FACTSHEET n°1: MENTAL HEALTH

FACTS & FIGURES

People with mental disorders experience disproportionately higher rates of disability & mortality.

Across the EU, the annual economic cost of mental ill-health are estimated at over €600 billion.

One in four people have mental health problems.

By 2050, the proportion of the world’s older adults is estimated to increase from 900 million to 2 billion people. Over 20% of adults aged 60+ suffer from a mental or neurological disorder.

People with severe mental health problems have an average reduced life expectancy of between 10 to 25 years.

1 in 3 people with mental health problems have no access to mental health care.

Suicide is the second most common cause of death among young people worldwide.

The figures above represented concern the EU, unless specifically stipulated otherwise. Sources are listed here.

Find more information on our recommendations, visit our website.

www.aim-mutual.org
The European Commission should put forward an EU Mental Health Strategy.

1. Mental health should be embedded in all Policies.

A greater and more efficient focus should be put on the prevention of mental health disorders and the promotion of mental well-being.

2. A life-course approach to mental health should be adopted.

Governments should adopt effective occupational health strategies, which protect workers from psychosocial risks, including in emerging and unconventional forms of employment.

3. Access to high quality, comprehensive, person-centred, and integrated care should be ensured.

National and European decision makers should show a greater commitment to raise awareness on mental health and to fight stigma and social exclusion.

4. Governments should adopt effective occupational health strategies, which protect workers from psychosocial risks, including in emerging and unconventional forms of employment.

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