



Prevalence of Depression Worldwide



Statistics of the World Health Organization (WHO) on Depression



Approximately 280 million people worldwide have depression



More than 700,000 people die by suicide each year



Suicide is the 4th leading cause of death among those aged 15-29



Depression is about 50% more common in women than men



More than 75% of people in low- and middle-income countries receive no treatment for mental disorders

Top 3 Most Depressed Countries in the World

According to the Global Burden of Disease Study, the most depressed countries in the world are Greenland, Greece, and Spain:

1



Rate of depression: 6.6%
Rate of all mental disorders: 17.9%

2



Rate of depression: 6.5%
Rate of all mental disorders: 17.7%

3



Rate of depression: 6.0%
Rate of all mental disorders: 18.2%

Key Statistics of Depression in US

According to the National Institute of Mental Health, about 21 million US adults (8.4%) have experienced a major depressive episode

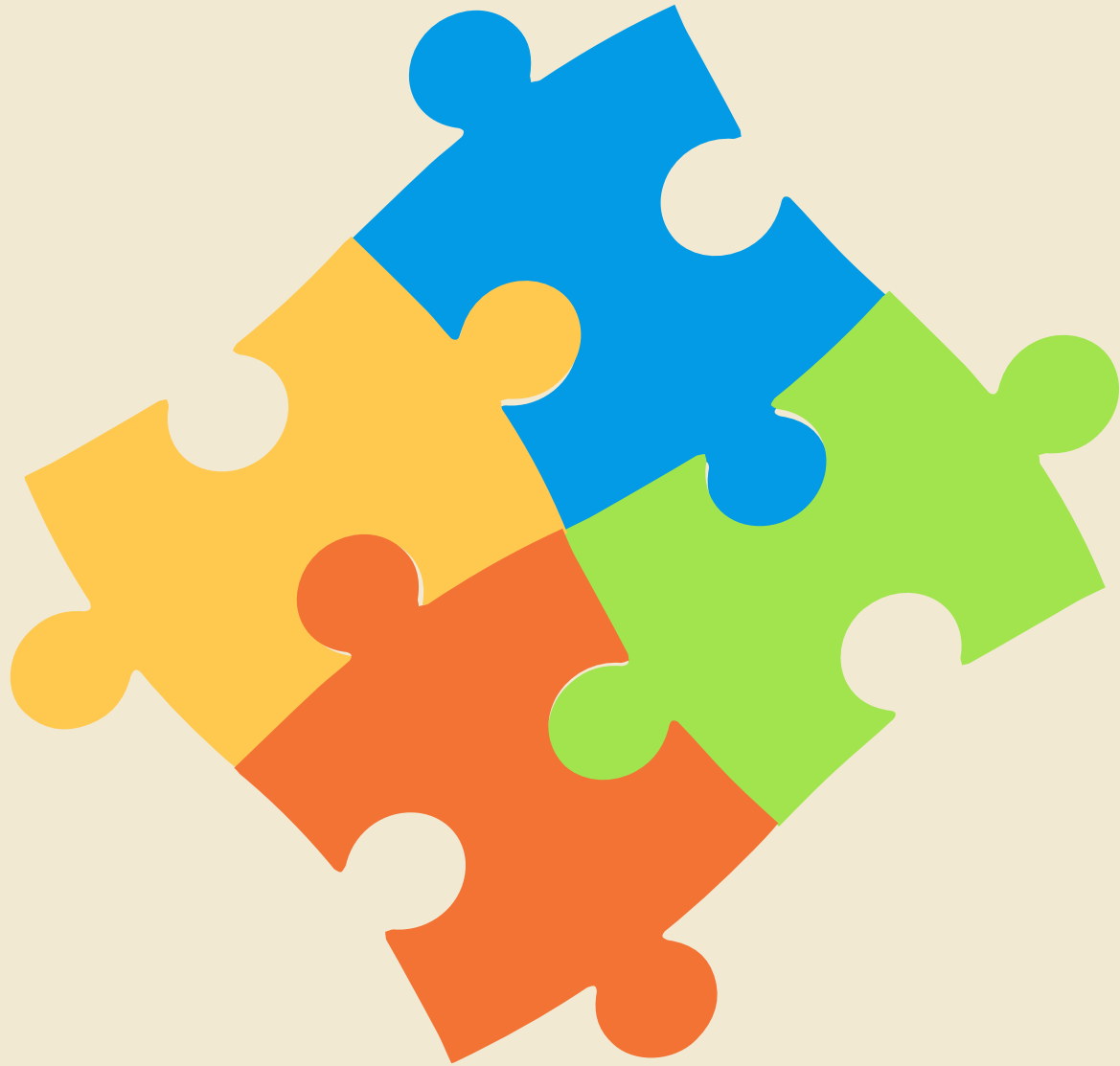
According to 2019 statistics of the Centers for Disease Control and Prevention, approximately 2.8% of US adults experienced severe depressive disorders, 4.2% had moderate depressive disorders, and 11.5% had mild depressive disorders

More than one in 10 young people are living with depression that disrupts their school, home, or work life according to Mental Health America

Key Statistics of Depression in UK

- Per the Office for National Statistics, depression rates were 17% in summer 2021 in the UK, above the pre-pandemic level of 10%
- Younger adults (aged 16-29 years) were more likely to experience depression than other age groups
- Around 32% of women (aged 16-29) reported moderate to severe depressive symptoms vs. 20% of men of the same age group

Key Statistics of Depression in Canada



- Roughly 5.4% of Canadians cope with depression
- Over 2 million Canadians struggle with depression each day
- Canadians living alone are 20% more likely to have moderate to severe depression and 9% more likely to experience suicidal thoughts, according to Canadian Centre on Substance Use and Addiction



Thank You!