Global Mental Health

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Challenges & opportunities in global mental health movement

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One billion in 21 Century

22,00 CHILDREN DIE EACH DAY
Objective

Movement
Relevance
Challenges
Response
Innovation

Prevention
Responses
Health issues

Why Global mental health

Low income countries

Social determinants

Poverty

Economics

Challenges

Responses
About half of mental disorders begin before the age of 14.

Around 20% of the world's children and adolescents are estimated to have mental disorders.
Depression is ranked as the leading cause of disability worldwide.
One million commit suicide every year

86% of suicide takes place in LIC & LMIC.

More than half of the people who kill themselves are aged between 15 and 44. The highest suicide rates are found among men in eastern European countries. Mental disorders are one of the most prominent and treatable causes of suicide.
Rates of mental disorder tend to double after emergencies.

War and other major disaster have a large impact on the mental health and psychosocial well-being.
Risk factor

Mental disorders are among the risk factors for communicable and non-communicable diseases.

They can also contribute to unintentional and intentional injury.
Stigma … and discrimination against ….. prevent people from seeking mental health care.

In South Africa, a public survey showed that most people thought mental illnesses were related to either stress or a lack of willpower rather than to medical disorders. Contrary to expectations, levels of stigma were higher in urban areas and among people with higher levels of education.
Human rights violations of psychiatric patients are routinely reported in most countries.

These include physical restraint, seclusion and denial of basic needs and privacy. Few countries have a legal framework that adequately protects the rights of people with mental disorders.
Low-income countries have 0.05 psychiatrists and 0.42 nurses per 100 000 people.

Shortages of psychiatrists, psychiatric nurses, psychologists and social workers are among the main barriers to providing treatment and care in low- and middle-income countries. The rate of psychiatrists in high income countries is 170 times greater and for nurses is 70 times greater.
2.8

Doctors

3.3

Nurses

dedicated to mental health
Increase the availability of mental health services

five key barriers

- the absence of mental health from the public health agenda and the implications for funding;
- the current organization of mental health services;
- lack of integration within primary care;
- inadequate human resources for mental health;
- and lack of public mental health leadership.
Need to work together to increase mental health services

US$ 2 to 4 per person per year in LIC & LMIC

Governments, donors and groups representing mental health workers, patients and their families. The financial resources needed are relatively modest.
Health and mental health
Across the world
Cultures and regions
Across all health settings
Rural and urban regions
Primary care clinics
Emergency rooms
General medical units
Prevalence of major psychiatric disorders in primary health care (%)- 16 Country WHO Study

- Current Depression: 10.4%
- GAD: 7.9%
- Alcoholism: 2.7%
- All Mental Disorders: 24%

Global Average Values
Why Global Mental health?

IT IS A RESPONSE TO THE CHALLENGES
GMH

1. Mental and behavioural disorders account for about one-third of the world’s disability due to all ill-health amongst adults.

2. Unipolar depression – number one cause of ill-health disability and premature death by 2030

3. Need for extensive urgent action for prevention
Mental disorders are seen across the world (cultures and regions)

- Depression: 120
- Substance abuse: 70
- Epilepsy: 50
- Alzheimer's: 37
- Schizophrenia: 24

450 Million.
Prevalence of common mental disorder in low income countries

- Indonesia: 20
- Lesotho: 27
- Pakistan: 22
- Zimbabwe: 15.7
High prevalence of mental disorder in Developing countries

- Schizophrenia
- Epilepsy

<table>
<thead>
<tr>
<th>Diagnostic Category</th>
<th>Developed Country</th>
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<tr>
<td>Schizophrenia</td>
<td>7.5</td>
<td>37.5</td>
</tr>
<tr>
<td>Epilepsy</td>
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<td>38</td>
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Poverty

Income & health inequality

Social exclusion

Global Burden of Diseases

Mental disorders

Socio-economic deprivation

Social determinants of health

THEORIES - SOCIAL
Social determinants (SDH)

Early Childhood, Poverty, Drugs, Working Conditions, Unemployment, Social Support, Good Food And Transport Policy.

Evidence: medical social and anthropological
Self-reported level of Job control and Incidence of coronary heart disease in men and women

Adjusted for age, sex, length of follow up, effort-reward, Employment Grade, coronary risk factors and negative psychological disposition
Relationship between domestic violence and contemplation of suicide: WHR 2001

- Philippines: 21 (never), 48 (ever) 36 (never), 11 (ever) 7 (never), 61 (ever) 15 (never), 64 (ever) 8 (never), 48 (ever) 17 (never), 40 (ever) 18 (never), 41 (ever) 1 (never), 11 (ever)
Rich Countries are not Rich For mentally ill patients

40% live on, 1$/day
80% world’s population is below poverty line
Poverty amongst mentally ill people

**LOCAL CHALLENGES TO ‘GLOBAL’ MENTAL HEALTH, UCL (Indian data)**
Mentally ill are away from education

Foster and Jones, 2005, Farahati, 2003, Currie and Stabile, 2006, Patel et al., 2008, Myer et al., 2009
Likelihood of unemployment is seven times high amongst people with mental disorder.
Main concerns about poverty and mental illness is economic burden. More debt people have, worse in their mental health.

(Bloom et al., 2011),
Suicide rate and economic crisis, Sept 2013

Challenges And Risk Factors

Stigma, Awareness, Resources
People hide suicide due to stigma. They do not know or believe that it can be prevented.
Stigma A clinical risk

- Delay in treatment
- Risk factor
- Suicide
- Violence
- Lack of self-care
- Physical illness
- Non-compliance
- Hospitalization
- Relapse
- Poor outcome

References:
Baxter H, Singh SP, Standing P, Braganza D. The attitudes of ‘tomorrow’s doctors’ towards mental illness and psychiatry: changes during the final undergraduate year: Med Educ 2001;35:381-3
Access to care

1. Poor
2. Inappropriately organized
3. Disproportionately distributed

(Demyttenaere, 2004).
Facts from countries: WHO

1. 72% countries report their data
2. 35% countries spend <1% of health budget to mental health
3. 40% have no mental health policy
4. Most of these national policies are recent, 62% of those framed after 1995
Some facts

1. 25% have no legislation on mental health.
2. 28% have no separate budget for mental health.
3. 41% do not have treatment facilities for severe mental disorders in primary health care.
4. 37% have no community care facilities.
5. About 65% of the beds for mental health care are in mental hospitals.
Response to mental illness
Global mental health initiative

- Networking for global needs
- Collaborative care and research
- Newer avenues for intervention
- Knowledge translation
- Global response to local needs
- Innovative experiments
- Treatment gaps
- Global response to local needs
Strengthen effective leadership and governance for menial health

WHO ACTION PLAN
2013 - 2020
MENTAL HEALTH ACTION PLAN 2013-2020

MENTAL HEALTH
A Call for Action by World Health Ministers
1. To provide comprehensive, integrated and responsive mental health and social care services in community-based settings.
2. implement strategies for promotion and prevention in mental health
3. strengthen information systems, evidence and research for mental health.
4. Human rights, mental health legislations and commissions
Evidence based treatment

Proportion of health problem prevented

Percentage of outcome prevented is

Coverage of depression intervention

Title
Effective and evidence based treatment

50% of the population seek treatment for depression, but only 42% of those treated received adequate treatment (Kessler et al., 2005b).

69% of people with schizophrenic disorders are not receiving treatment.
Employment

Education

Welfare

Mental health promotion

Micro credits

Early childhood development

Policy

Rehab

Stigma

Cost of treatment

Community MH care
Mental health is too important to be left to mental health professionals.