



# BEYOND PSYCHIATRY: PUBLIC MENTAL HEALTH

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## The *Lancet* Commission on global mental health and sustainable development



Vikram Patel\*, Shekhar Saxena\*, Crick Lund†, Graham Thornicroft†, Florence Baingana‡, Paul Bolton, Dan Chisholm, Pamela Y Collins, Janice L Cooper, Julian Eaton, Helen Herrman, Mohammad M Herzallah, Yueqin Huang, Mark J D Jordans, Arthur Kleinman, Maria Elena Medina-Mora, Ellen Morgan, Unaiza Niaz, Olayinka Omigbodun, Martin Prince, Atif Rahman, Benedetto Saraceno, Bidyut K Sarkar, Mary De Silva, Iliina Singh, Dan J Stein, Charlene Sunkel, Jürgen Unützer

### Executive summary

The Sustainable Development Goals (SDGs) represent an exponential advance from the Millennium Development Goals, with a substantially broader agenda affecting all

the improvement of mental health for whole populations and reducing the contribution of mental disorders to the global burden of disease. The Commission grounds this reframed agenda on four foundational pillars.

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See Online/Comment

*Thanks to Vikram Patel et al.*

## Why should we talk about more on mental health?

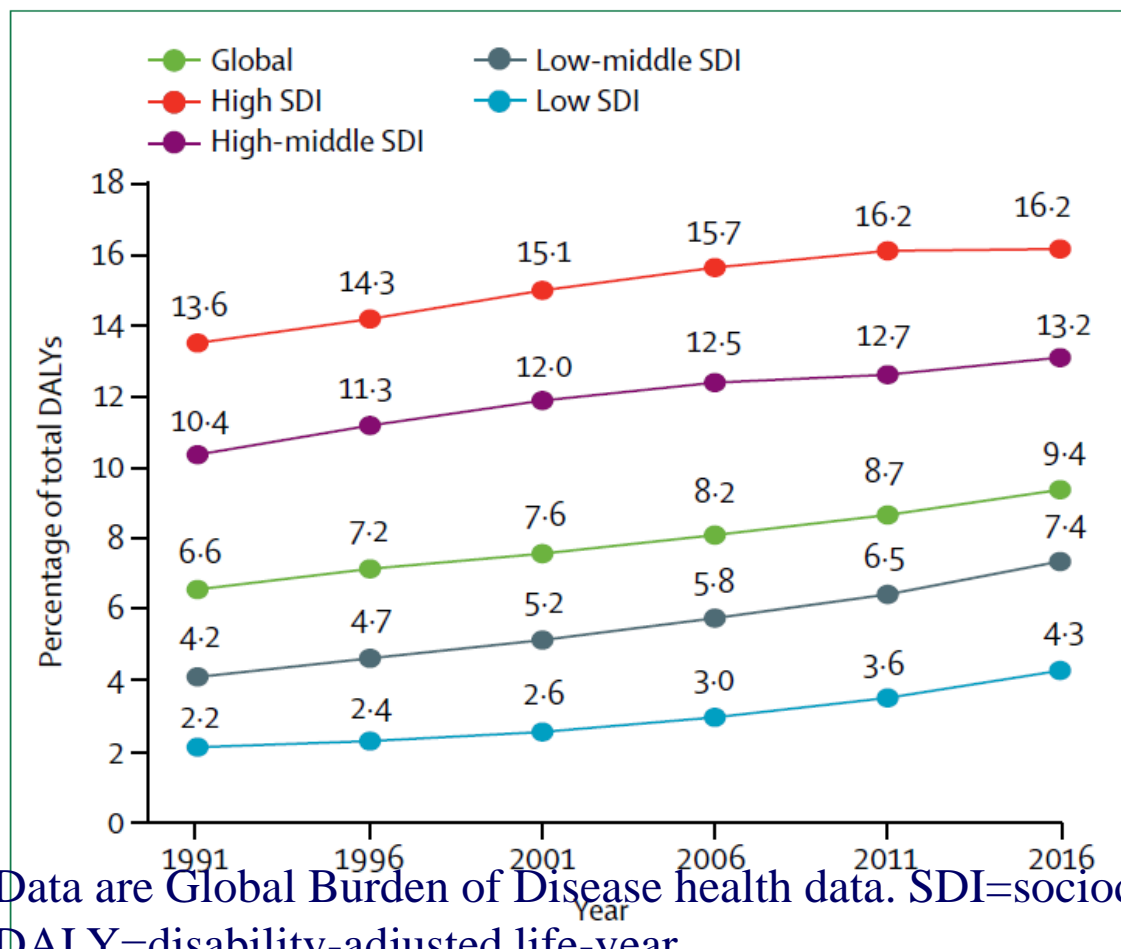
- Mental-health disorders are the leading causes of disability worldwide.
- Nearly 30% of people around the world experience a mood, anxiety or substance-use disorder in their lifetime.
- for those with a depressive disorder,
  - **one in five** people in high-income countries and
  - **one in 27** people in LMIC countries receive minimally adequate treatment

# Need is growing!

- The widespread incarceration of people with mental-health disorders persists.
- Vulnerable populations are expanding.
  - Tens of millions of migrants fleeing persecution, conflict and violence,
  - Ebola, climate change etc
- Only 9 mental-health providers per 100,000 people globally;
- Extra 1.7 million mental-health workers needed in LMIC countries alone.

Steel Z. *et al. Int. J. Epidemiol*, 2014.

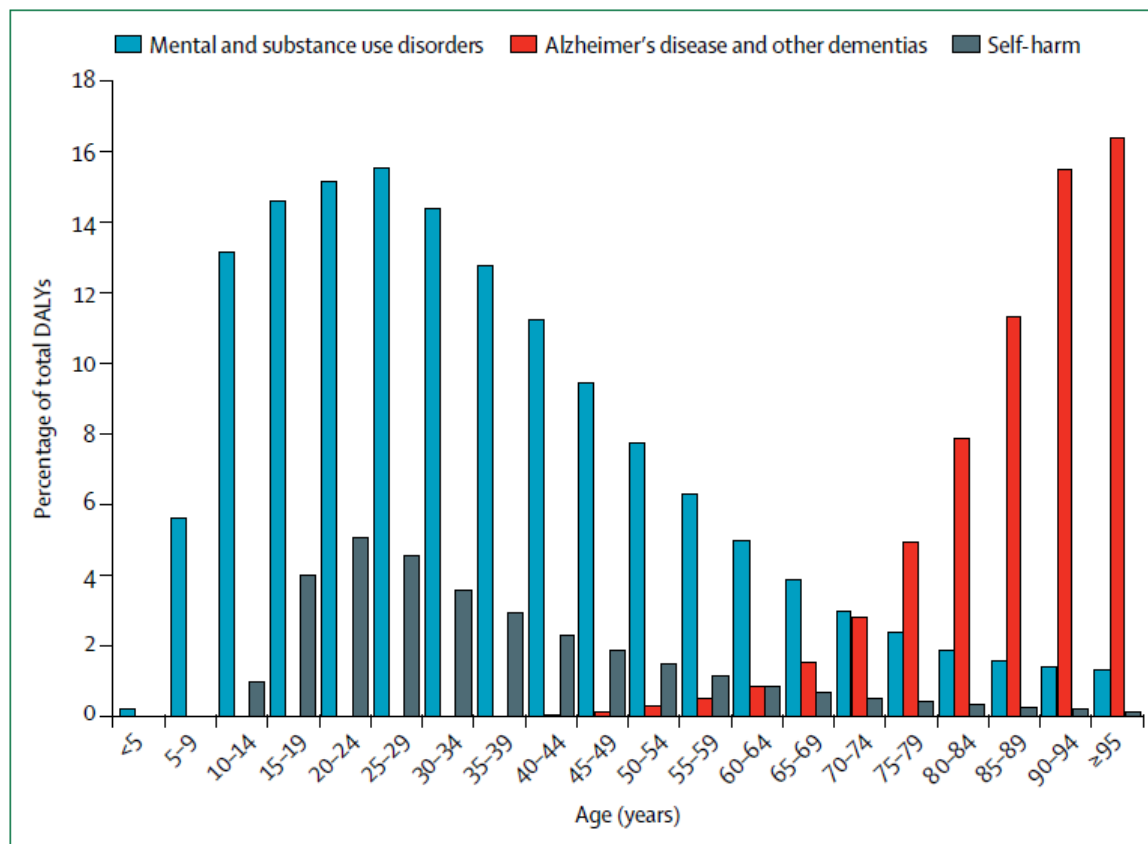
## The rising burden of mental and substance use disorders, Alzheimer's disease and other dementias, and suicide (self-harm) by SDI groups



Data are Global Burden of Disease health data. SDI=sociodemographic index.  
DALY=disability-adjusted life-year.

*From Lancet Commissions October, 2018.*

# The global burden of mental and substance use disorders, Alzheimer's disease and other dementias, and suicide (self-harm) in DALYs across the life course



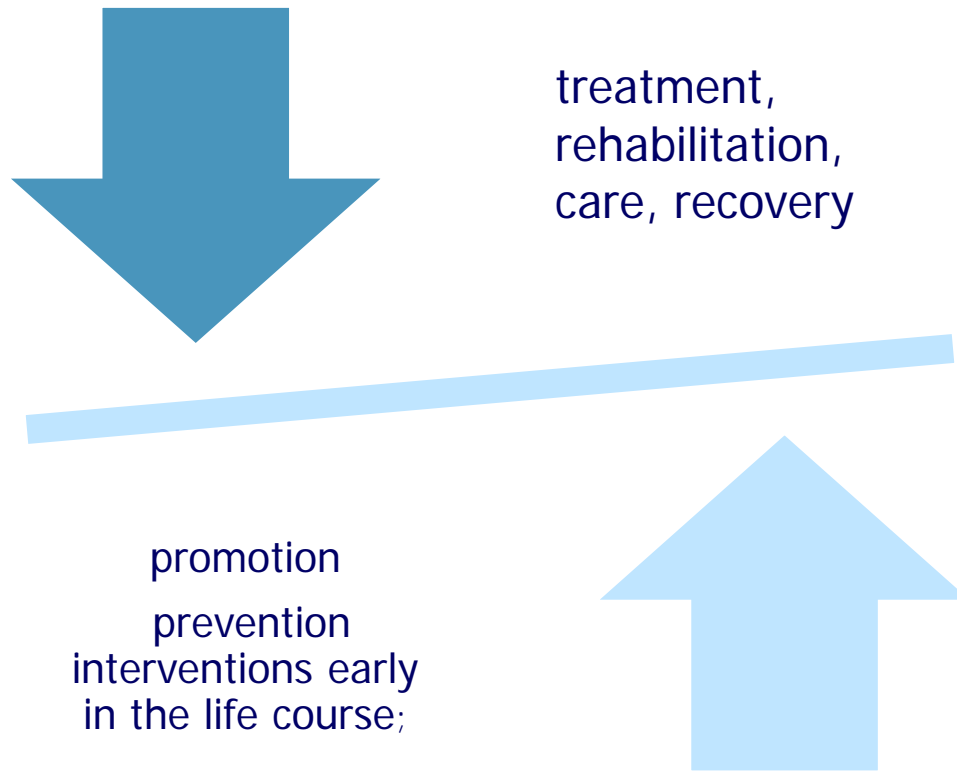
Data are Global Burden of Disease health data (2016).

*From Lancet Commissions October, 2018.*

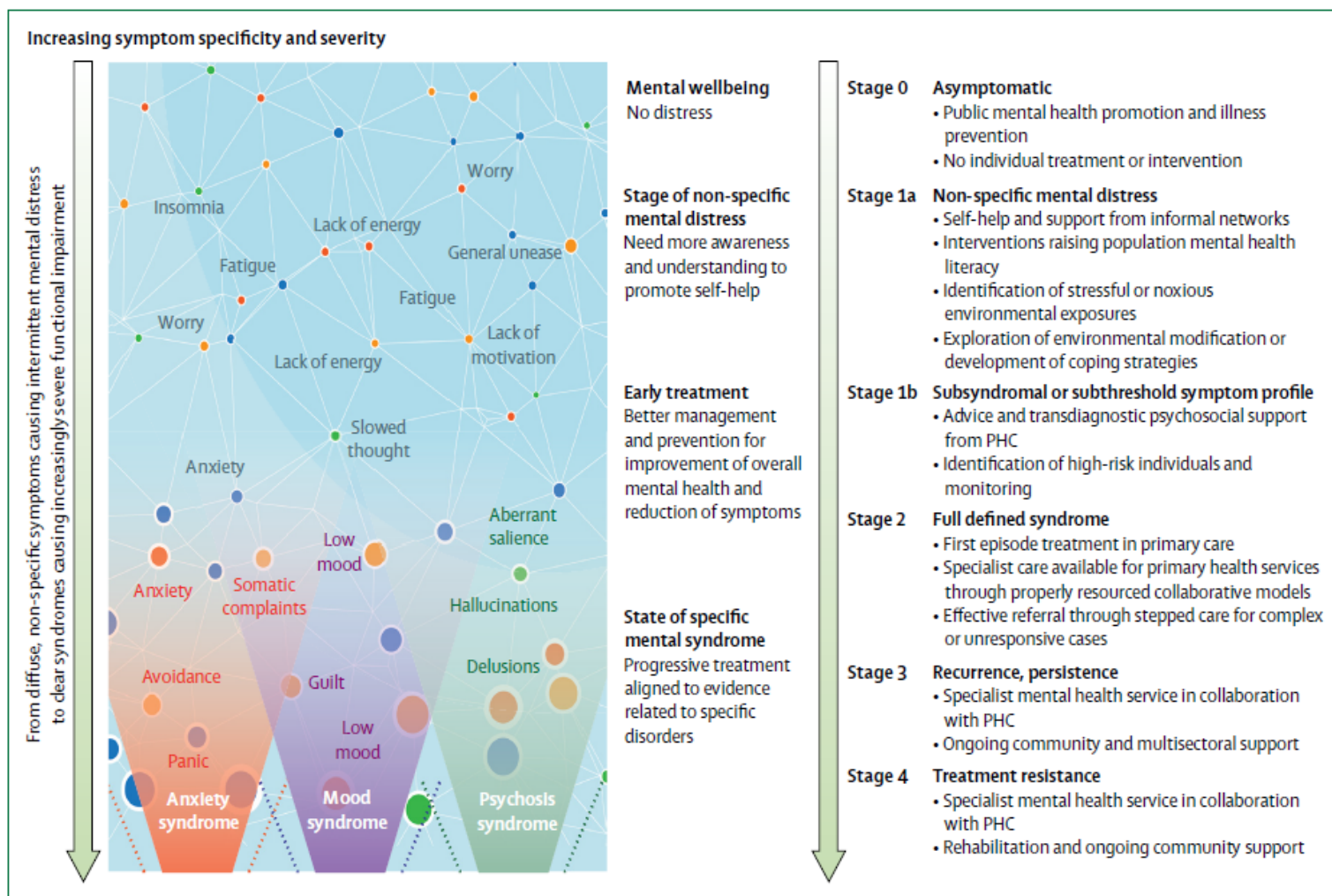
# **Innovations are needed urgently!!!**

The status quo is not working.

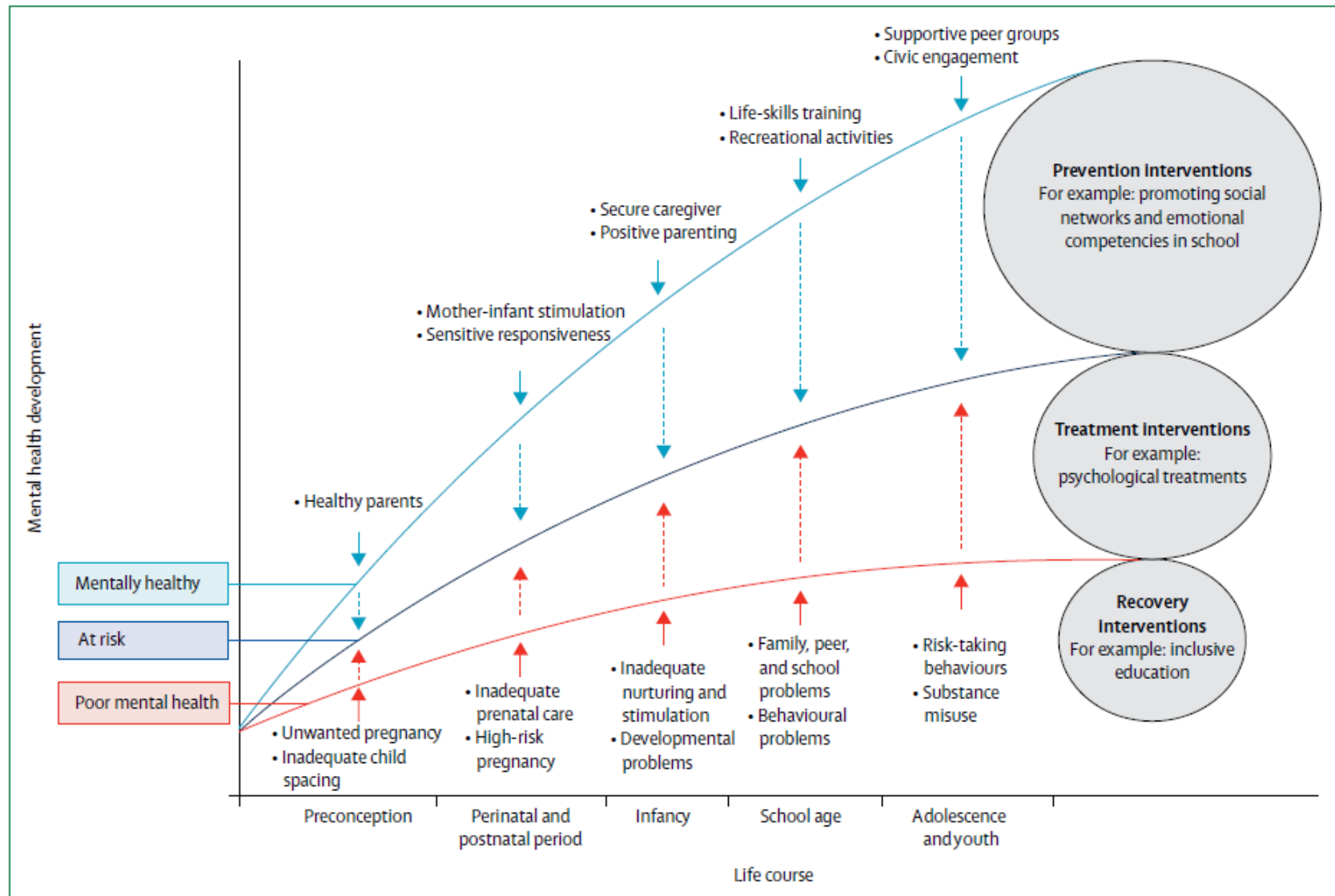
# Reframing mental health



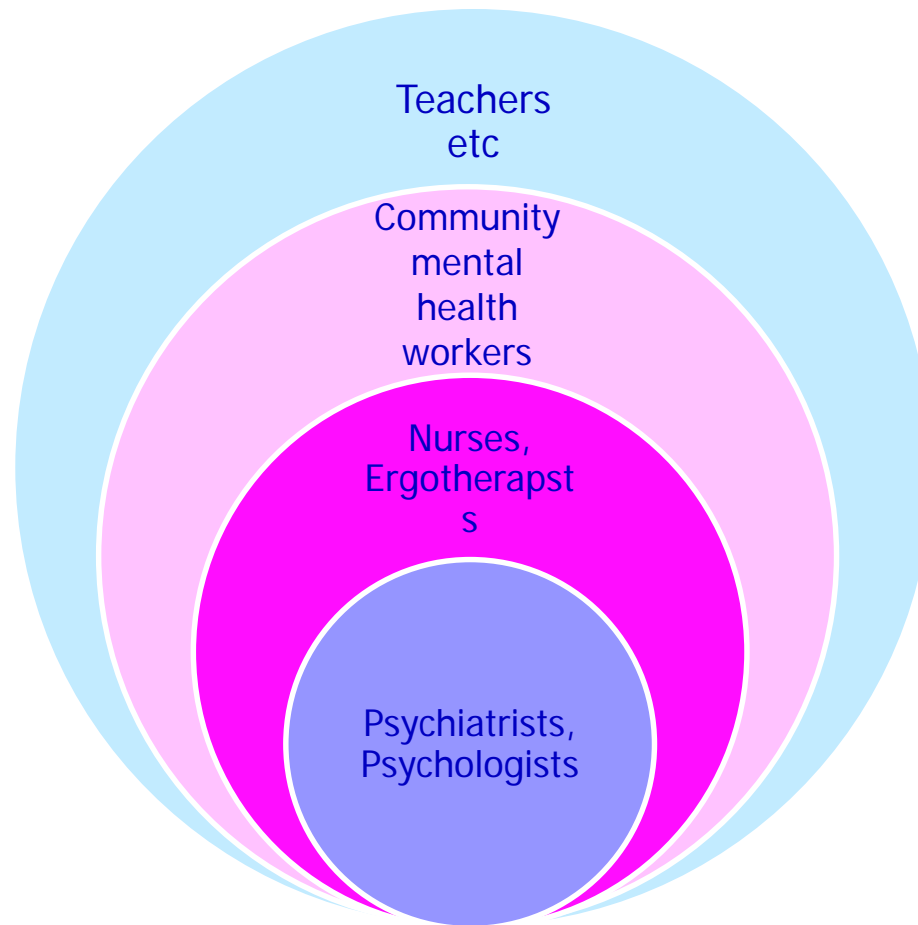
# A staging approach for mental disorders



# Protective factors and risk factors in the early life



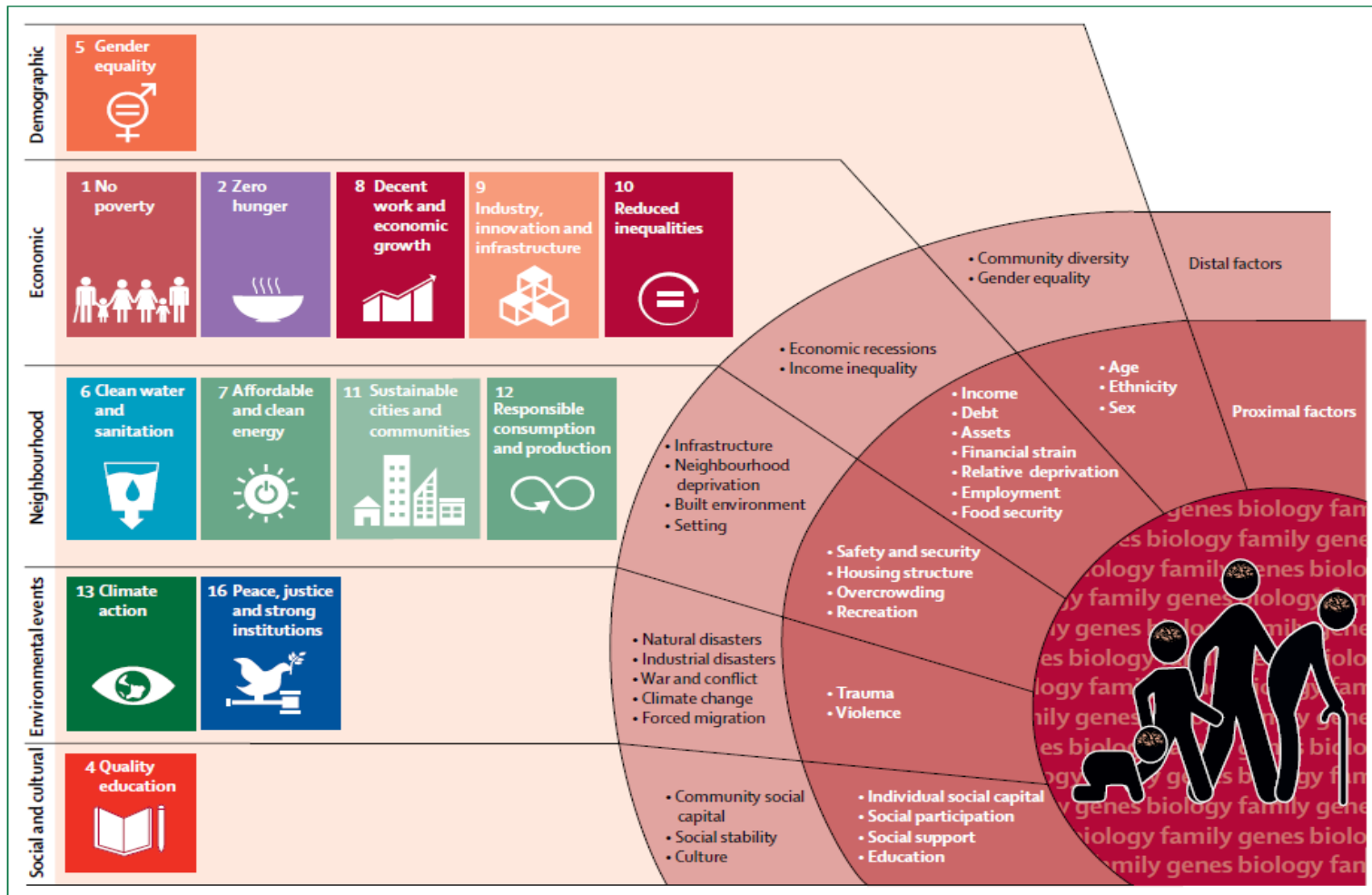
# Task sharing: Mental health is everybody's business



# Intersectoral actions

- Education
- Workplaces
- Social welfare
- Gender empowerment
- Child and youth services
- Criminal justice
- Development
- Humanitarian assistance etc.

# Social determinants of global mental health and the Sustainable Development Goals



*Lund C, et al. Lancet Psychiatry 2018.*

# Some Slogans





*Thank you!!!!*