prevention Day 2011*. ²³ World Health Organization, *World Suicide Prevention Day 2011*. ²⁴ World Health Organization, *World Suicide Prevention Day 2011*. ²⁵ World Health Organization, *World Suicide Prevention Day 2011*. ²⁶ World Health Organization, *World Suicide Prevention Day 2011*. ²⁷ World Health Organization, *World Suicide Prevention Day 2011*. ²⁸ World Health Organization, *World Suicide Prevention Day 2011*.

DID YOU KNOW?

8 out of 100 teens report having serious depression.

That's 2 out of every 25 teens.



8% of all teens have an anxiety disorder.



5%

HAVE ADD.
Attention Deficit Disorder

3% HAVE ODD

Oppositional
Defiance Disorder

1% HAVE OCD

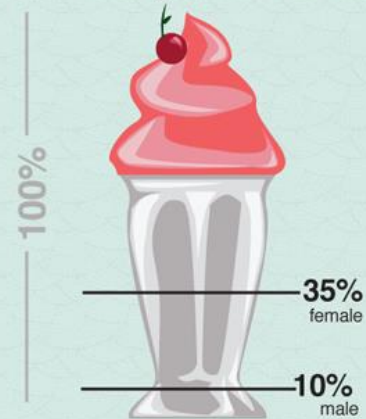
Obsessive Compulsive
Disorder

OVER **20%** OF YOUNG
ADULTS HAVE A
MENTAL ILLNESS

35% of teenaged girls have an eating disorder.

That's 7 out of every 25 teen girls.

10% of all teens suffering from an eating disorder are male.



4000

young Canadian teens
commit suicide every year.

only **38%** with mood disorders receive help.

only **15%** with substance abuse problems get the help they need.

only **13%** of Eating Disorder sufferers get help.

1 in 5
will get the help
they need.



 Ontario's Rising Star
York Region

