



MENTAL HEALTH Fact Sheet

Globally

450 MILLION PEOPLE IN THE WORLD SUFFER FROM A MENTAL ILLNESS

DEPRESSION IS THE LEADING CAUSE OF DISABILITY

NEARLY 1 MILLION PEOPLE COMMIT SUICIDE EVERY YEAR

75% OF PEOPLE IN LOW/MIDDLE INCOME COUNTRIES WILL NOT GET THE TREATMENT THEY NEED

Life-time prevalence of Mental Disorders in SA

Compared with 14 other countries in the WMH Survey, South Africa has the:

- 2nd highest for substance abuse disorders (13.3%)
- 6th highest for anxiety disorders (15.8%)
- 7th highest for mood disorders (9.8%)

Mental Health in SA

3rd biggest contributor to the burden of disease

7.7% reduction in mental hospital beds across all provinces

16.5% of South Africans suffer from common mental health problems

43.7% of people with HIV/AIDS have a mental health condition

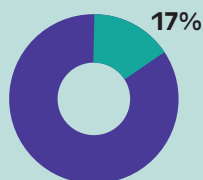
11% of all non-natural death in SA is due to suicide

South Africa is in the bottom 4 of countries for providing mental health treatment

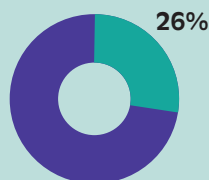
50% of health facilities do not meet quality standards

Stigma and burden for Mental Health Patients

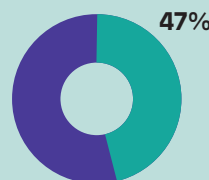
Cant take care of dependants



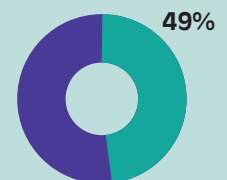
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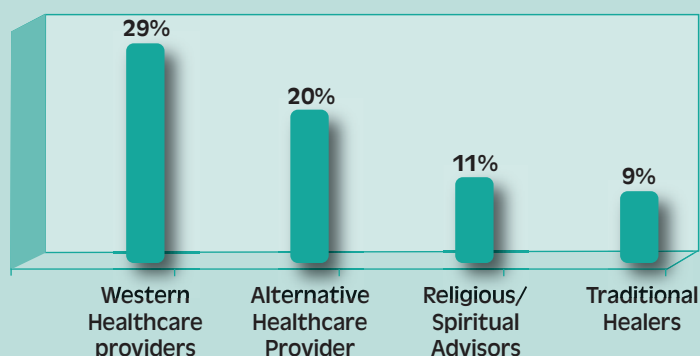
Lost Friends



Negative Family Relationships



Seeking treatment for Mental Health



Resources for Mental Health

Per 100,000 of the population there are:

7.5 Nurses

0.4 Social workers

0.28 Psychiatrists

0.32 Psychologists

2.8 beds for in-patients

▶ +/- 6 million South African could suffer from PTSD

▶ 82.1% cannot afford private health care

▶ +/- 8000 South Africans commit suicide each year

▶ 50% believe mental health is not a priority