



**MAKE MENTAL HEALTH & WELLBEING  
FOR ALL A GLOBAL PRIORITY**

World Mental Health Day **10 October 2022**

**WMHD EDUCATIONAL MATERIAL**

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#WorldMentalHealthDay #WMHD2022



# Transforming Mental Health for All

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Never has it been so urgent for the world to prioritize mental health. The triple impact of COVID 19, climate change concerns and ongoing wars and conflicts is creating an enormous toll on our population — be they directly or indirectly impacted. An estimated one billion people around the world, including millions of children and young people, have a mental health condition. Unfortunately, most of them lack access to treatment. The costs, both human and financial, are huge. Depression and anxiety alone cost the global economy an estimated \$1 trillion per year. With more than 80% of people with mental disorders living in low- and middle-income countries, the time is critical for equity in funding and access to mental health care.



In June this year WHO released a [significant report](#) on the state of our mental health that set the cornerstone for our priorities. The first such report in 20 years, it provides a plan for governments, academics, health professionals, civil society and others with an ambition to support the world in transforming mental health. It lays out the priorities that all need to take to support our mental health and allow populations to thrive. Drawing on the latest evidence available, the report uses examples of good practice from around the world to demonstrate what works. Through the voices of people with lived experience of mental health conditions, it gives a strong narrative of why things need to change.

The report highlights why and where change is most needed and how it can best be achieved. The ambition for the report is that stakeholders work together to deepen the value and commitment given to mental health, reshape the environments that influence mental health and to strengthen the systems that care for people's mental health. This can be achieved by implement the [Comprehensive Mental Health Action Plan](#) which gives clear actions to promote mental health and well-being for all, to prevent mental health condition for those at risk and to achieve universal coverage for mental health services.

People with mental health conditions continue to be at increased risk of physical and emotional abuse, denial of education and employment, and other human rights violations. Importantly, it is time for all to raise the bar around conversations on mental health. The heavy weight of stigma cannot be a reason for us to fail. Only through partnership and coalescing through a sense of community — of practice or more personally, can we improve the state of the world's mental health.

This year's theme for WMHD — make mental health and wellbeing a global priority for all — is an opportunity for Governments and other relevant stakeholders to embrace the guidance offered in resources such as the WHO world mental health report.

The timing is critical because, through the lens of the post-acute phase of the pandemic, we have an opportunity and the tools to really make a difference now.



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