

Mental Health Statistics & Numbers

Cheat Sheet

High-yield numbers from the Mental Health lecture.

Statistic / Fact	Number
World population experiencing mental disorders (2021)	13.9%
Global DALYs due to mental disorders (2021)	17.2%
Anxiety burden avoidable with optimal treatment	71%
Mental disorders ranking among causes of burden	9th → 6th (1990→2021)
People with depression worldwide	300+ million
People with anxiety disorders worldwide	284 million
Anxiety disorders in males	2.8%
Anxiety disorders in females	4.7%
Increase in anxiety during first COVID year	25%
Deaths due to suicide annually	800,000
Suicides occurring in LMICs	80%
Suicide ranking among 15–29 year olds	4th leading cause
Suicide attempts per completed suicide	>20 attempts → <i>for each adult dying by committing suicide</i>
People with substance abuse disorders	178 million
Deaths from substance abuse annually	11.8 million
Deaths represented by substance abuse	1 in 5 deaths
Overdose deaths under age 50	>50%

Substance abuse in males	2%
Substance abuse in females	0.8%
Treatment gap in developed countries	44–70%
Treatment gap in developing countries	Up to 90%
Jobs found through social networks	40–70%
Psychiatric care manageable in PHC	50%
Average PHC visit duration	10–15 minutes
Donabedian framework publication	1966

* >75% of people in low-middle income countries receive no treatment for depression

* Mental disorders are among the top 10 leading causes of DALYs worldwide, with anxiety and depressive disorders ranked as the most common across all age groups and locations.

* >1 in every 100 deaths result from suicide

* Women are more likely to be diagnosed with depression and to attempt suicide.

- Globally, more than twice as many males die due to suicide as females.
- In HIC, men have a rate of suicide death more than three times that of women.