## FACTSHEET n°1: MENTAL HEALTH



## FACTS & FIGURES

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

People with mental disorders experience disproportionately higher rates of

disability & mortality.

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.

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## **OUR RECOMMENDATIONS**

Mental health should be embedded **in all Policies**.

The European Commission should put forward an

**EU Mental Health Strategy.** 

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

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

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.