

Make mental health a priority

Worldwide, an estimated¹:

1 in 5
children and adolescents
have a mental disorder.

264 million
people live with depression,
which is the leading cause
of disability globally.

45 million
people live with
bipolar disorder.

20 million
people live with
schizophrenia.



People also are not getting the treatment they need:

More than 80% of people experiencing mental health conditions are without any form of quality, affordable mental health care.²

Globally, there is a median of nine mental health workers per **100,000 people**.³

76–85% of people lack access to care in low- and middle-income countries.⁴



The suicide numbers are staggering⁵:

More than **700,000** people die by suicide every year.

For every suicide, there are more than **20 suicide attempts**.

Suicide is the **fourth leading cause of death** in individuals ages 15–19.

77% of global suicides occur in low- and middle-income countries.

Mental health stigma and discrimination causes people to feel ashamed for something that is out of their control. Worst of all, stigma prevents people from seeking the help they need. And whilst stigma has declined in recent years, the pace of progress has not been quick enough.

World Mental Health Day is on 10 October.

We can all do our part by helping to raise awareness of mental health issues and stop the stigma.



Contact Optum to learn how we can help support you and your employees.

Sources:

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4. World Health Organization. Depression. [who.int/health-topics/depression](https://www.who.int/health-topics/depression). Accessed 12 August 2021.
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