

PEOPLE WITH MENTAL HEALTH DISORDERS DESERVE ACCESS TO HEALTH SERVICES ON A PAR WITH PHYSICAL HEALTH SERVICES

Investment in mental health is low

LESS THAN €2 PER PERSON PER YEAR

is spent on mental health services globally¹



AND ONLY 28% of countries report official in-service mental health training for the majority of their doctors¹

Yet mental health disorders have a profound effect on people's lives:

- A leading cause of **healthy years lost**²
- **10-25 years' shorter life expectancy** vs. the general population^{3,4}
- **2-3-fold increased risk of diabetes** (with 70% of these cases being undiagnosed)⁵
- **11 times more likely** to be the victim of violent crime^{6,7}

Mental health expenditure remains low relative to the number of people affected globally

22% suffer from cardiovascular diseases⁸



€82 billion per year⁹

27% suffer from a type of mental health disorder¹⁰

€68 billion per year¹¹



The benefits of investing in mental health



5% improvement in the health of people with brain disorders

= €180 billion in savings each year¹² in the EU alone

Improving mental health

will benefit society, the economy and provide less of a burden on the quality of life of family and carers

Mental health disorders are responsible for:

- €1.75 trillion per year in productivity losses¹³
- 1/3 of all work disability claims¹⁴
- 27 lost work days per person per year¹⁵

1. World Health Organization (WHO). Mental Health Atlas 2011. Geneva: WHO, 2011. **2.** Global Burden of Disease Study 2013 Collaborators. *Lancet*. 2015; pii: S0140-6736(15)60692-4. doi:10.1016/S0140-6736(15)60692-4. [Epub ahead of print]. **3.** Brown S, et al. *Br J Psych*. 2010;196:116-121. **4.** World Health Organization (WHO). Information sheet: Premature death among people with severe mental disorders. Retrieved from: http://www.who.int/mental_health/management/info_sheet.pdf. Accessed June 2015. **5.** Holt RIG. *PCCJ Practice Review*. 2011. Retrieved from: [http://www.rcpsych.ac.uk/pdf/PCCJ_Holt_FINALONLINE_JAN\[1\].pdf](http://www.rcpsych.ac.uk/pdf/PCCJ_Holt_FINALONLINE_JAN[1].pdf). Accessed June 2015. **6.** Rueve ME, Welton RS. *Psychiatry* (Edgmont). 2008;5:34-48. **7.** Teplin LA, et al. *Arch Gen Psychiatry*. 2005;62:911-921. **8.** World Health Organization (WHO). Cardiovascular diseases. Retrieved from: <http://www.who.int/mediacentre/factsheets/fs317/en/>. Updated January 2015. Accessed May 2015. **9.** PRWeb. Global Cardiovascular Drugs Market to Exceed \$111.8 Billion by 2015, According to a New Report by Global Industry Analysts, Inc. Retrieved from: http://www.prweb.com/releases/cardiovascular_drugs/antihyperlipidemcs/prweb3729014.htm. March 2010. Accessed May 2015. **10.** World Health Organization (WHO) Regional Office for Europe. Mental Health Data and statistics. Retrieved from: <http://www.euro.who.int/en/health-topics/noncommunicable-diseases/mental-health/data-and-statistics>. Accessed June 2015. **11.** DataMonitor statistics, including data from US, Japan, France, Germany, Italy, Spain and the UK. 2015. **12.** Sobocki P, et al. *Eur J Neurosci*. 2006;24:2691-2693. **13.** Harvard School of Public Health. The Global Economic Burden of Non-communicable Diseases. Published 2011. Retrieved from: http://www3.weforum.org/docs/WEF_Harvard_HE_GlobalEconomicBurdenNonCommunicableDiseases_2011.pdf. Accessed May 2015. **14.** OECD. Sick on the Job? Myths and Realities about Mental Health at Work. Published 2012. Retrieved from: <http://www.oecd.org/els/emp/49227189.pdf>. Accessed May 2015. **15.** Harvard Medical School. Mental health problems in the workplace. Retrieved from: www.health.harvard.edu/newsletter_article/mental-health-problems-in-the-workplace. Feb 2010. Accessed May 2015.

Date of preparation: July 2015

This infographic has been developed by H. Lundbeck A/S from published literature as a contribution to the public health debate and is endorsed by the European Brain Council, the European Depression Association, the European Federation of Associations of Families of People with Mental Illness, the Global Alliance of Mental Health Illness Advocacy Networks and the World Federation for Mental Health.

