



# Important Facts on Mental Health

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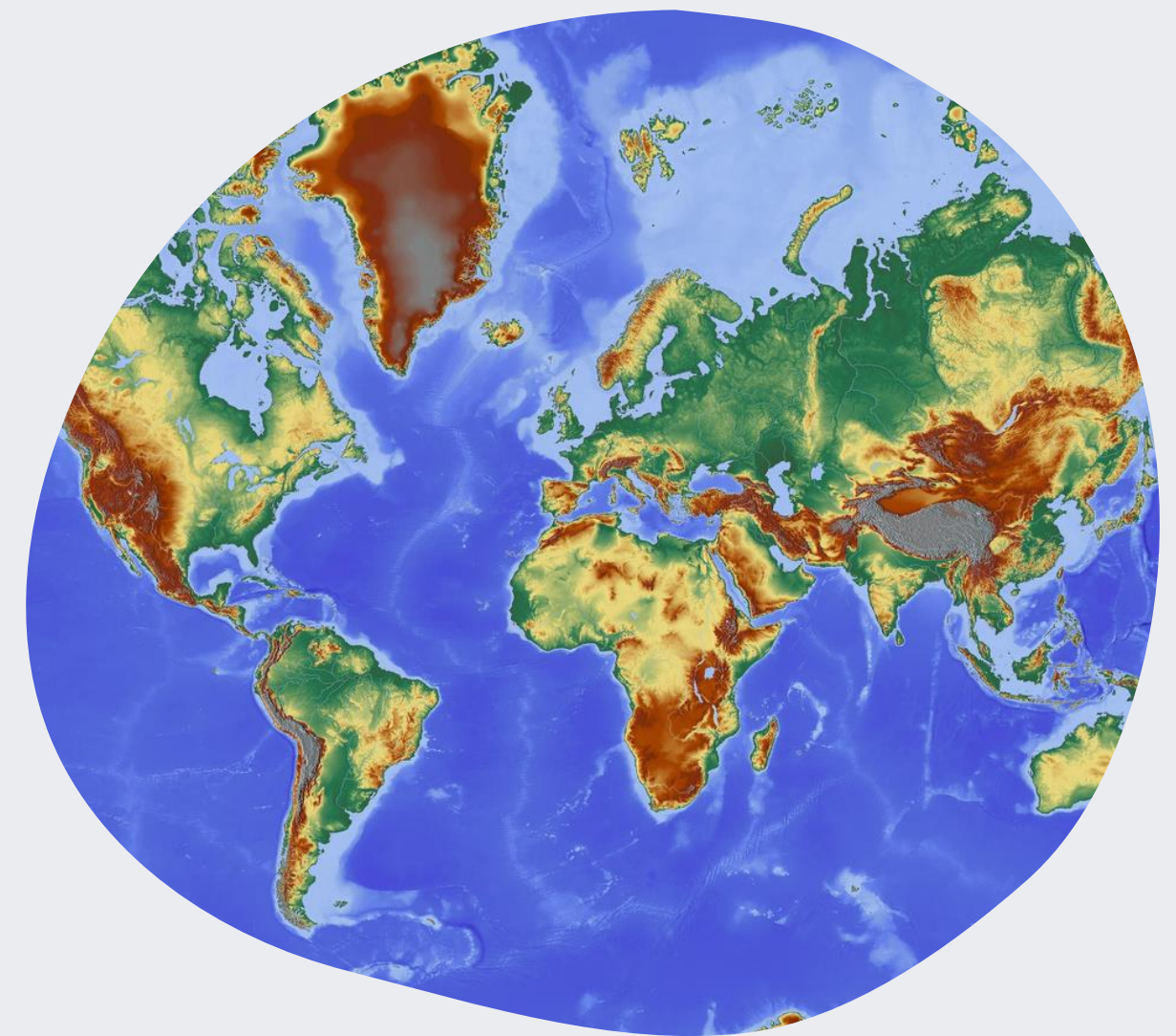
# Mental Health Is More Than Just Feeling Emotions

- The World Health Organization (WHO) defines mental health as mental well-being allowing one to handle stress, be productive, and engage positively
- Mental health is functioning well both individually and socially
- Mental and physical health are intertwined, and controlled by the brain, not separate
- Studies link mental disorders to increased long-term physical risks and chronic medical issues



# Mental Illnesses Are Widespread

- 1 in 8 people (970 million) had a mental disorder in 2019, according to WHO
- COVID-19 has intensified prevalence of mental disorders
- Study in The Lancet Psychiatry found 1 in 2 people will develop a mental health disorder in their lifetime
- In the US, 1 in 25 adults have severe conditions like schizophrenia, bipolar disorder or major depression per the Centers for Disease Control and Prevention (CDC)



# Causes of Mental Illnesses Are Far from Clearcut

- Mental illnesses can arise from genetic, environmental, and neurological factors
- Risks include childhood trauma, genetics, medical issues, substance use, loneliness, and socioeconomic hardship
- Each individual faces a unique set of contributing circumstances
- WHO classifies over 200 diagnoses under gateories such as mood disorders, anxiety disorders, etc.
- Identifying underlying causes and effective treatment can be challenging due to complex multi-factorial nature

# Less Than Half of Those Struggling Obtained Treatment Currently

- Treatment options include therapy, medication, support groups, lifestyle changes, etc.
- 55% of US adults (around 28 million) with mental illness do not receive treatment
- Major barrier to seeking care is high cost of medical treatment
- Cost barrier partly due to shortage of mental healthcare professionals



# Lower Socioeconomic Status Linked to Higher Mental Health Risk

- Link between poverty, social stress, and mental health discovered 50 years ago
- People with low socioeconomic status often lack education, jobs, increasing risk of poor mental health
- Insufficient finances typically prevent underprivileged from accessing quality healthcare including mental health treatment
- Mental health problems are as much a socioeconomic issue as a healthcare issue

# The Invisible Nature of Mental Health Struggles Makes Others' Comprehension More Difficult

- Mental illness differs from physical illness in its invisible nature
- Physical ailments have measurable symptoms, but mental illness varies between individuals
- Some with mild signs may not have impaired functioning while severe cases greatly struggle functionally
- Invisible quality makes mental health issues difficult for others to comprehend/appreciate limitations
- Discerning the true extent of another's struggle is difficult when challenges are basically invisible



# Mental Health Stigma Exerts More Harm on Men Than Women

- Stigma leads to negative attitudes, prejudice, discrimination against those with mental illness
- Experiencing stigma can cause shame/embarrassment, leading to avoidance of treatment
- Treatment avoidance can worsen mental health issues and prevent access to needed support
- In the US, both men and women experience mental illness, but men are less likely to seek help due to masculine gender norms
- Depression and suicide have become leading silent killers of men in the US due to lack of treatment-seeking



# Mental Health Prioritization Is A New Attraction to Talents

- Mental well-being is increasingly significant in the workplace according to Deloitte, especially for Gen Z employees
- Gen Z faces many challenges and expects employers to prioritize overall well-being over just monetary compensation
- Gen Z employees are attracted to comprehensive work environments that prioritize mental wellness
- Companies need to incorporate considerations of “mental health” into talent attraction and hiring strategies





**Thank You!**