



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 condition¹

People with severe, mental illness **die** an average of

20 years

earlier than the general population²

Depression is the leading cause of disability in high, middle and low income countries¹

Children with disabilities can face malnutrition because food is saved for other children and household members⁴

A study³ 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.**



all contribute to the cost of mental illness which can be more than **4% of GDP¹**

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

1. Making Mental Health Count: The Social and Economic Costs of Neglecting Mental Health Care, Organization for Economic Co-operation and Development (2014)

2. World Report on Disability, World Health Organization (2011)

3. Stigma in Global Context – Mental Health Study, Indiana University (2013)

4. Stronger Together Nutrition-Disability Links and Synergies Briefing Note, UNICEF (2011)