



CENTRE FOR GLOBAL
MENTAL HEALTH

KING'S
College
LONDON

How mental health unites countries

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WHO Collaborating Centre

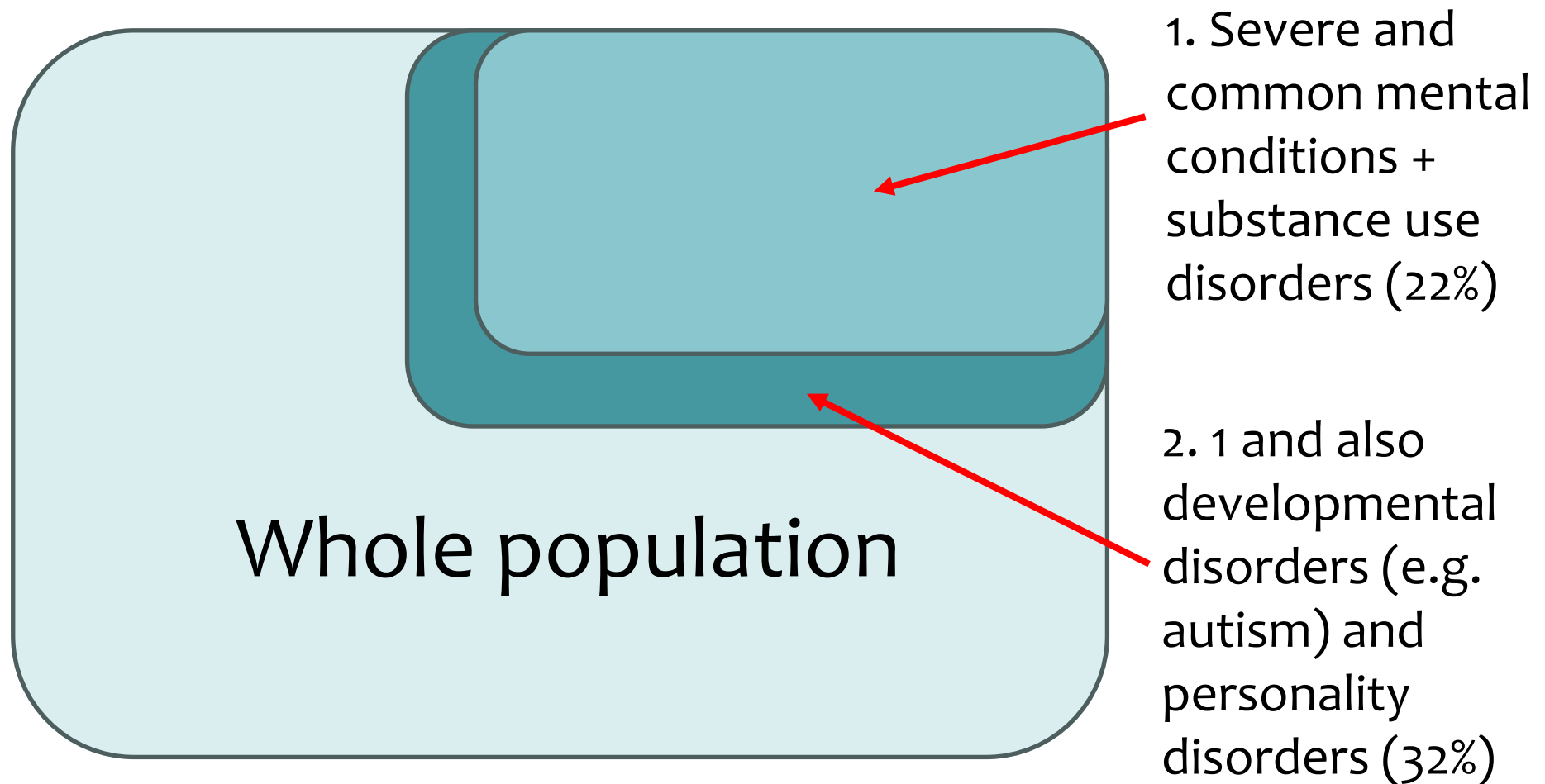
Plan

1. Personal and social impacts of mental illness
2. Economic costs of mental illness
3. Evidence-based solutions

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How many people experience mental health conditions this year?



About a quarter of all of us
experience a diagnosable mental
health condition this year

Are all these people assessed,
diagnosed, treated and supported?

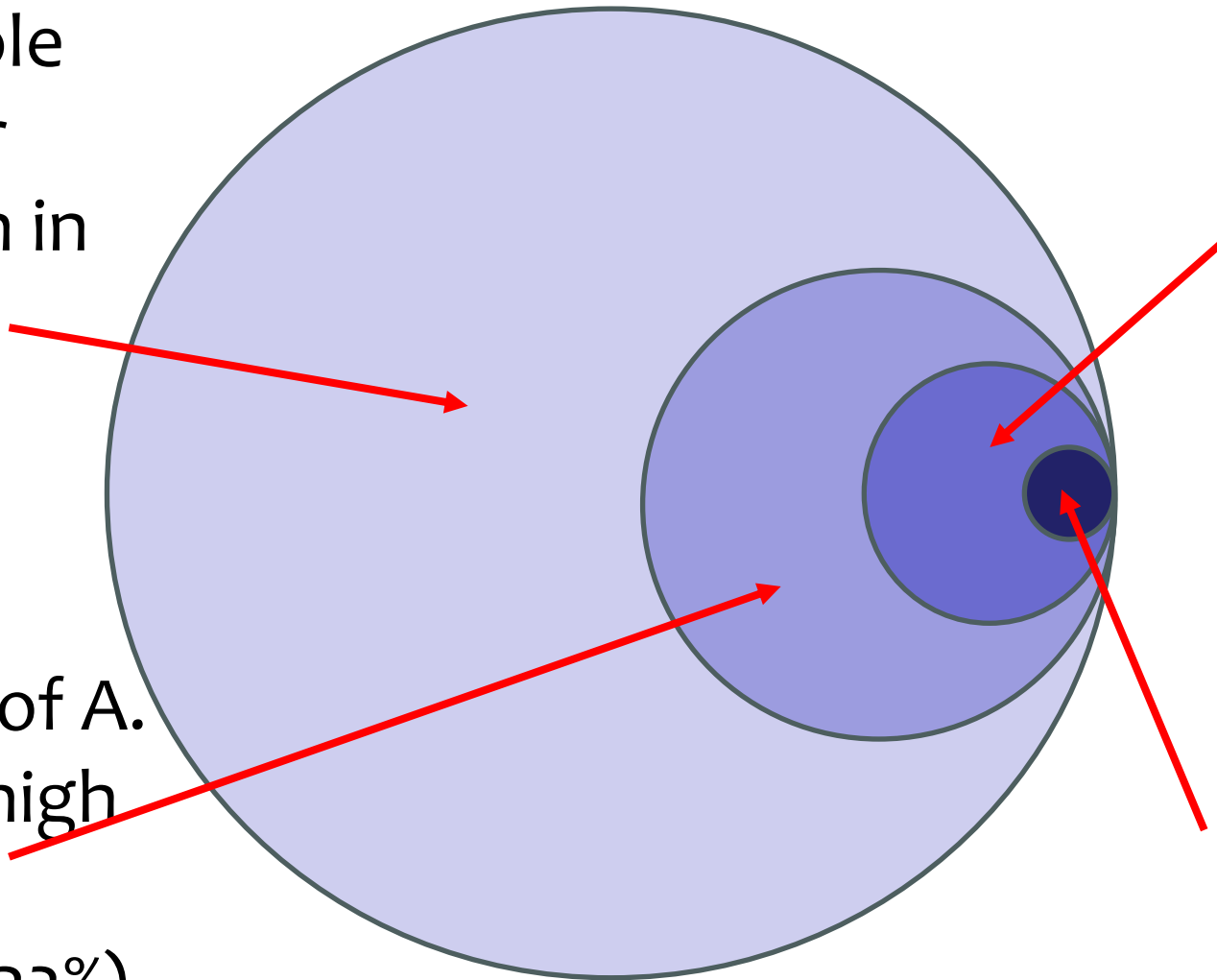
The mental health treatment gap

A. All people with major depression in a year

B. Percent of A. treated in high income countries (22%)

C. Percent of A. treated in upper-medium income countries (11%)

D. Percent of A. treated in lower-middle & low income countries (4%)



About a quarter of all people have a mental health condition each year

In rich countries about a quarter of these people receive help

This is called the 'treatment gap'

Why? Because only 1% of global health staff work in mental health

A close-up photograph of a woman and a young child. The woman, on the left, has dark skin, a nose ring, and is smiling warmly. The child, on the right, has dark skin and a serious expression. They are positioned against a textured blue background. A faint purple circular graphic is overlaid on the image, partially framing the text.

World mental health report

Transforming mental health for all

**970
million**
people globally
were living
with a mental
disorder in 2019.



Globally, mental disorders account for **1 in 6 years** lived with disability.



Suicides in 2019



703k

people died by
suicide in 2019



**Global suicide rate:
9 per 100 000**

One suicide every 40 seconds in the world

Early death

- for any mental condition, 10 years shorter lives
- severe mental conditions, 20 years shorter lives
- mostly from cardiac & pulmonary causes

Original Investigation | META-ANALYSIS

**Mortality in Mental Disorders
and Global Disease Burden Implications**
A Systematic Review and Meta-analysis

Elizabeth Reisinger Walker, PhD, MPH, MAT; Robin E. McGee, MPH; Benjamin G. Druss, MD, MPH

JAMA Psychiatry. doi:10.1001/jamapsychiatry.2014.2502
Published online February 11, 2015.

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Global economic costs



- mental conditions cost world economy US\$2.5 trillion in 2010 of which:
 - lost productivity US\$1.7 trillion
 - care and service costs US\$0.8 trillion
- total expected to rise to US\$6.0 trillion in 2030
- i.e. more than costs for cancer, diabetes, and chronic respiratory disease combined

Social economic costs



- average societal cost of mental illnesses varies from US\$1,180-US\$18,313 per treated person / year
- this includes direct treatment costs, lost productivity and lost income costs

Christensen MK, Lim CCW, Saha S, Plana-Ripoll O, Cannon D, Presley F, et al. The cost of mental disorders: a systematic review. *Epidemiol Psychiatr Sci.* 2020;29:e161. doi:10.1017/

Workplace costs



- increased unemployment, welfare costs, lost productivity, and lower tax income
- presenteeism, absenteeism & staff turnover
- anxiety and depression cause 12 billion productive work days lost each year globally - at a cost of US\$1 trillion

Chisholm D, Sweeny K, Sheehan P, Rasmussen B, Smit F, Cuijpers P, et al. Scaling-up treatment of depression and anxiety: a global return on investment analysis. *Lancet Psychiatry*. 2016;3(5):415–424.

Household costs

- across 6 countries in Asia and Africa
- households with a person with a mental health condition are economically worse off than other households with:
 - lower housing standards, lower household income, fewer assets, and greater health care expenditure

Lund C, Docrat S, Abdulmalik J, Alem A, Fekadu A, Gureje O, et al. Household economic costs associated with mental, neurological and substance use disorders: a cross-sectional survey in six low- and middle-income countries. *BJPsych Open*. 2019;5(3):E34. doi:10.1192



12 billion work days
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depression and anxiety.

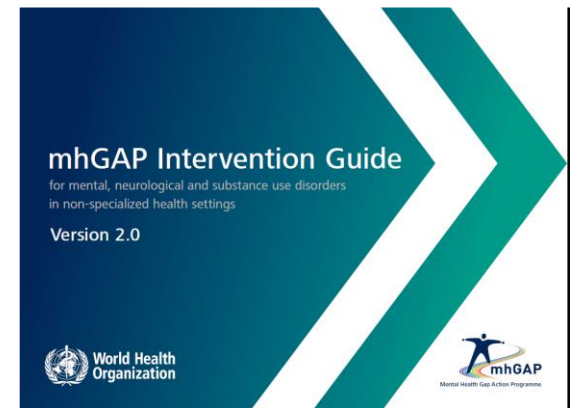
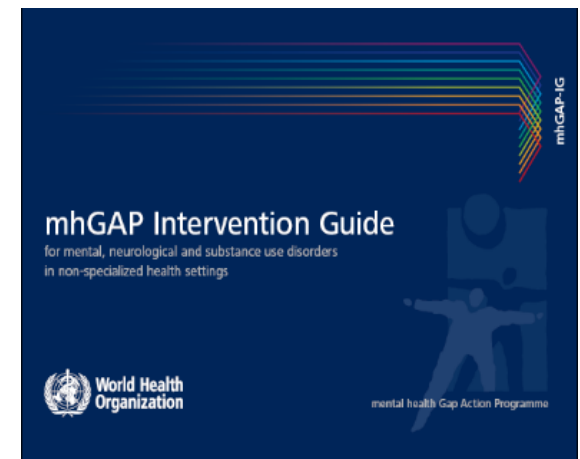
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Evidence-based treatment guidelines

WHO mhGAP Intervention Guide

- editions in 2010, 2016, 2023
- bio-psycho-social approach
- for individual practitioners
- effective treatments available



Mental Health Gap Action Programme (mhGAP) guideline for mental, neurological and substance use disorders

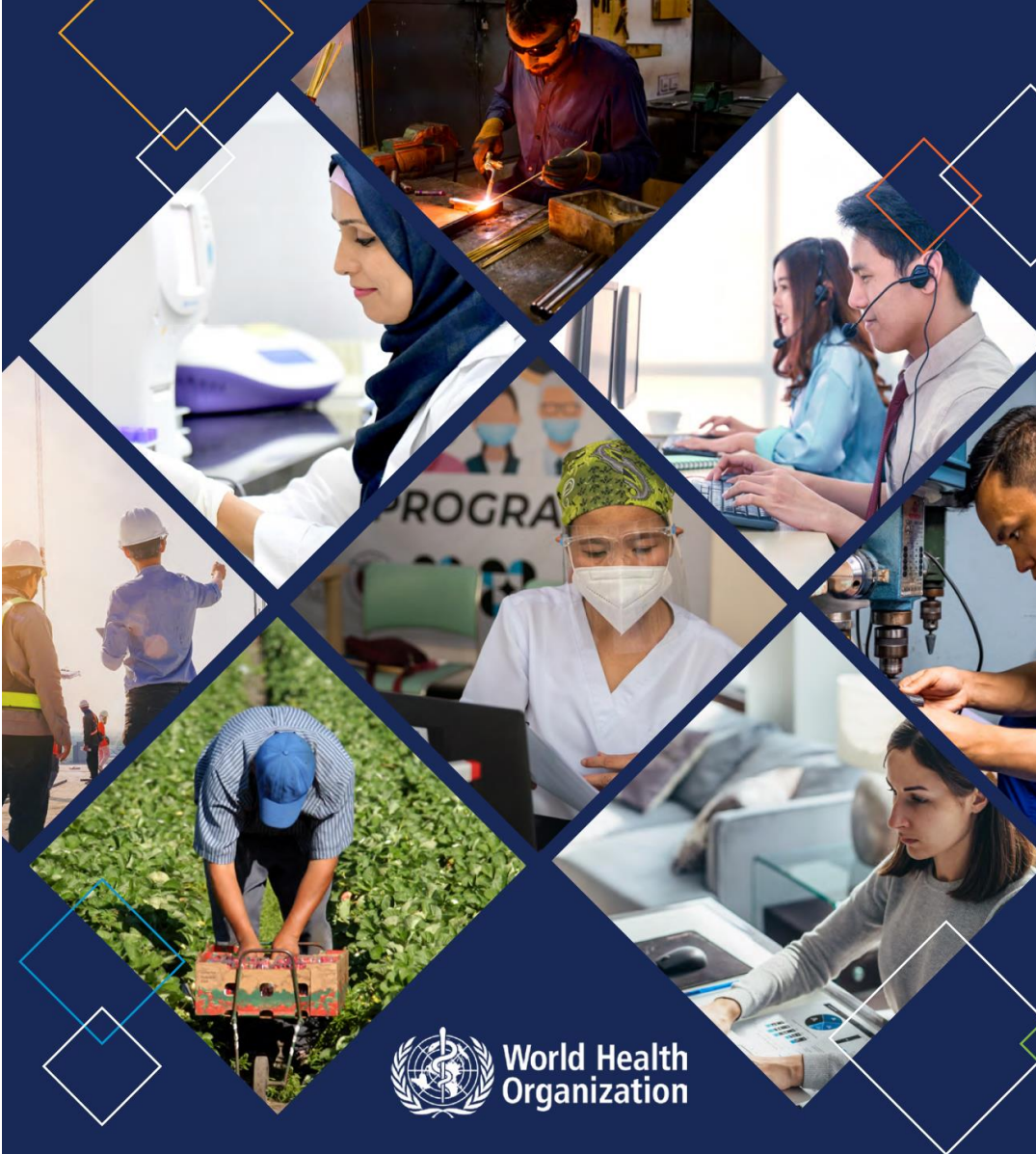




mhGAP-IG has been used in more than 100 countries in all WHO regions & translated in more than 20 languages



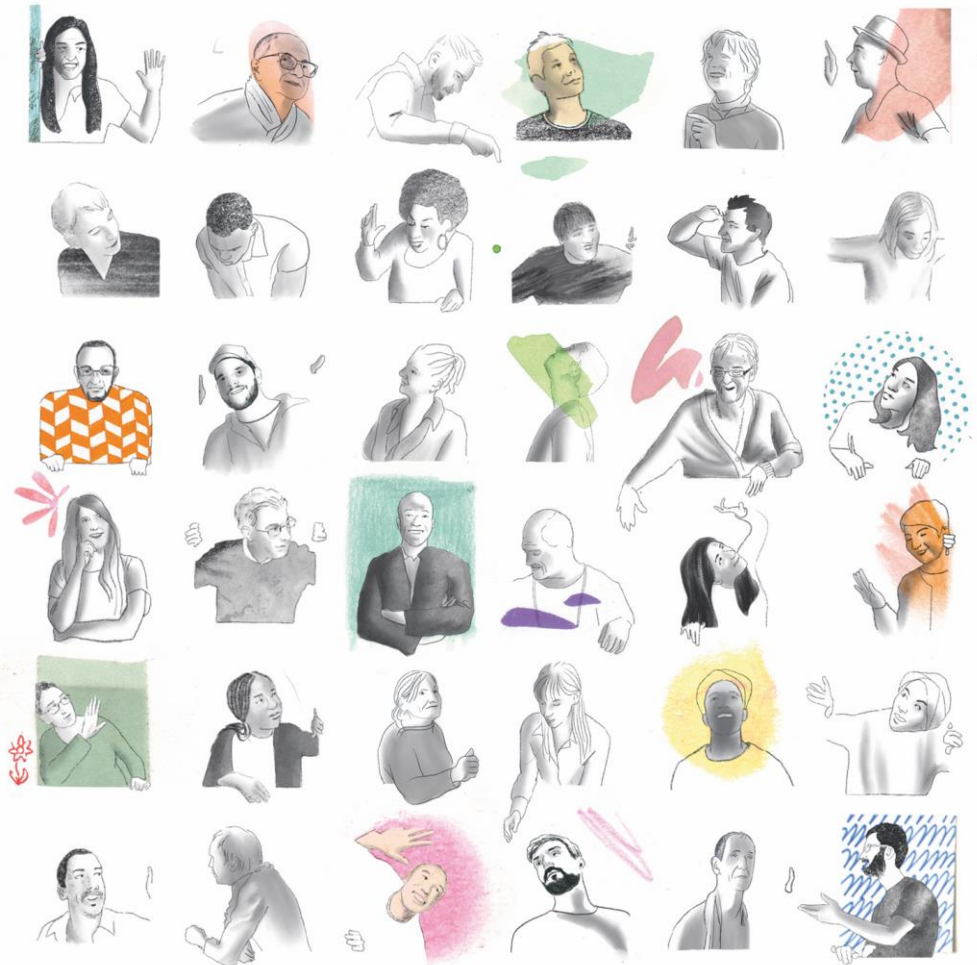
Evidence-based interventions at work



WHO guidelines on mental health at work

Evidence-based
ways to reduce
stigma and discrimination

WHO Mosaic Toolkit to End Stigma and Discrimination in Mental Health

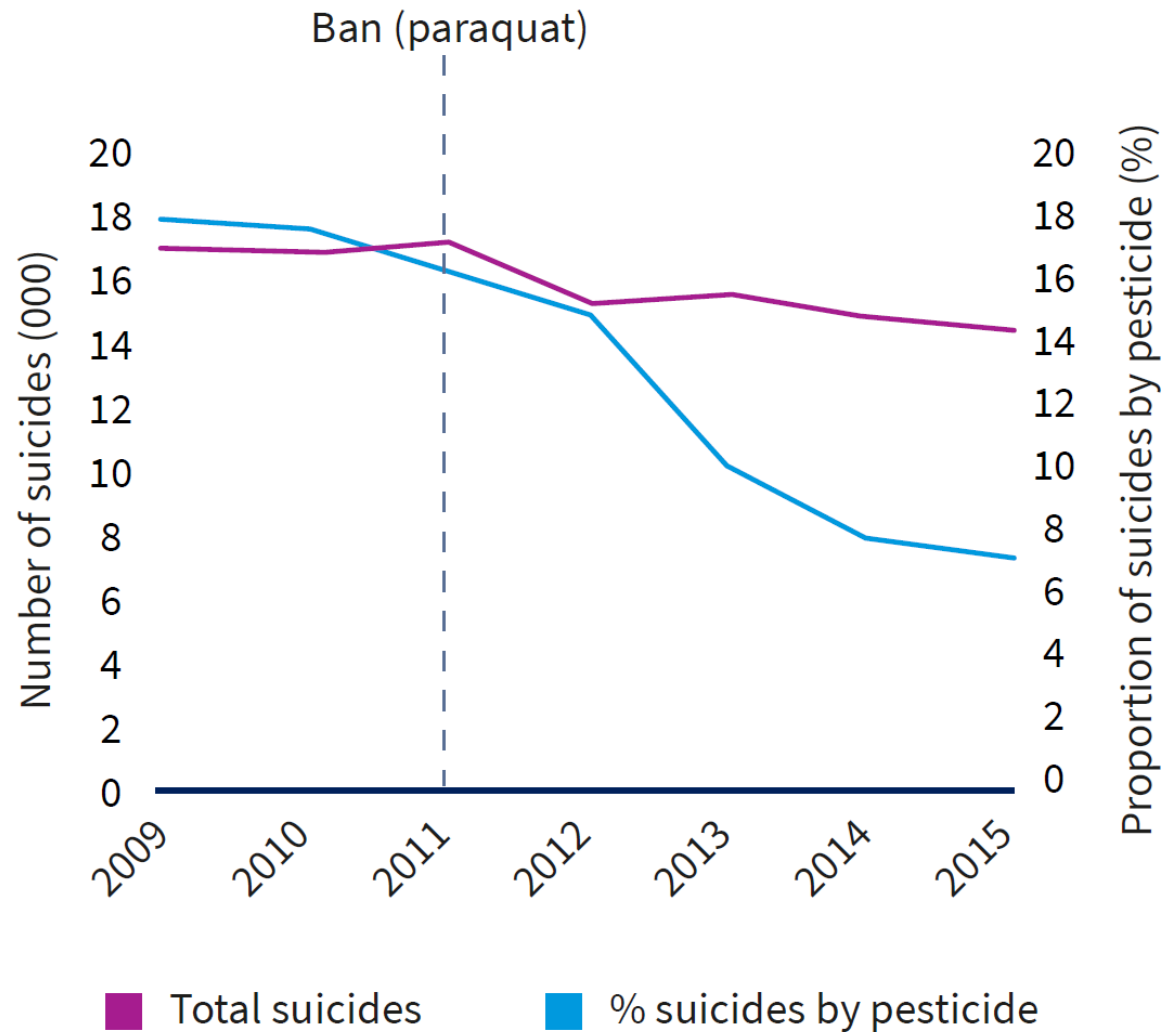


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Evidence-based suicide prevention

Republic of Korea ban on pesticides and reduced suicides

REPUBLIC OF KOREA



Return on investment in mental health

Economic benefits of interventions

- a recent systematic review found that most of mental health interventions led to improved economic outcomes
- mainly related to education and employment

▫ Lund C, Orkin K, Witte M, Davies T, Haushofer J, Bass J, et al. The economic effects of mental health interventions in low- and middle-income countries: a systematic review and meta-analysis. Working paper. 2018 (<https://www.semanticscholar.org/paper/Economic-impacts-of-mental-health-interventions-in-Lund-Orkin/023b6dd83154>)

Mental health care: return on investment

- study in 26 countries found that better treatment coverage for 2016-2030 would produce:
- 43 million extra years of healthy life
- and generate US\$ 399 billion in productivity gains

**5 to 1 benefit
to cost ratio**

for scaling up
treatment for

depression and anxiety

Summary

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2. Economic costs of mental illness
3. Evidence-based solutions

Contact

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