

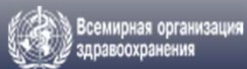
Santiago de Chile
October 2015

Mental Health

A Global Perspective

Shekhar Saxena
Director

Department of Mental Health and Substance Abuse
World Health Organization



1990

THE CARACAS DECLARATION

they call upon

to support the restructuring of psychiatric care,

to assure its successful development for the benefit of the populations in the Region.

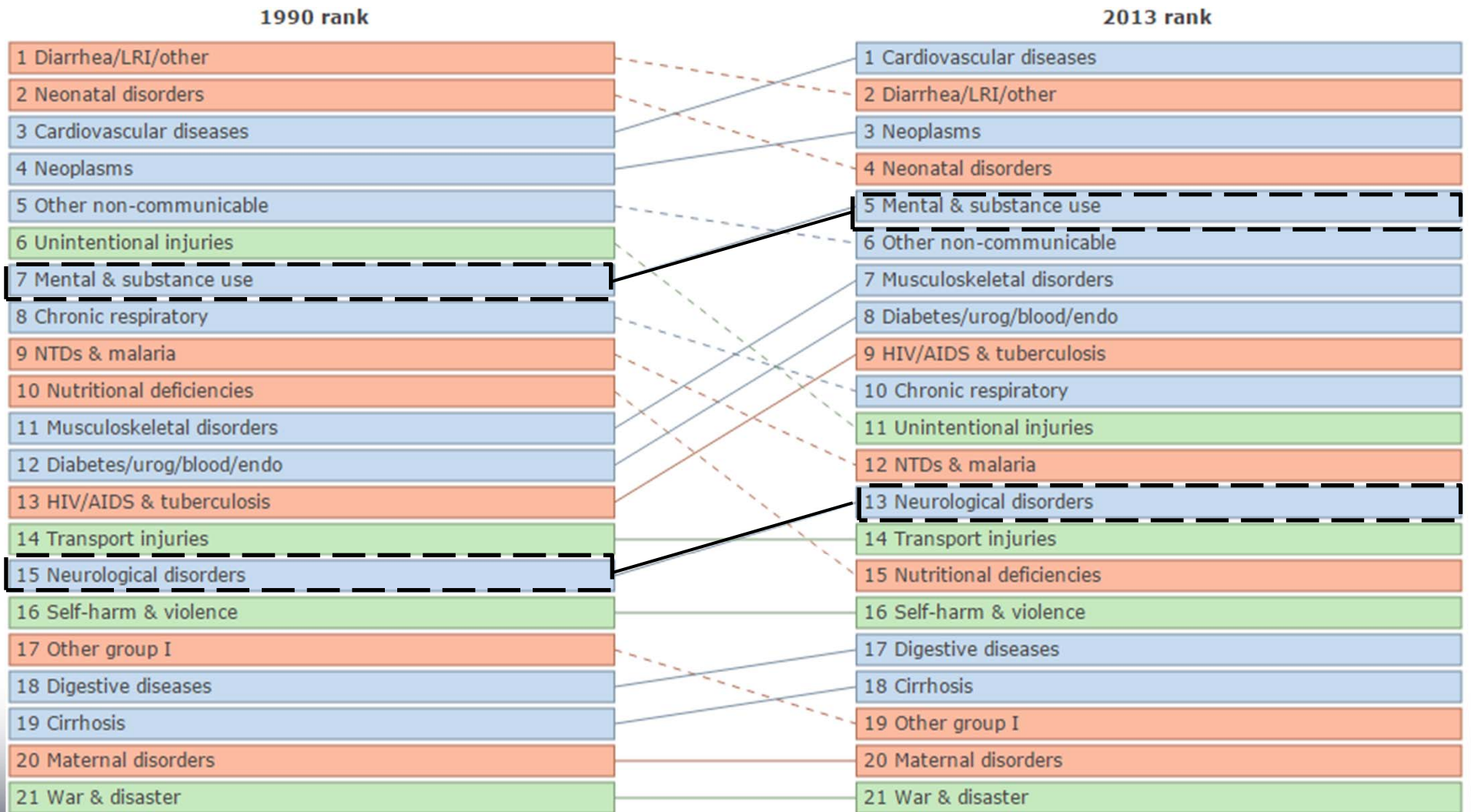
Burden of mental and substance use disorders

The burden and impacts are large and widespread:

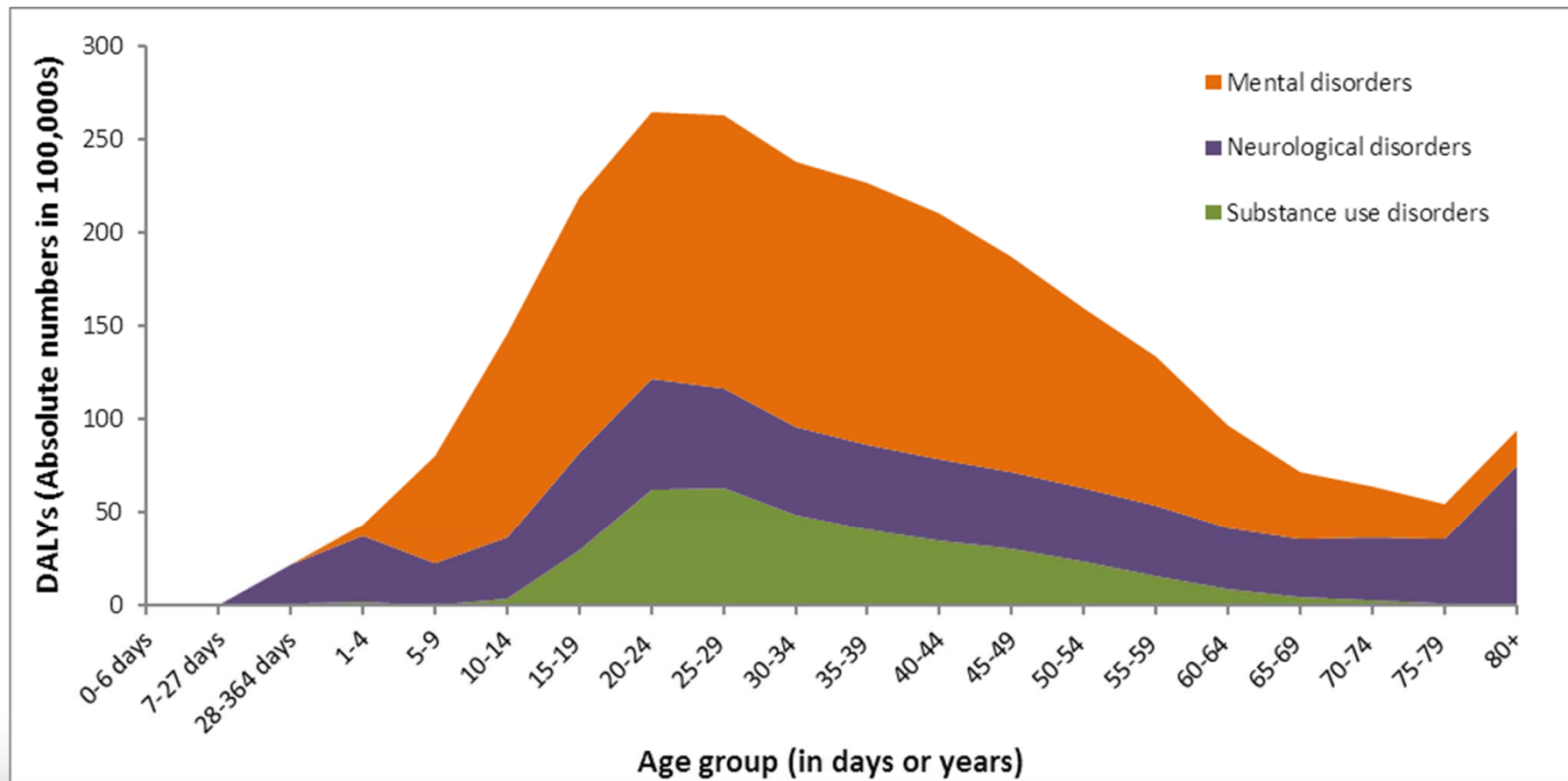
- **Individual**
 - **Disability**
 - **Premature mortality**
- **Society**
 - **Discrimination**
 - **Family/caregivers**
 - **Community**
- **Economic**
 - **Cost to the individual**
 - **Costs to families**
 - **Costs to society**

GBD 2013

GBD 2013 estimated DALYs for 306 diseases and injuries, across 188 countries



MNS DALYs by age, 2010



RESEARCH

The gap in life expectancy from preventable physical illness in psychiatric patients in Western Australia: retrospective analysis of population based registers

 OPEN ACCESS

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Economic burden of mental disorders

(Source: WEF, 2011 – *The Global Economic burden of NCDs*)

- New estimates by the World Economic Forum for the global economic impact of mental, neurological and substance use disorders, using 3 different (and non-comparable) approaches:

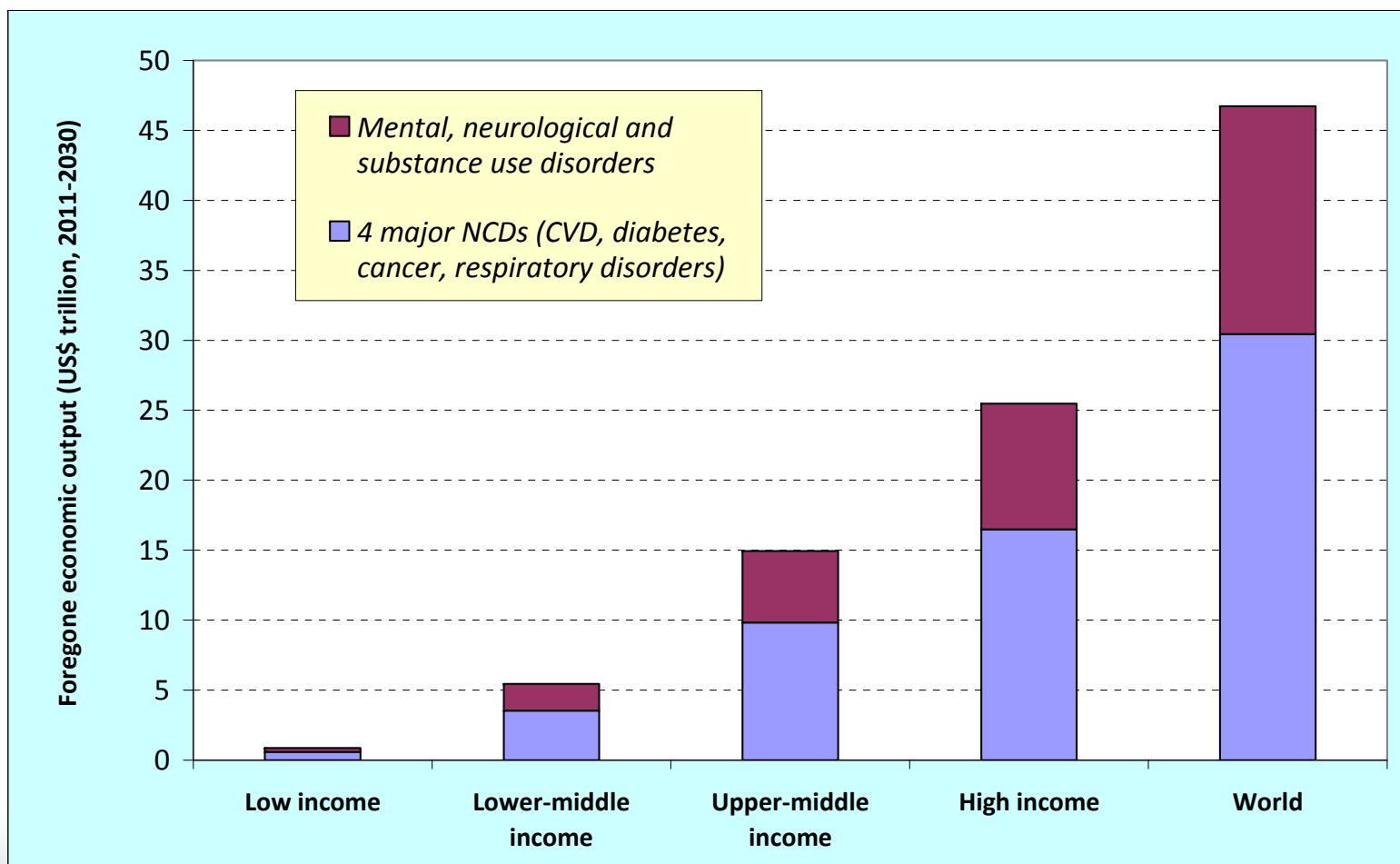
- **Cost of illness**
(health care + lost productivity)
- **Value of lost output**
(reduced economic growth)
- **Value of statistical life**
(monetary cost of lost lives)

- Whichever way you look at it, the amounts are enormous

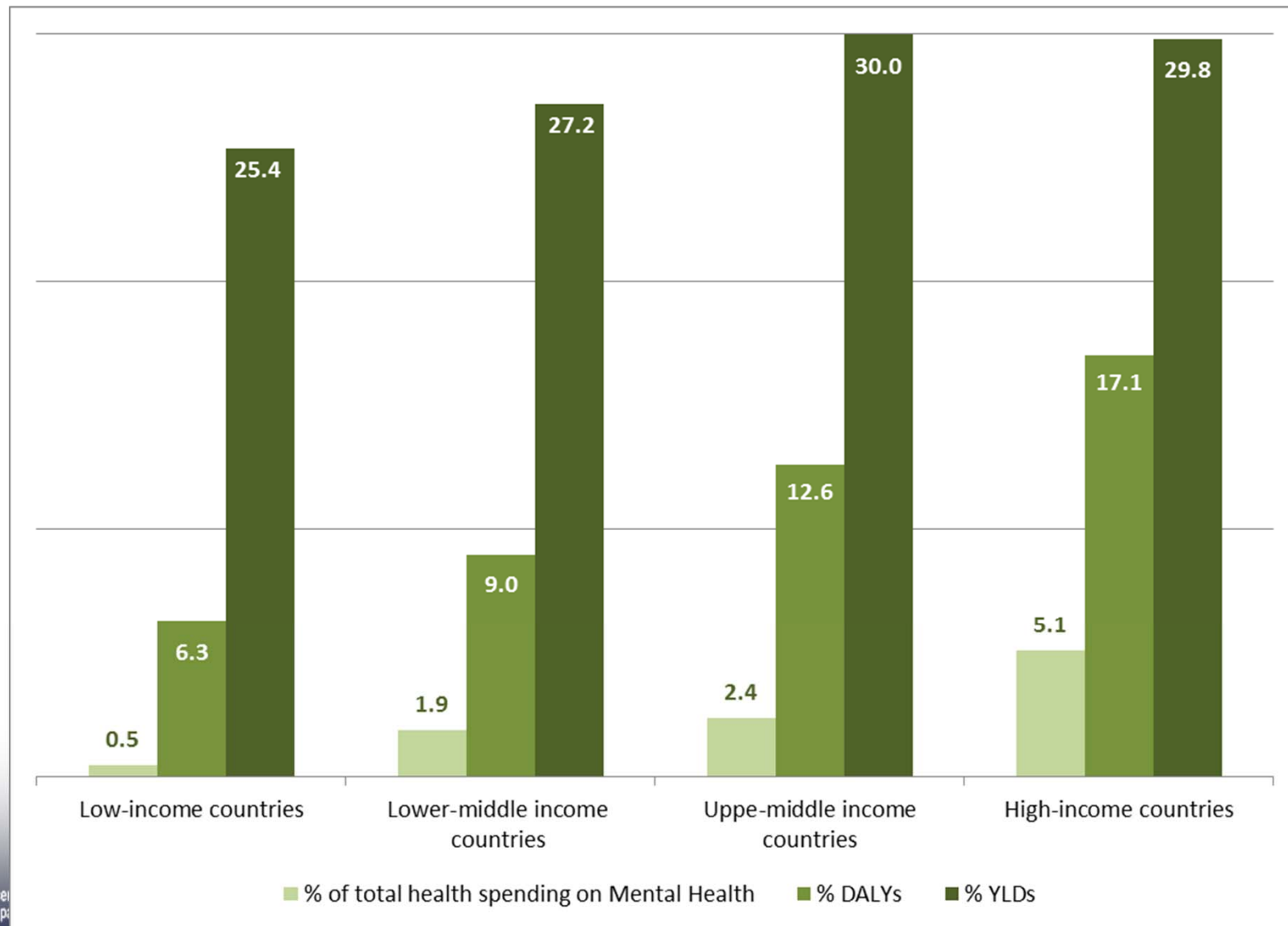
	2010	2030
Cost of illness	US\$ 2.5 trillion	US\$ 6 trillion
Value of future lost output	N/A	US\$ 16.3 trillion (cumulative)
Value of lost lives	US\$ 8.5 trillion	US\$ 16.1 trillion

Economic burden of NCDs and mental disorders GLOBALLY

(Source: WEF, 2011 – *The Global Economic burden of NCDs*)



YLDs, DALYs and Budgets

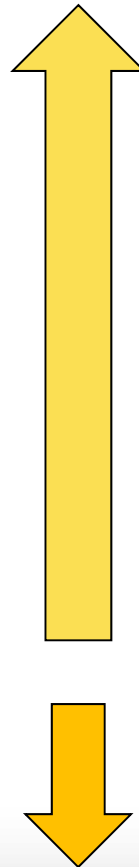


Treated prevalence

	High income	Low & middle income
Physical disorders		
Diabetes	94%	77%
Heart disease	78%	51%
Asthma	65%	44%
Mental disorders		
Depression	29%	8%
Bipolar disorder	29%	13%
Panic disorder	33%	9%

Ormel J. et al (2008) British Journal of Psychiatry, 192, 368-375.

Economic Downturn



- Higher rates of depression
 - Higher rates of suicides
 - Higher use of alcohol
-
- Lower access to mental health services

Suicide Rates and Economic Recession

Ref: Reeves et al; The Lancet, 2012

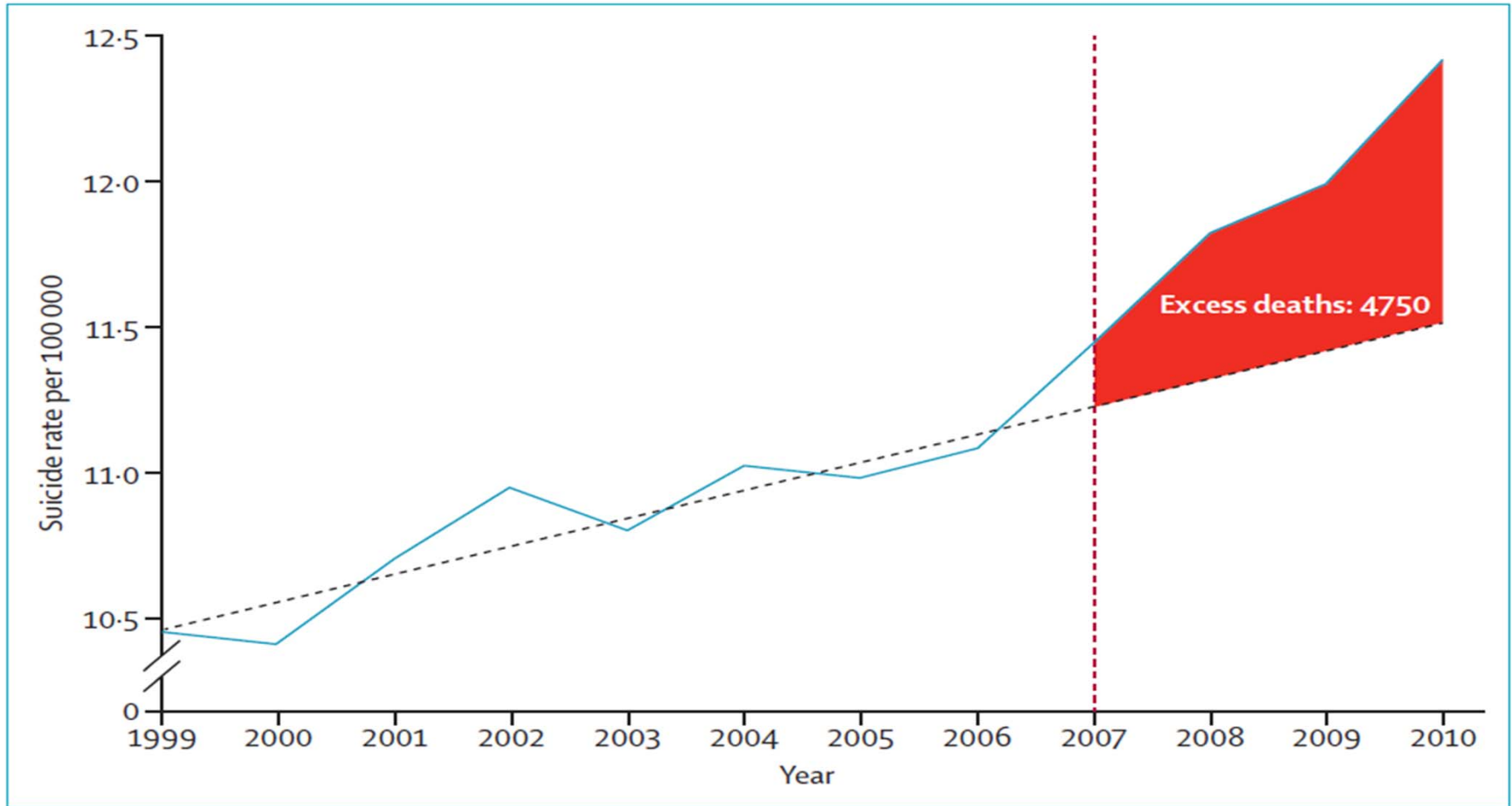
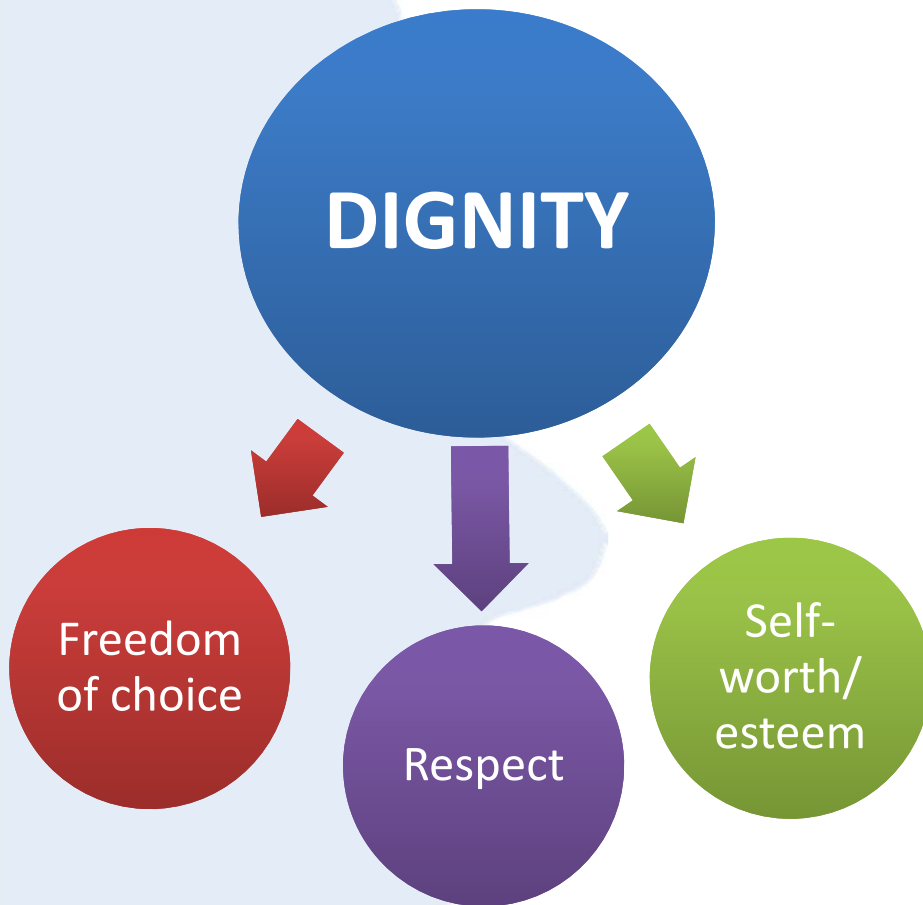


Figure: Time trend analysis of suicide rate in 50 US states and District of Columbia between 1999 and 2010. Vertical line shows onset of recession.

Human rights abuses are common



Dignity: Theme of WMHD 2015



‘Dignity’ is a term which refers to the **inherent value and worth** of **all human beings** irrespective of socioeconomic status, nationality, race, gender, physical or mental state



DIGNITY

means

HOPE



DIGNITY

means

EMPOWERMENT



DIGNITY

means

INCLUSION



DIGNITY

means

RECOVERY



Grand challenges in
global mental health

Grand Challenges in Global Mental Health

(Nature, July 2011)

Top five challenges:

Integrate screening and core service packages in PHC

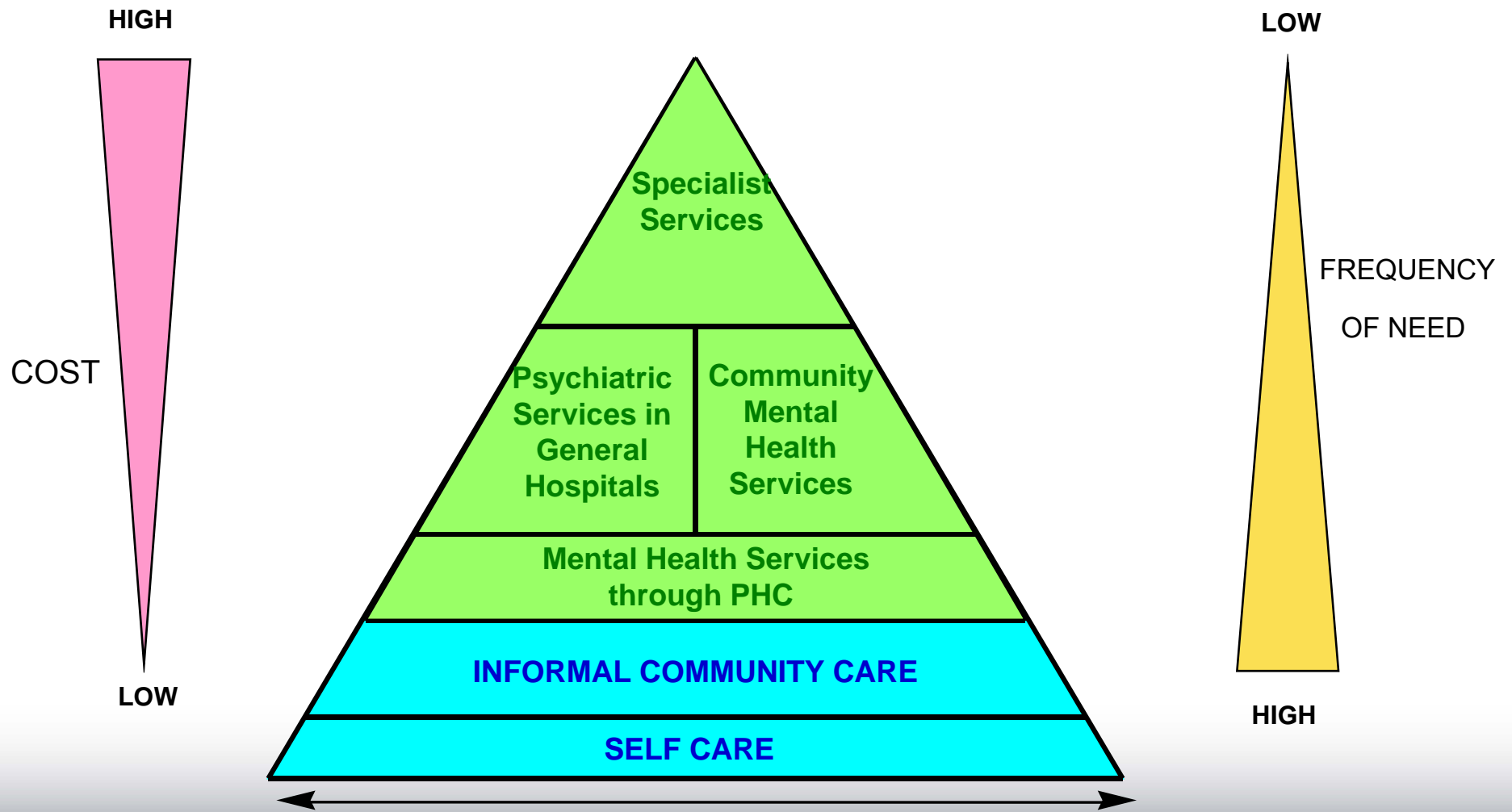
Reduce the cost and improve the supply of medications

Provide effective and affordable community based care

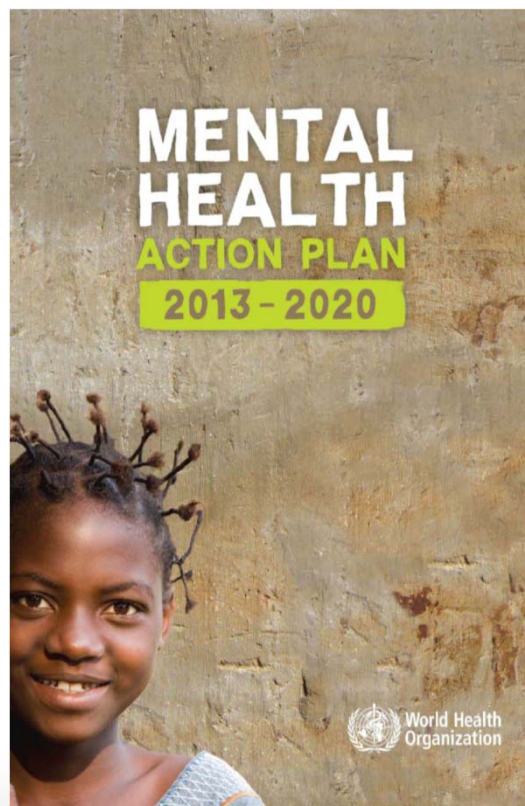
Improve children's access to care

Strengthen mental health component in training of health personnel

Mental Health Services (WHO, 2003)



WHO's Comprehensive Mental Health Action Plan 2013-2020



Vision

A world in which mental health is valued, promoted and protected, mental disorders are prevented and persons affected by these disorders are able to exercise the full range of human rights and to access high quality, culturally-appropriate health and social care in a timely way to promote recovery, all in order to attain the highest possible level of health and participate fully in society and at work free from stigmatization and discrimination.

Objectives

1. To strengthen effective leadership and governance for mental health
2. To provide comprehensive, integrated and responsive mental health and social care services in community-based settings
3. To implement strategies for promotion and prevention in mental health
4. To strengthen information systems, evidence and research for mental health

Cross-cutting principles

1. Universal health coverage
2. Human rights
3. Evidence-based practice
4. Life course approach
5. Multisectoral approach
6. Empowerment of persons with mental disorders and psychosocial disabilities

Targets

Objective 1 (leadership and governance)

- 80% of countries will have developed or updated their policy/plan for mental health in line with international and regional human rights instruments.
- 50% of countries will have developed or updated their law for mental health in line with international and regional human rights instruments.

Target

Objective 2 (mental health and social care services)

- Service coverage for severe mental disorders will have increased by 20%.

Targets

Objective 3 (mental health promotion and prevention)

- 80% of countries will have at least two national, multisectoral mental health promotion and protection programmes functioning by year 2020
 - One universal
 - One targeted on vulnerable groups
- Rates of suicide in countries will be reduced by 10% by year 2020

Target

Objective 4 (information, evidence and research)

- 80% of countries will be routinely collecting and reporting at least a core set of mental health indicators every two years through their national health and social information systems.

WHO's Mental Health ATLAS 2014

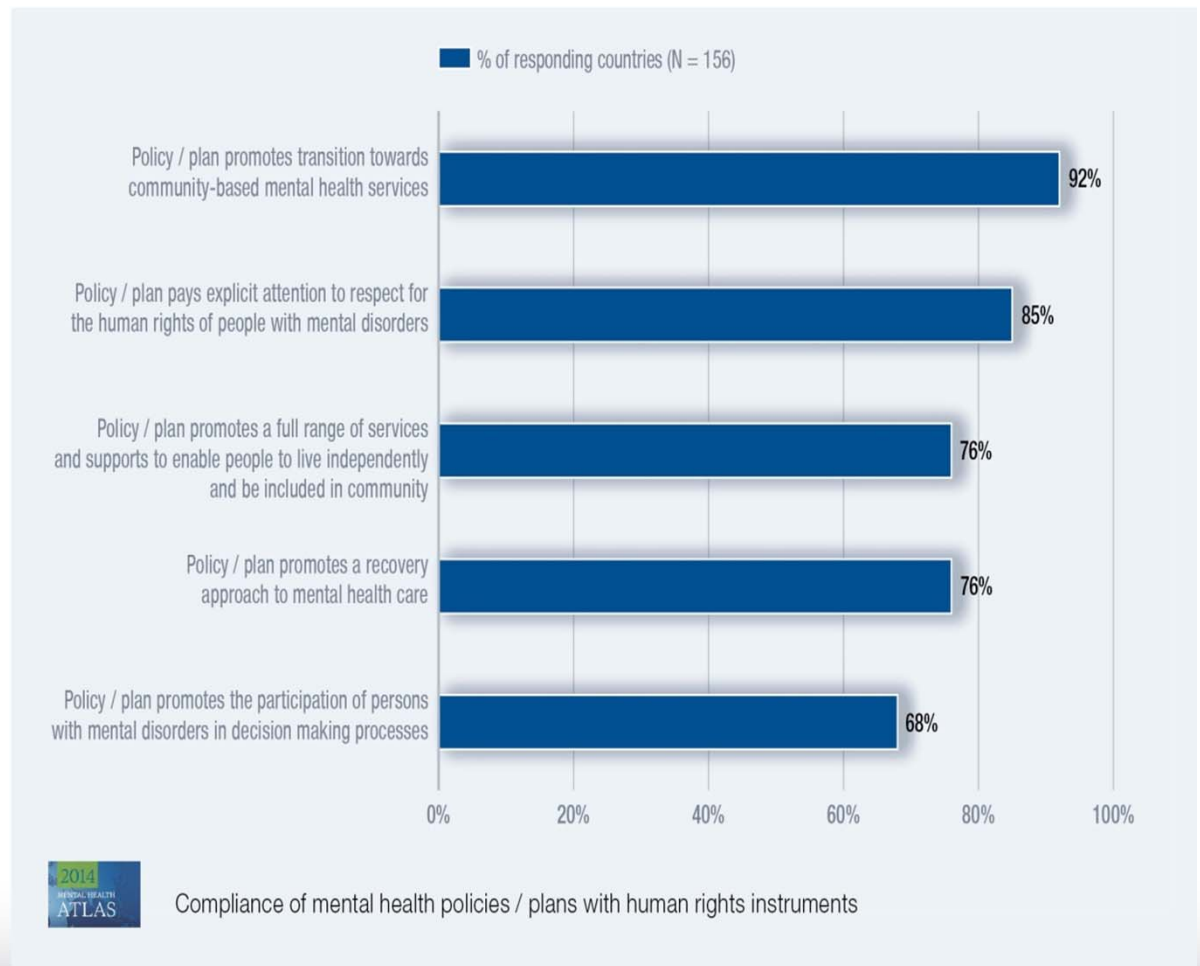


Global monitoring: indicators for measuring progress

Objective	Indicator(s)	2020 Target	2013 Baseline
Leadership and governance for mental health	Existence of a national policy/plan for mental health that is in line with international human rights instruments	80% of countries	45%
	Existence of a national law covering mental health that is in line with international human rights instruments	50% of countries	34%
Comprehensive, integrated and responsive services	Proportion of persons with a severe mental disorder who are using services	20% increase	Not computable from Atlas, but current coverage estimated to be < 25%
Mental health promotion and prevention	Functioning programmes of multisectoral mental health promotion and prevention in existence	80% of countries	41%
	Number of suicide deaths per year per 100, 000 population	10% decrease	11.4 per 100,000 population
Information, evidence & research	Core set of identified and agreed mental health indicators routinely collected and reported every two years	80% of countries	33%

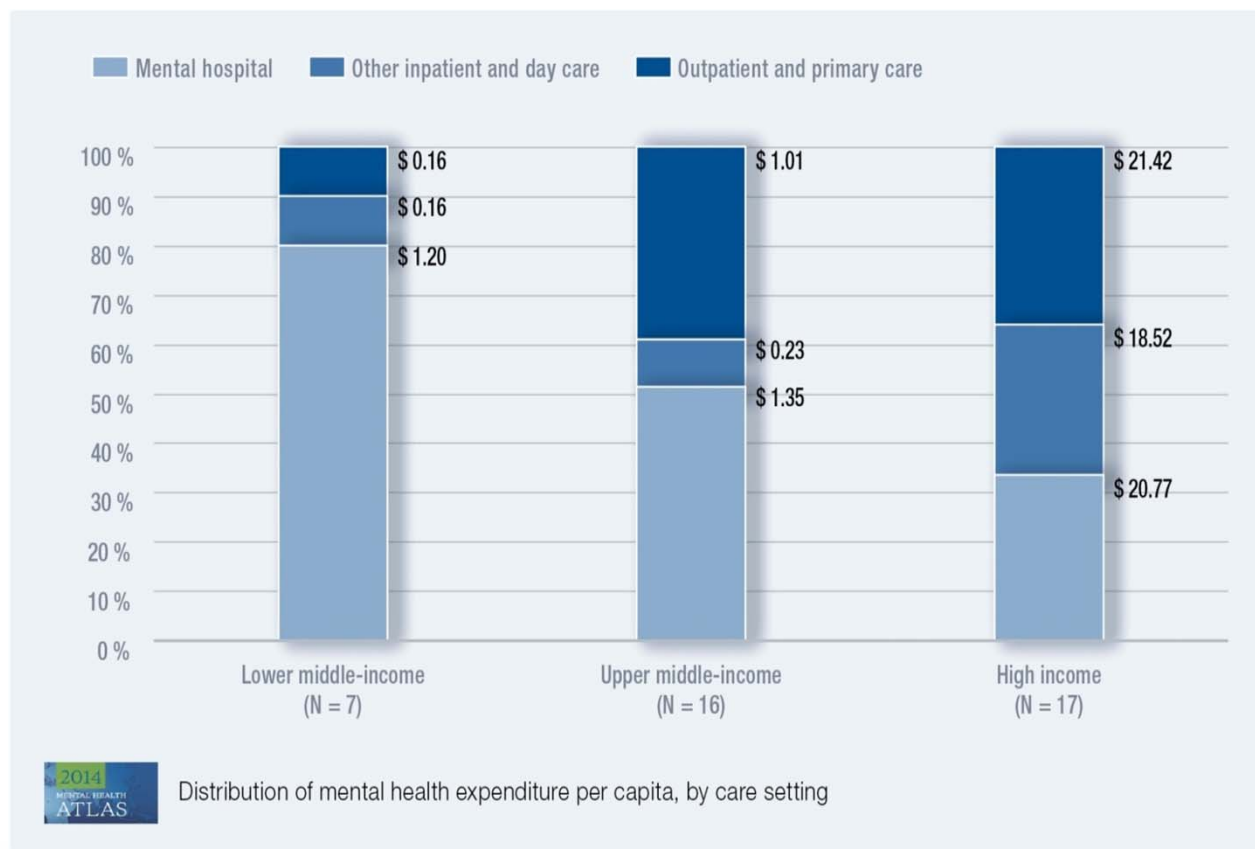
Atlas 2014 highlights: **Mental health policy**

Although two-thirds of WHO Member States have a stand-alone policy on mental health, implementation is typically **partial** and in many cases **not conforming** with international human rights covenants



Government spending on mental health

- Low and middle-income countries spend < US\$ 2 per capita per year on mental health
- High-income countries spend > US\$ 50
- The majority of spending is going to mental hospitals



Mental health workforce

Huge inequalities in access to mental health service providers exist



Mental health workforce per 100,000 population, by World Bank income group

mhGAP Intervention Guide

for mental, neurological and substance use disorders
in non-specialized health settings



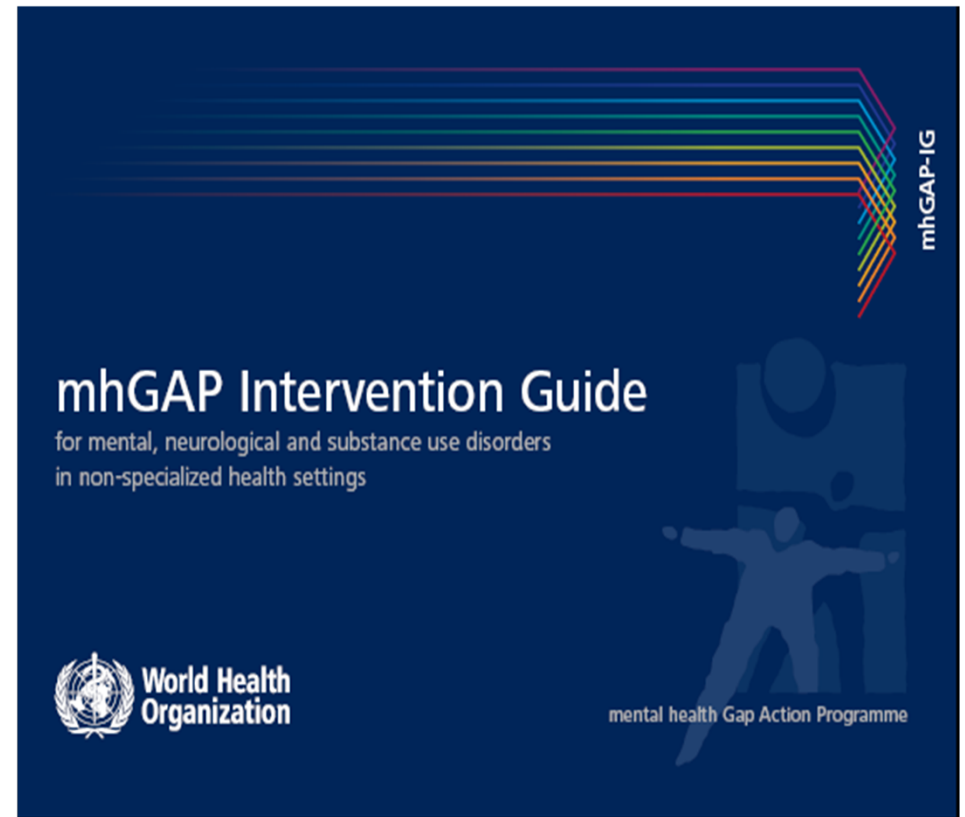
**World Health
Organization**



mental health Gap Action Programme

WHO mhGAP Intervention Guide

- launched in 2010
- based on systematic review of evidence
- for non-specialized staff in low resource settings
- includes pharmacological & psychosocial interventions
- Available in 20 languages
- now used in 90 countries
- Being revised currently



Is mental health a component of socio- economic development ?

Millennium Development Goals 2000-2015

1

ERADICATE EXTREME POVERTY AND HUNGER

2

ACHIEVE UNIVERSAL PRIMARY EDUCATION

3

PROMOTE GENDER EQUALITY AND EMPOWER WOMEN

7

ENSURE ENVIRONMENTAL SUSTAINABILITY

8

GLOBAL PARTNERSHIP FOR DEVELOPMENT

4

REDUCE CHILD MORTALITY

5

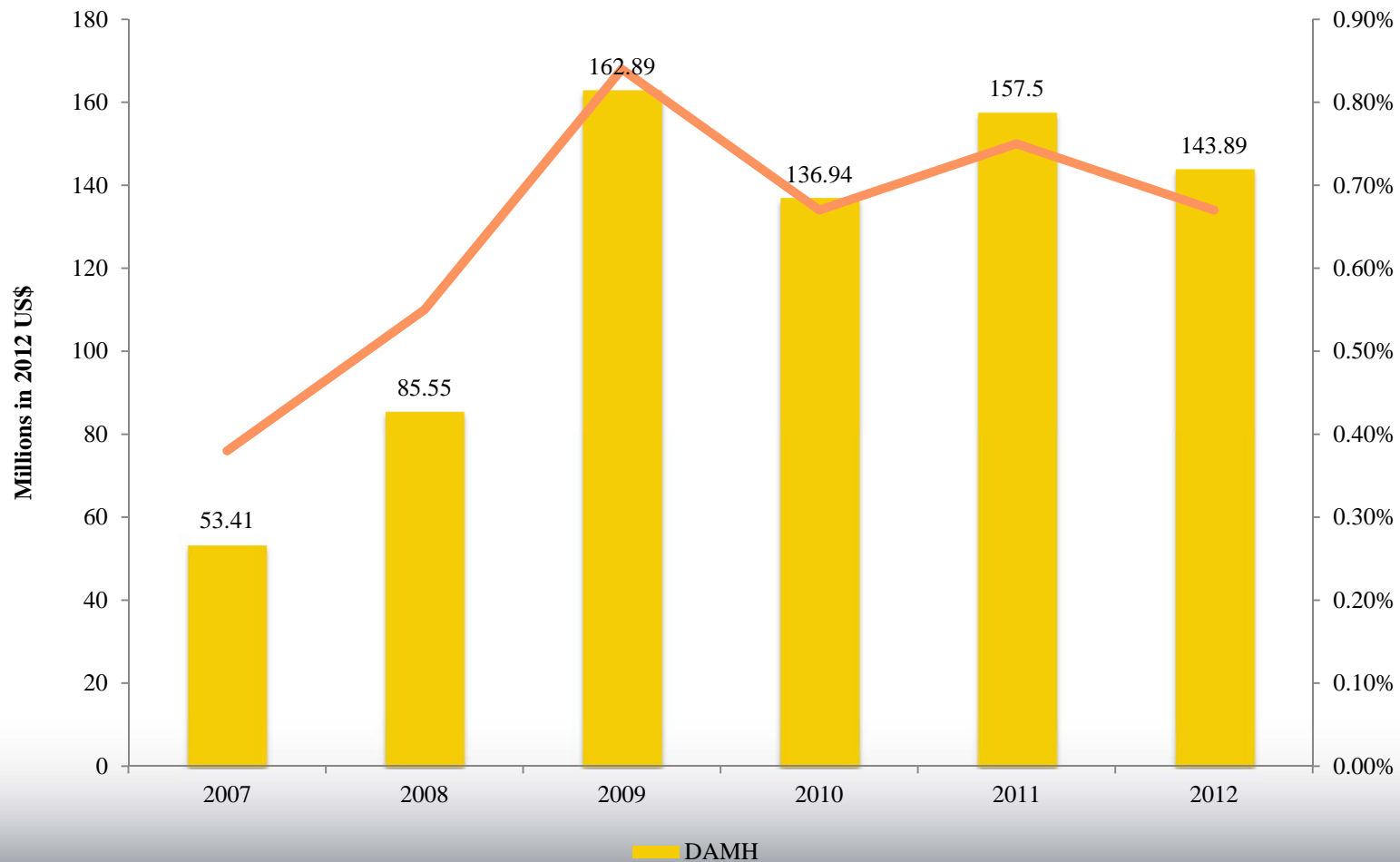
IMPROVE MATERNAL HEALTH

6

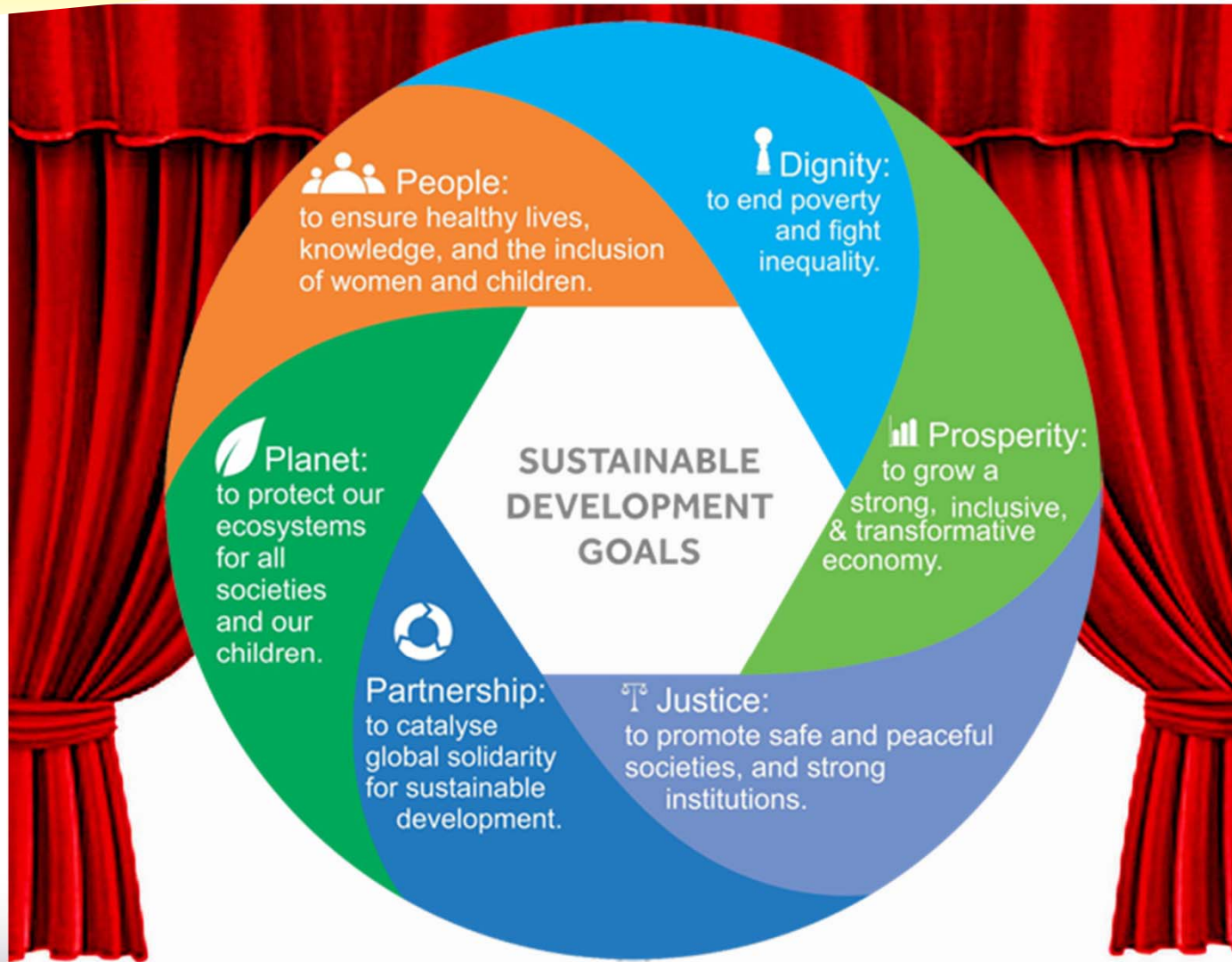
COMBAT HIV/AIDS, MALARIA AND OTHER DISEASES

Development Aid for Mental Health

(Gilbert, Patel, Farmer and Lu, PLoS Medicine 2015)



Adopted by UNGA in September 2015





Declaration: Our vision

A world with equitable and universal access to quality education at all levels, to health care and social protection, where **physical, mental and social well-being are assured.**

The Agenda

26. **To promote physical and mental health and well-being,** and to extend life expectancy for all, we must achieve universal health coverage and access to quality health care. We are committed to the prevention and treatment of non-communicable diseases, **including behavioural, developmental and neurological disorders, which constitute a major challenge for sustainable development.**



Goal 3:

3.4 By 2030, reduce by one third premature mortality from non-communicable diseases through prevention and treatment and **promote mental health and well-being**

3.5 **Strengthen the prevention and treatment of substance abuse, including narcotic drug abuse and harmful use of alcohol**

3.8 **Achieve universal health coverage**, including financial risk protection, access to quality essential health-care services and access to safe, effective, quality and affordable essential medicines and vaccines for all



Will mental health in SDGs result in increased investment ?



Thank you !