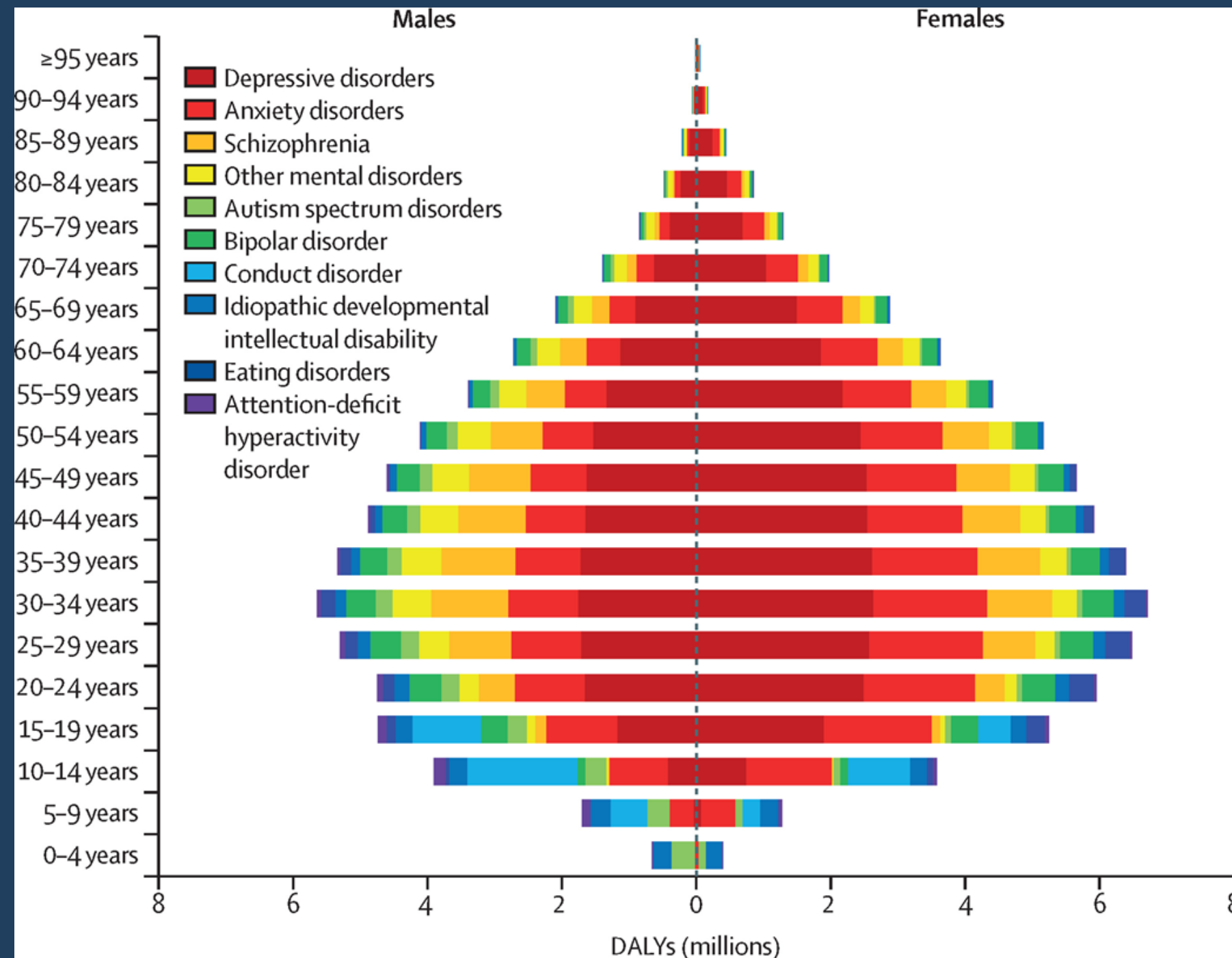


Overview of mental health in the WHO European region

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WHO Regional Office for Europe

Global burden of mental disorders is high



Global DALYs by mental disorder, sex, and age, 2019

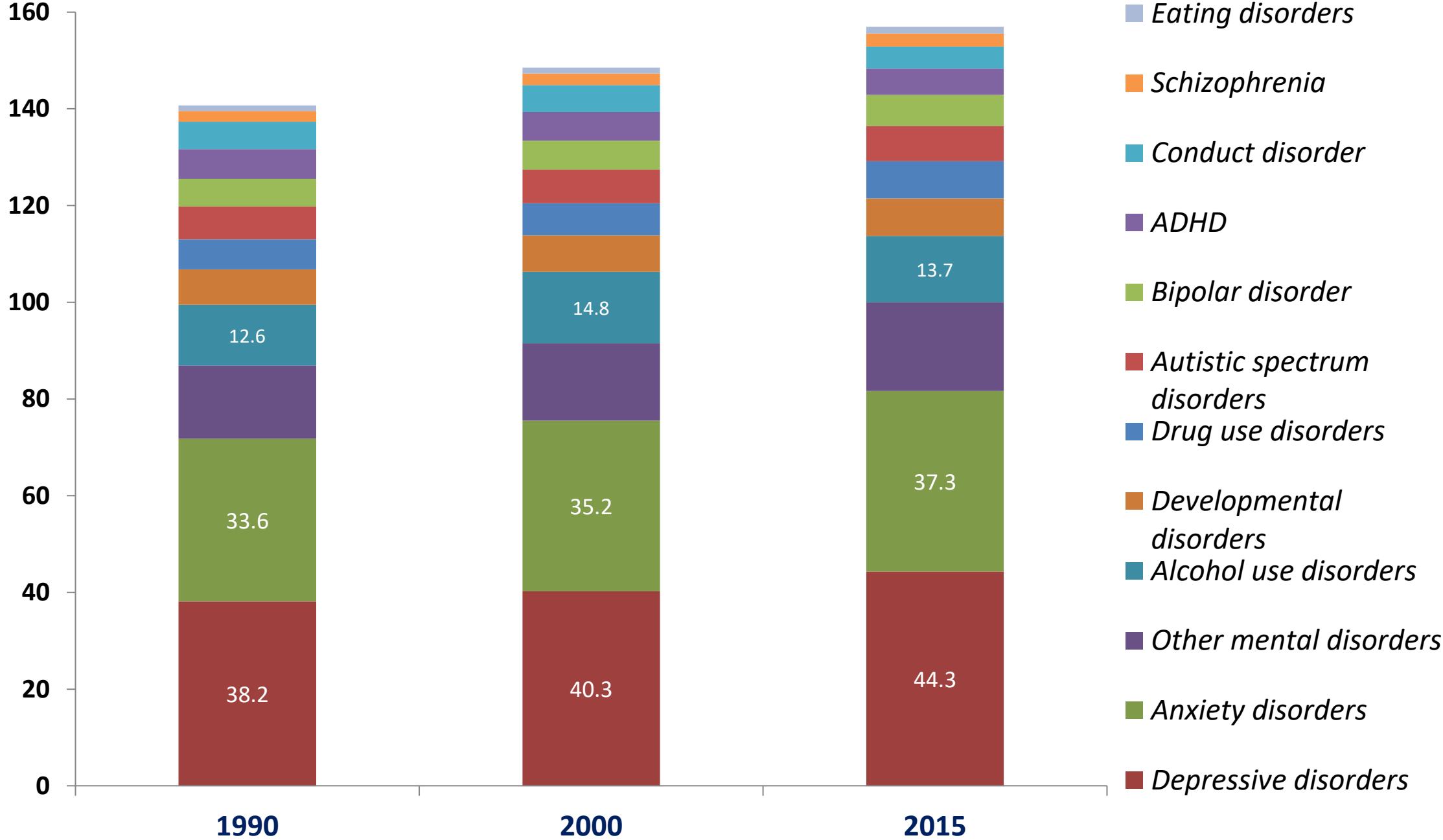
- Mental disorders are among the leading causes of the global health-related burden
- Depressive and anxiety disorders both ranked among the top 25 leading causes of burden worldwide in 2019
- Burden high across the entire lifespan, for both sexes, and across many locations
- No reduction in the global burden for since 1990, despite compelling evidence of interventions that reduce their impact

Global burden of mental disorders is growing

MNS Disorder	Prevalent cases		YLDs		DALYs	
	Number	% change (2005-2015)	Number	% change (2005-2015)	Number	% change (2005-2015)
Schizophrenia	23 million	+ 19%	15 million	+ 19%	16 million	+ 18%
Bipolar disorder	44 million	+ 15%	9 million	+ 15%	9 million	+ 15%
Depression	311 million	+ 18%	54 million	+ 18%	54 million	+ 18%
Anxiety disorders	267 million	+ 15%	25 million	+ 15%	25 million	+ 15%
Alcohol use disorders	63 million	+ 11%	6 million	+ 11%	11 million	- 3%
Drug use disorders	46 million	+ 16%	10 million	+ 24%	17 million	+ 24%
Dementia	46 million	+ 38%	7 million	+ 39%	24 million	+ 33%
Migraine	959 million	+ 15%	33 million	+ 15%	33 million	+ 15%
Epilepsy	23 million	+ 11%	6 million	- 6%	12 million	- 4%
All MNS disorders			210 million	+ 16%	249 million	+ 15%

Prevalence of mental disorders in WHO European Region

- Depression and anxiety approx. half the prevalent cases
- 15% of estimated cases are among children and adolescents (aged 5-19 years)
- 52% among adults (aged 20-54 years)

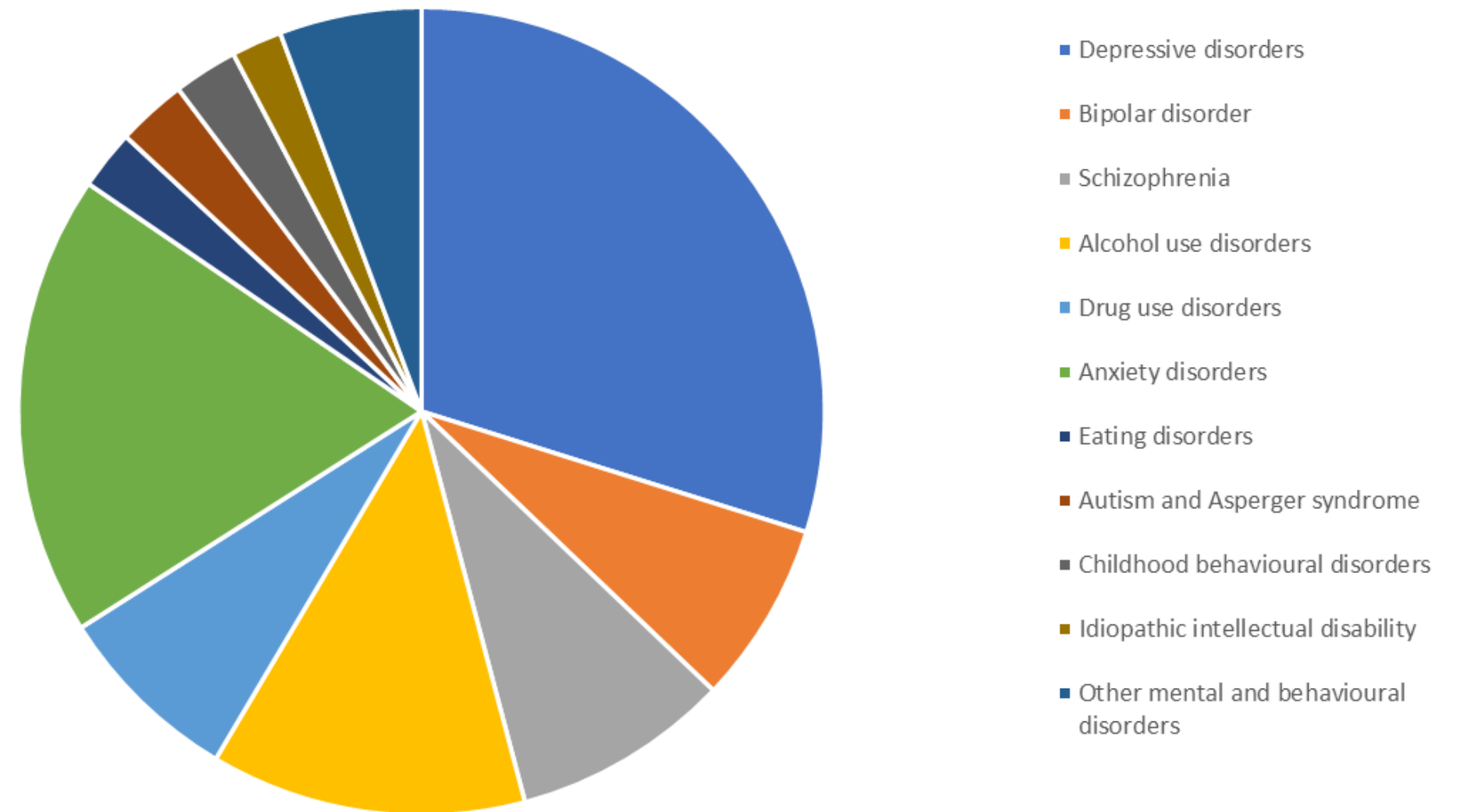


Disease burden in Europe

Years of life lived with disability (YLDs)

- Mental health and substance abuse disorders accounted for almost 20% of all YLDs in 2019 in EURO
- Depressive and anxiety disorders accounted for **29%** and **18%** of burden, respectively caused by mental health and substance use disorders
- By age and sex, burden was consistently highest among women and 30-49 years of age

Mental disorders as a percentage of total YLDs caused by mental health and substance use in European Region in 2019

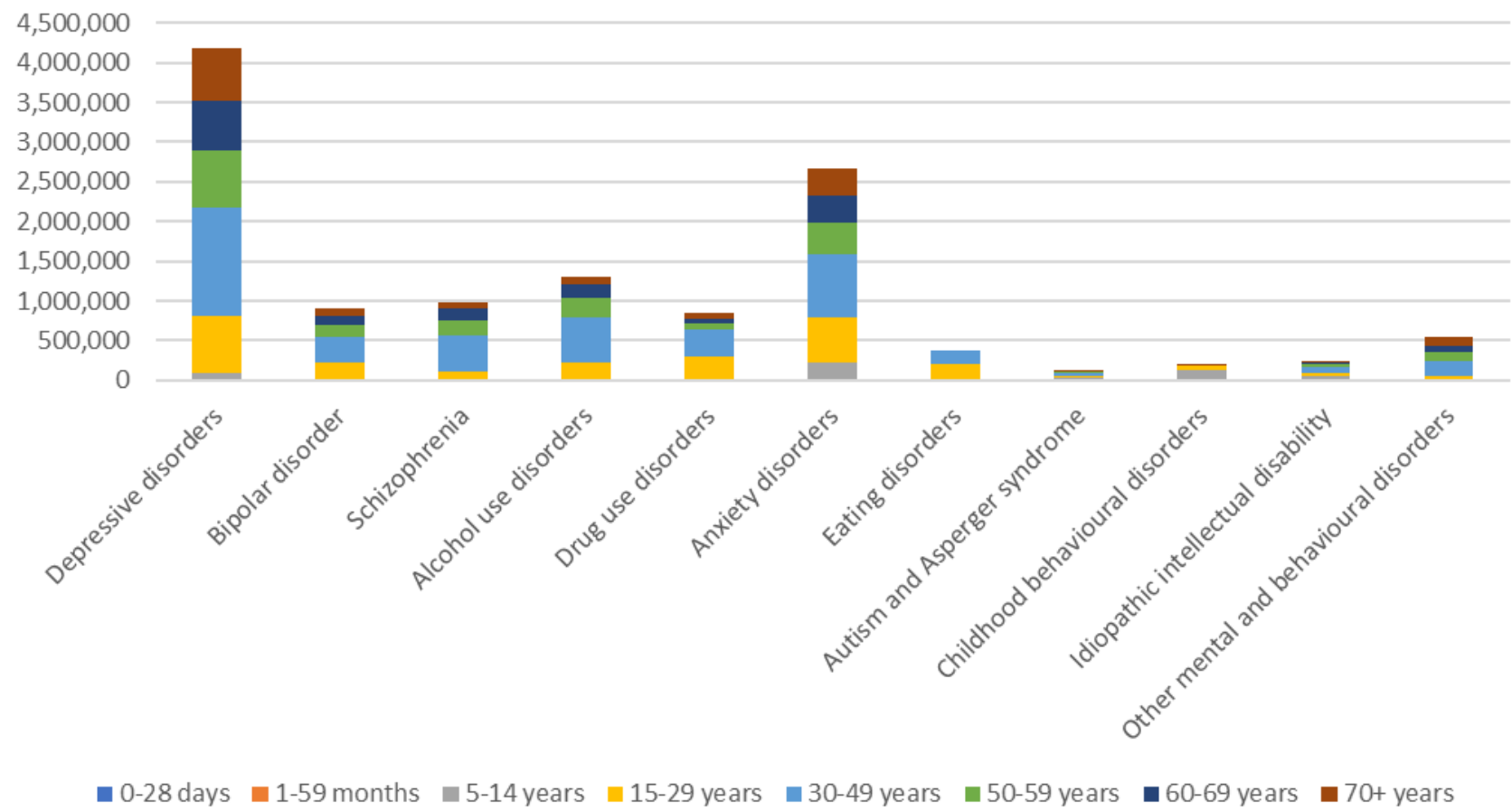


Disease Burden in Europe

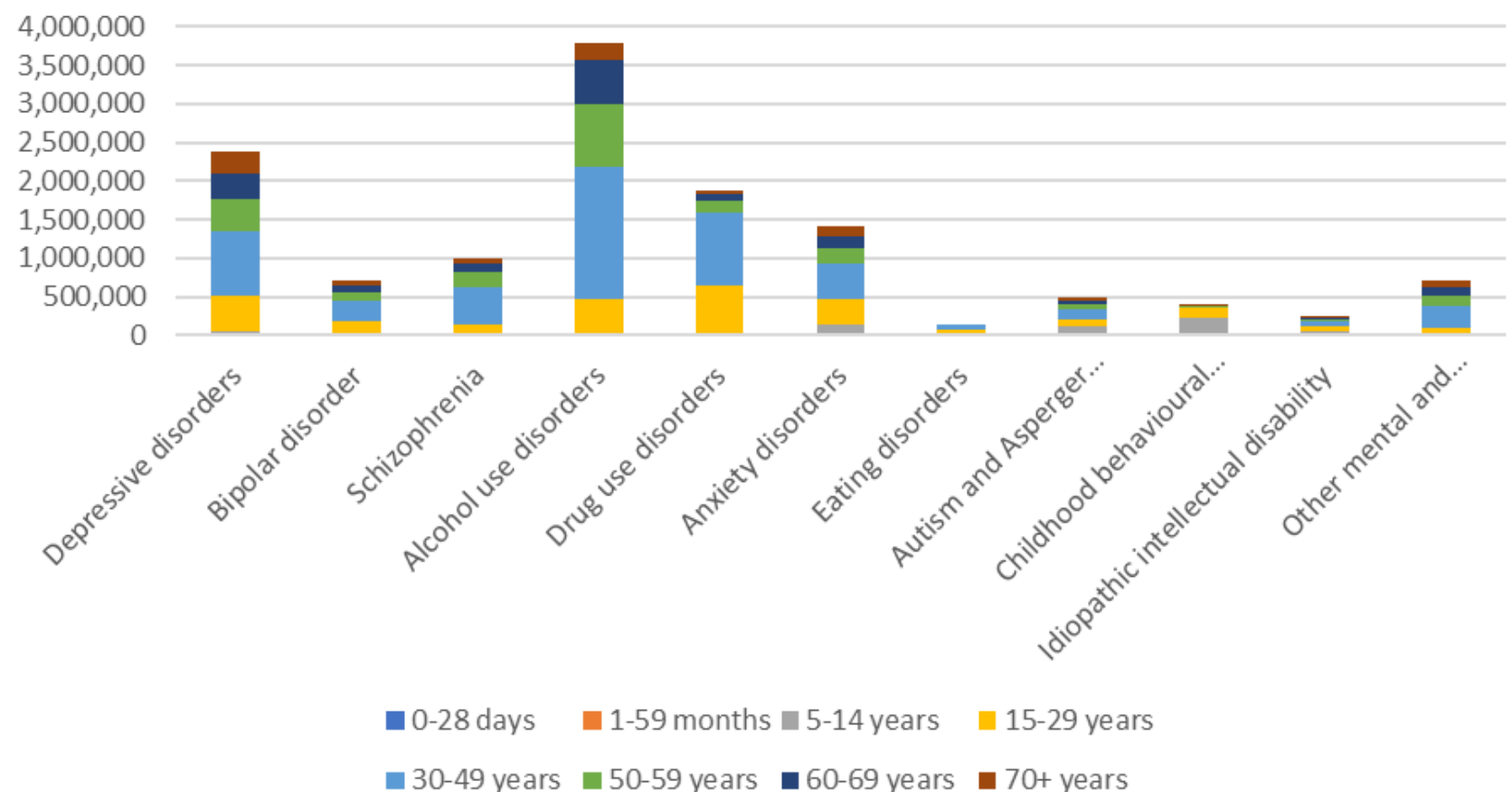
Disability adjusted life years (DALYs)

- Mental health and substance abuse disorders accounted for almost roughly **9% of total DALYs** in 2019 in EURO
- Depressive and anxiety disorders accounted for **25% and 16%** of DALYs, respectively, caused by mental health and substance use disorders
- DALYs caused by alcohol use disorders higher for males than females, highest at age 30-49 years
- DALYs caused by depression higher for females than males.

DALYs by age and mental health condition for women in 2019 in European Region

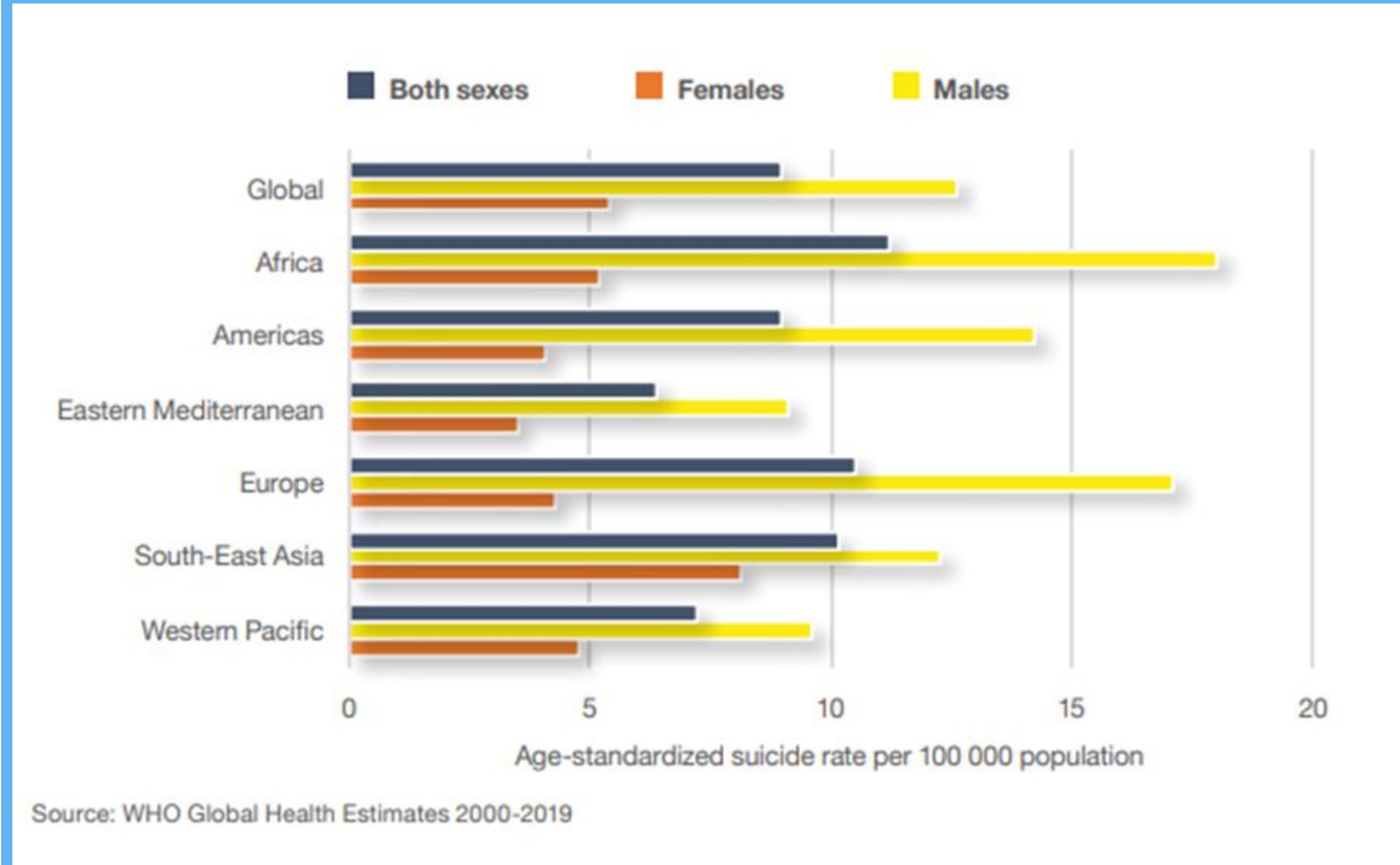


DALYs by age and mental health condition for men in 2019 in European Region



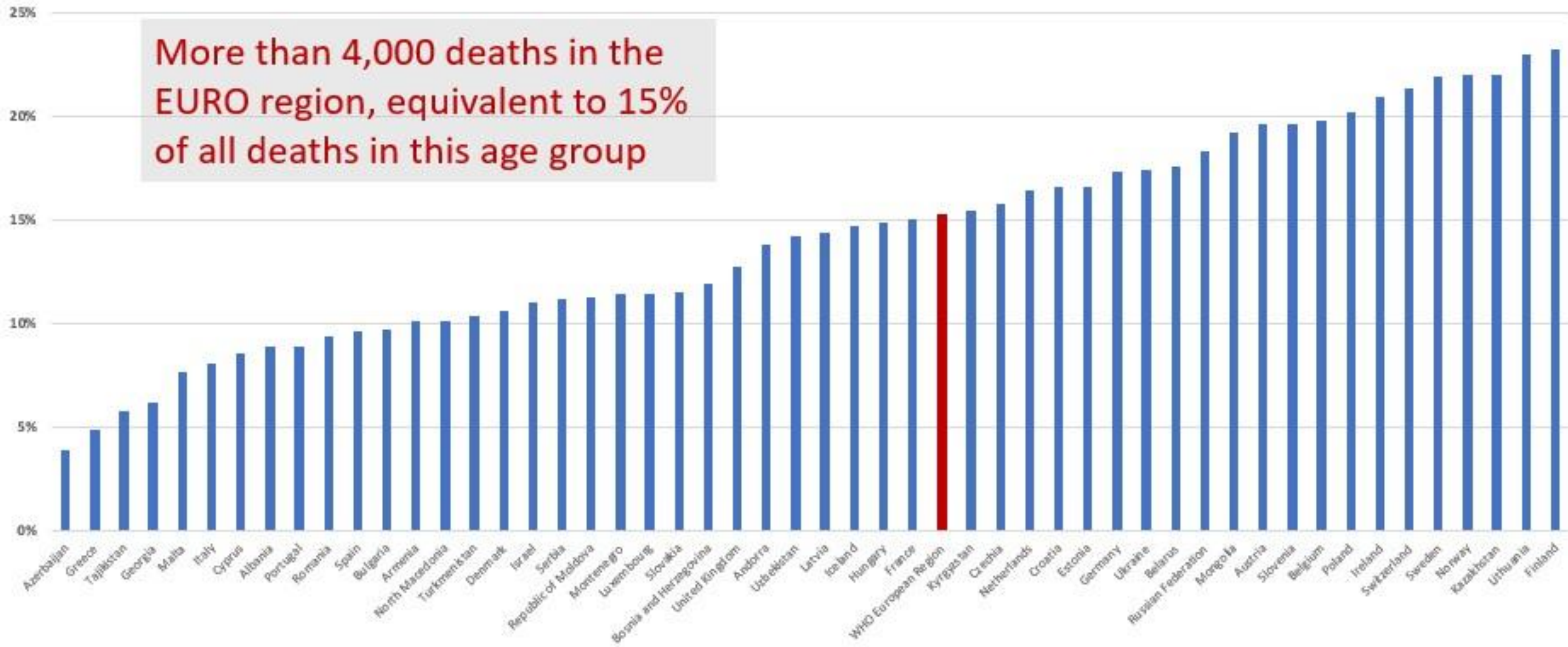
Suicide Mortality

- Suicide rates higher in EURO than the global average of 10.5 per 100 000 pop.
- Second highest rates of all WHO regions after AFRO
- Age-standardized suicide rate for EURO 10.4 per 100 000 population in 2019
 - Males: 17.1 per 100 000 population
 - Females: 4.3 per 100 000 population
- Range between 2.3 - 21.7 across the region



Suicide and youth

% of total deaths among 10-19 years old due to self-harm



WHO European Region Mental Health Systems

There is a lack of infrastructure in European Region to meet current demand for quality mental health care and prevention

Only 34% of EURO countries have a mental health policy/plan **fully in the process of implementation** and **fully compliant with human rights instruments**

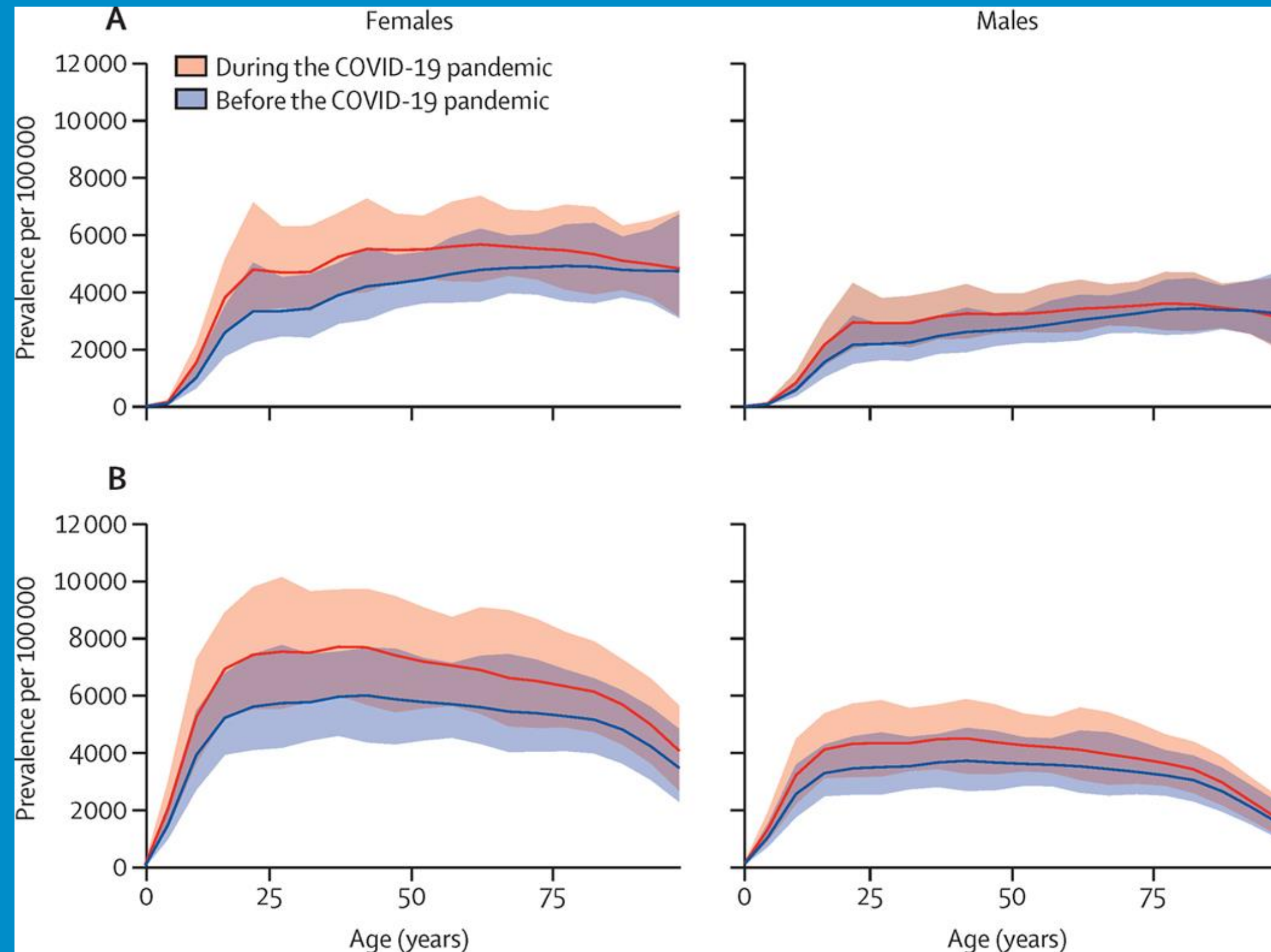
Only 59% of Member States had functioning mental health promotion and prevention programmes

50% of EURO countries had **no national suicide prevention plan (MH Atlas 2020)**

Estimated that around 1 in 4 people with severe mental health conditions (psychosis) not served by mental health systems (MH Atlas 2020)

COVID-19 Impacts

- Direct and indirect impact of COVID-19 contributing to high levels of stress, increased symptoms of mental disorders
- Substantial increases in prevalence of depression and anxiety disorders globally, more than doubled in some EURO countries.
 - Disproportionate impact on young people, women, carers of young children, people with pre-existing mental and physical health conditions
- Widened public mental health implementation gap, only 28% of WHO member states have a system in place for mental health and psychological preparedness during emergencies



COVID-19 Mental Disorders Collaborators. Estimating the global prevalence and burden of depressive and anxiety disorders in 2020 due to the COVID-19 pandemic. *The Lancet*. 8 October 2021. doi: 10.016/S0140-6736(21)02143-7.

Jonathan Champion, Afzal Javed, Crick Lund, Norman Sartorius, Shekhar Saxena, Michael Marmot, John Allan, Pichet Udomratn, Public mental health: required actions to address implementation failure in the context of COVID-19. *The Lancet Psychiatry*. 2022;9(2):169-182,

Thank you