Mental Health: The cost of stigma

3 in 20 working age people are affected by moderate or mild mental health difficulties.

1 in 20 working age people has a severe mental health condition.

Depression is the leading cause of disability in high, middle and low income countries.

Children with disabilities can face malnutrition because food is saved for other children and household members.

A study of over 19,000 people in 16 countries showed poor attitudes about seeking treatment:

- 39% think that seeking help would mean losing friends.
- 49% think seeking help would mean limited opportunities.

Reducing stigma will reduce mental health costs.

Sustainable Development Goal 3.4:
Reduce premature mortality from non-communicable diseases through prevention and treatment and promote mental health and well-being.

People with severe, mental illness die an average of 20 years earlier than the general population.

Emergency healthcare, lost work hours, increased crime, low productivity, and long-term hospital stays all contribute to the cost of mental illness which can be more than 4% of GDP.

Be informed! Get involved! www.un.org/disabilities enable@un.org