



HEADWAY^o 2023

A new roadmap in Mental Health

«Headway 2023 – Mental Health Index»

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*The following presentation contains data from the Report “Headway 2023 – Mental Health Index”, which arises from the initiative “Headway 2023”, realized by **The European House – Ambrosetti** in collaboration with **Angelini Pharma**.*

Prevalence of mental disorders in Europe

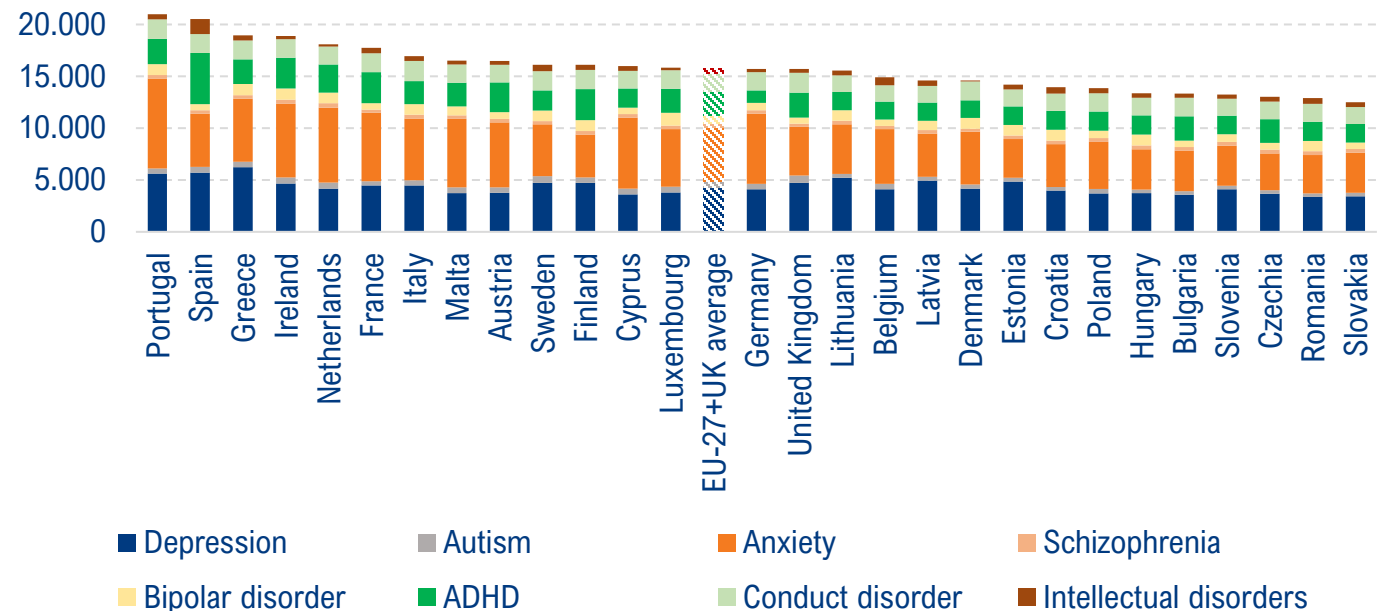
In Europe, **84 million** individuals have experienced a **Mental Health issue**

>1 out of 6 people



are affected by mental disorders

Prevalence of mental disorders in Europe (per 100.000 inhabitants), 2019**

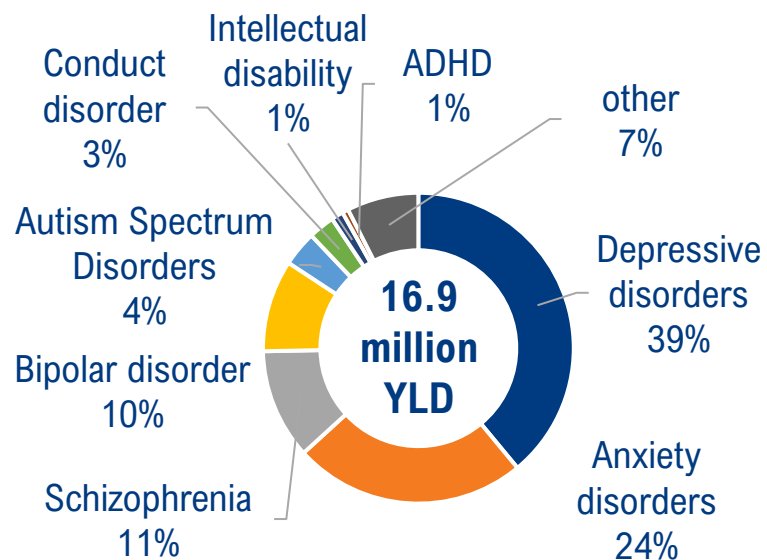


(**) For ADHD, conducts disorders and intellectual disorders, the prevalence among <20 years old is considered.

- Mental Health Disorders are among the **Top 10 most common non-communicable diseases**
- The prevalence of mental disorders **varies greatly among European countries**, with values ranging from approximately **15%** in **Eastern Europe**, to **18%** and above in **Central and Northern European** countries
- Nevertheless, it has to be highlighted how **psychiatric disorders are substantially and consistently under-reported, especially when compared with physical disorders**

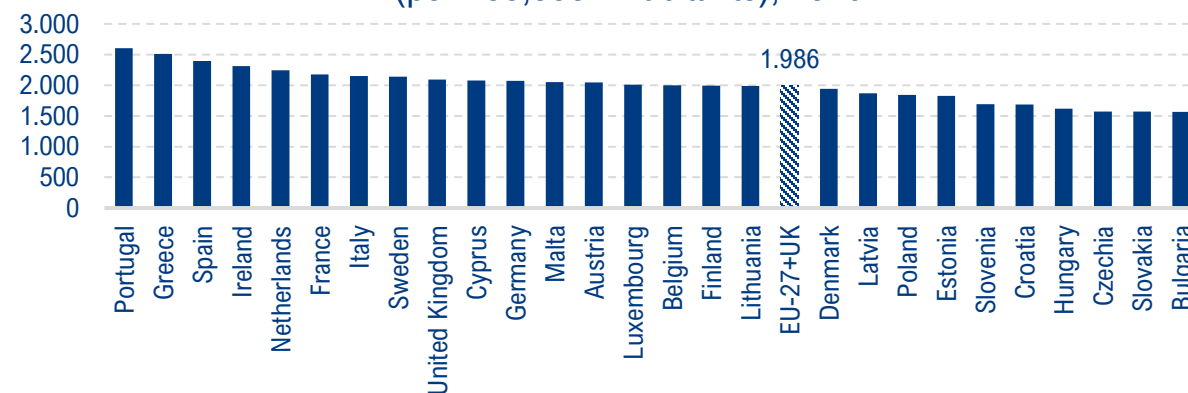
The burden of Mental Health in Europe

Distribution of YLD by mental disorders (%), 2019

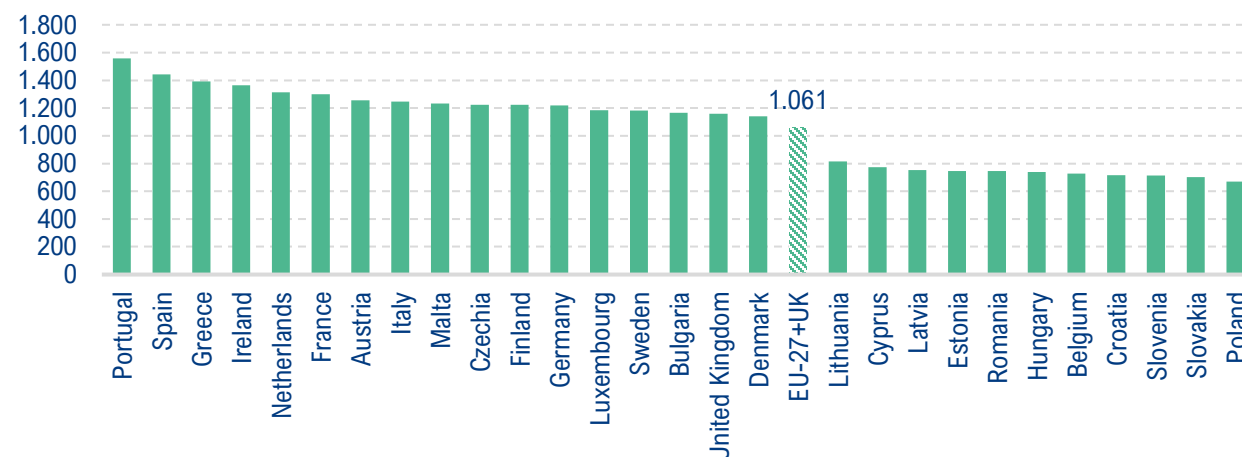


- Mental Health disorders are the **2nd** most **common disabling non-communicable diseases** and represent **15%** of the **European's burden of disability** (in terms of years lived in disability - YLD), equal to **16.9 million YLD**.
- Depressive disorders alone led to **5.4%** of all YLD, making it the **4th leading cause of YLD** in the European Union



Years lived with disability of mental disorders - total population (per 100,000 inhabitants), 2019



Years lived with disability of mental disorders - <20 years (per 100,000 inhabitants), 2019

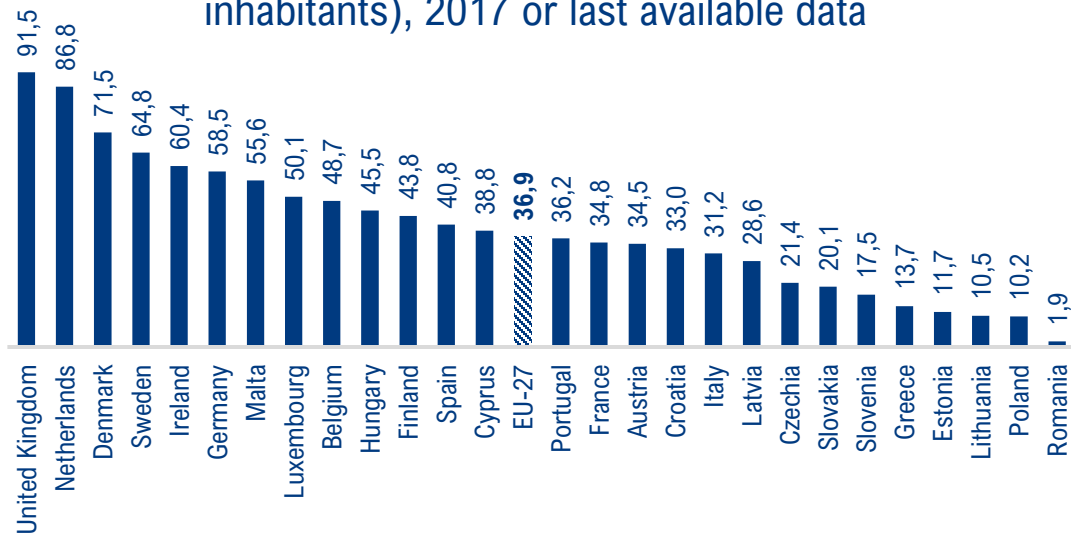


The mortality of mental disorders in Europe

 165,000 

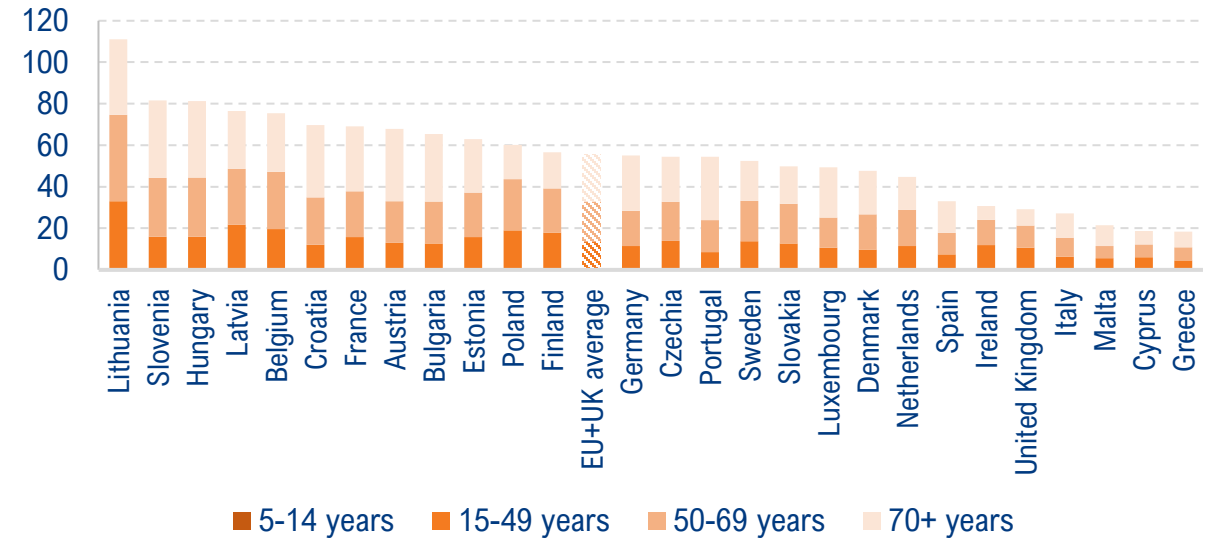
annual deaths due to mental and behavioral disorders

Standardized death rate of mental and behavioral disorders in European countries (per 100,000 inhabitants), 2017 or last available data



A higher share of women in the EU-27 died from mental and behavioral disorders: **4.5%** of deaths among women vs. **2.8%** among men

Suicide rate by age-group (per 100,000 inhabitants), 2019



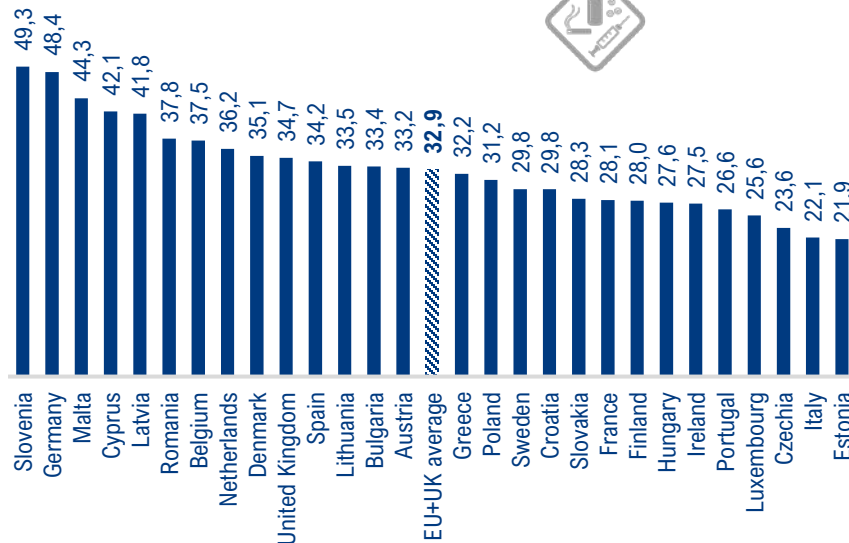
- Suicide is the **6th** cause of death in the European Union in the population aged less than 70 years and the **4th** cause of death in the population below <20 years.
- There has been a **worrying increase in the number of suicide cases since the start of the COVID-19 pandemic** due to social isolation, fear of contagion, uncertainty, chronic stress and economic difficulties

Risk factors: alcohol abuse, smoking and drug use

Addictive behaviors, bingeing and episodes of abuse of **alcohol**, **tobacco drugs** are frequently related and represent major signaling factors of incoming or ongoing mental health disorders.

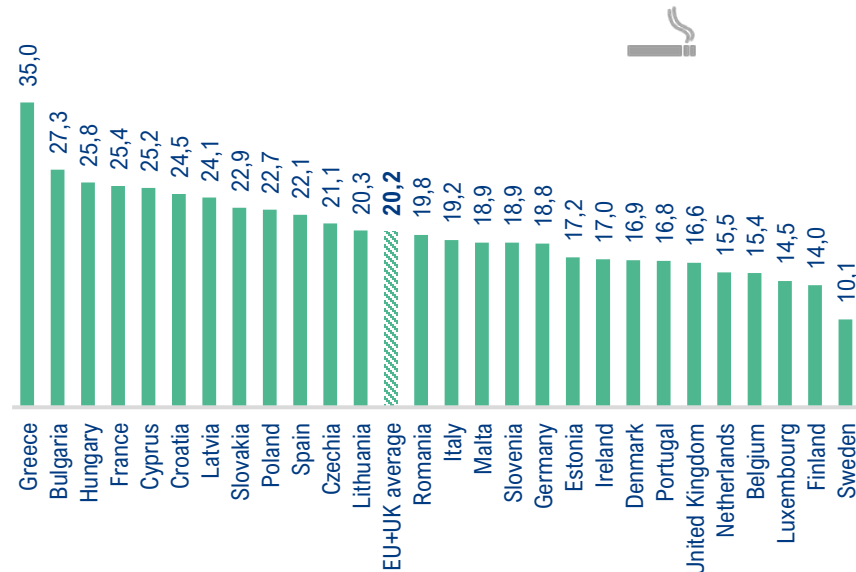
Almost **1 out of 3 people** in Europe experience **abusive behaviors related to alcohol consumption** in a month

Alcohol abuse (% of the population who report heavy episodic drinking in the previous 30 days), 2020



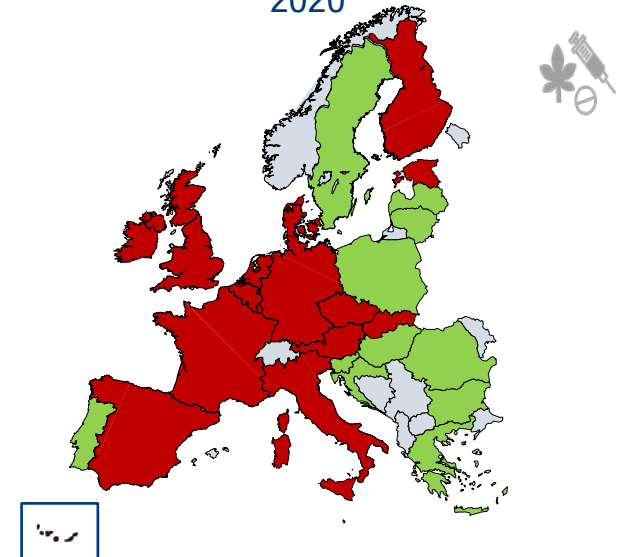
Almost **1 out of 5 people** in Europe experience **abusive behaviors related to tobacco consumption**

Smoking (% of the population smoking more than 20 cigarettes per day), 2020



More than **1 out of 6 people** make use of **illicit drugs** regularly

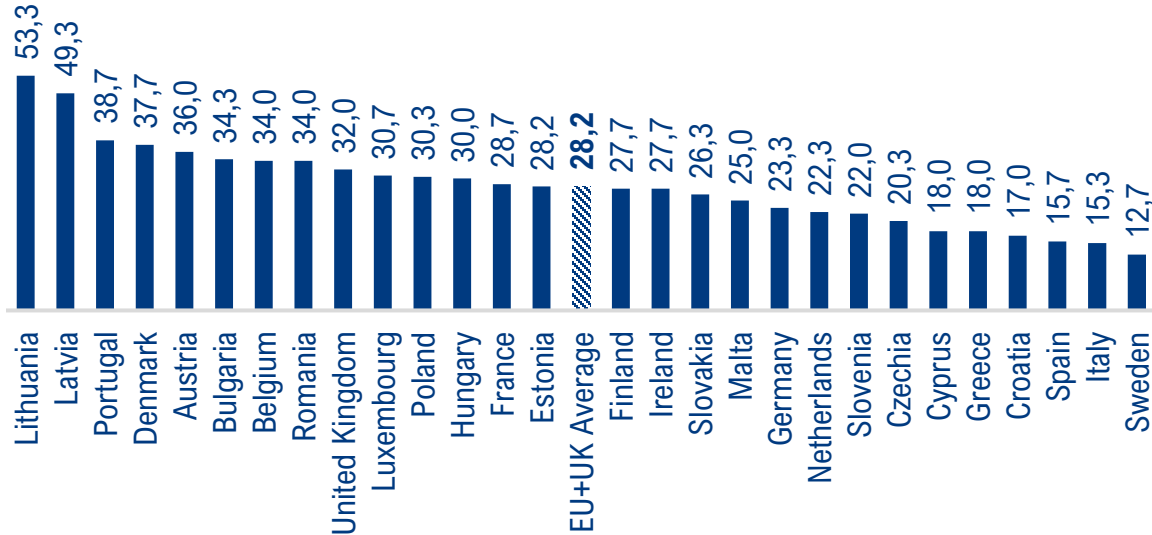
Drug use (% of the population having used any illicit drug over lifetime), 2020



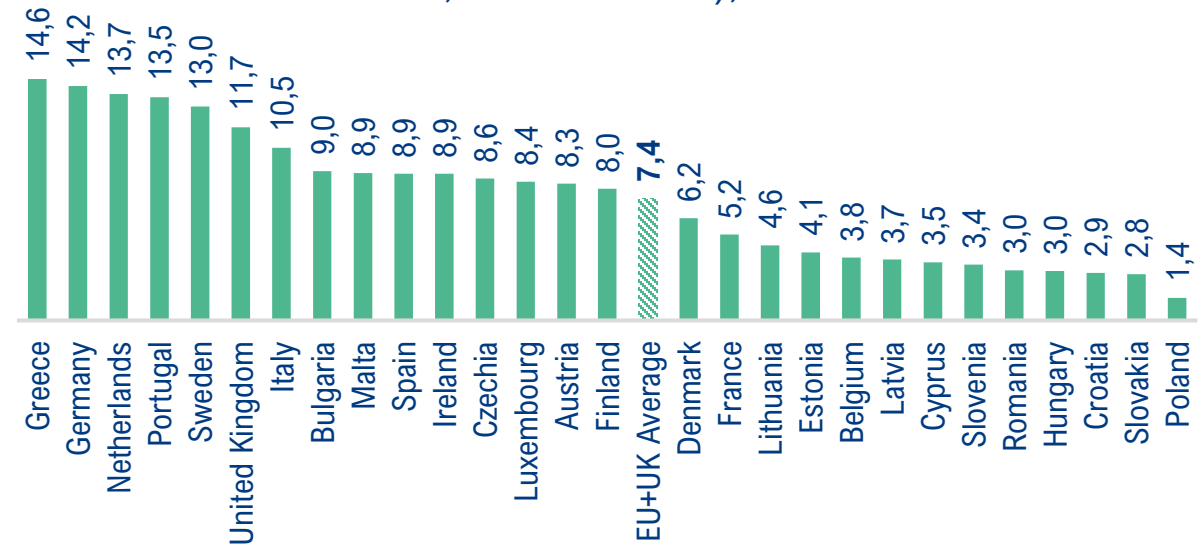
Bullying and sexual abuse

Bullying and sexual abuse represent a **major risk factor** for **mental disorders** often **under-detected** and **mis-reported**

Bullying (% of young population reporting being bullied at least twice at school in the past months), 2020



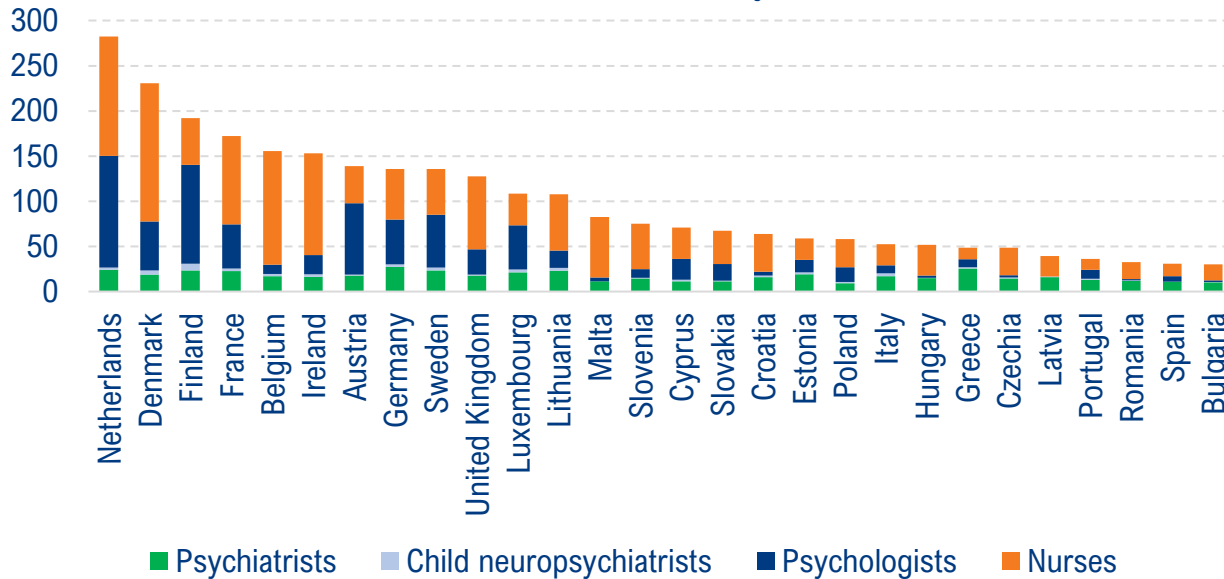
Burden of sexual abuse (YLDs rate per 100,000 inhabitants), 2019



Cyber bullying is also a major threat: among the 9–16-year-old population, **80% reported to have been a victim of cyber-bullying**

Availability of healthcare professionals and infrastructures

Healthcare professionals (rate per 100,000 inhabitants), 2020 or most recent available year*



(*) includes both private and public professionals. In case of Italy and Spain, data considers only healthcare professional working in the public sector

Healthcare infrastructures (rate per 100,000 inhabitants), 2020 or most recent available year

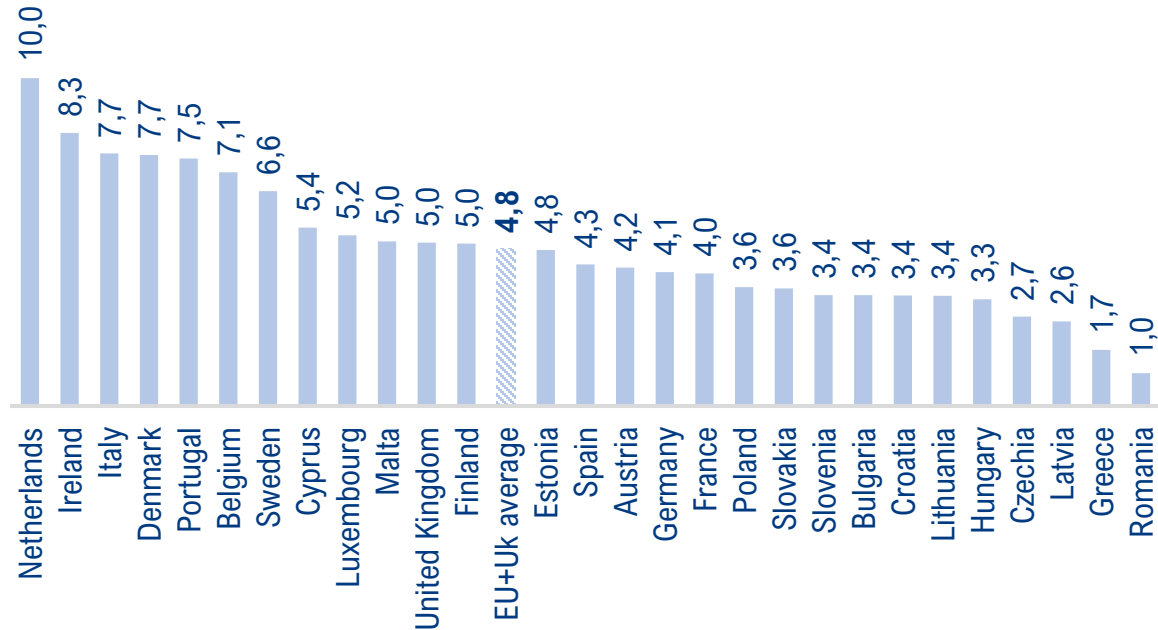
	Psychiatric hospital beds	Child and adolescent specific inpatient beds	Mental Hospitals	Mental health units in general hospitals	Mental health outpatient facilities
EU+UK average	0.7 per 100,000 inhabitants	3.4 per 100,000 inhabitants	0.2 per 100,000 inhabitants	0.5 per 100,000 inhabitants	3.9 per 100,000 inhabitants

Healthcare professional availability **varies significantly** across the EU

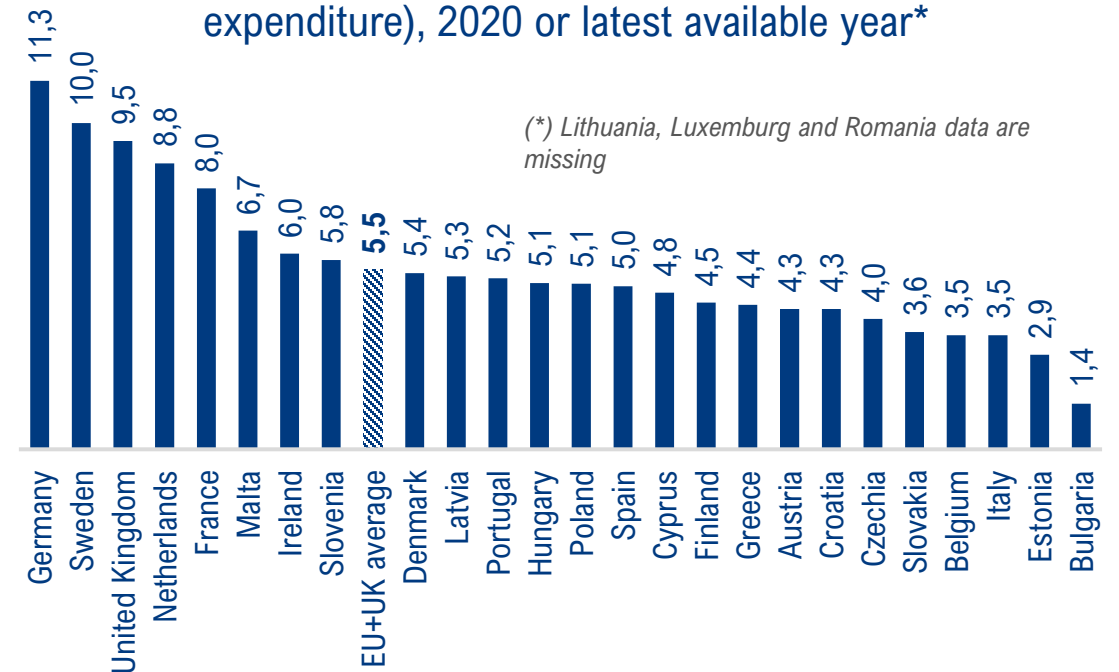


The score in the availability of healthcare infrastructures is especially low (3.4/10) when it comes to the availability of children and adolescents' specific inpatient beds signaling a lack of adequate support

Quality of care final score (out of a maximum of 10),
2020



Economic resources (% of total healthcare expenditure), 2020 or latest available year*



The results are likely to be influenced by the overall Healthcare System design, **cultural factors** and **varying data reporting across Countries**



Need to quickly adapt changes in mental health policies



- Mental health services, like the rest of healthcare, are the responsibility of Member States. Given the different nature of European healthcare systems, the **implementation of mental health reforms has been uneven and there appear to be a significant variability in the availability, accessibility and quality of services** provided. In this context it fundamental to:
 - To increase the capacity to **collect and monitor mental health data** in order to evaluate Countries' responsiveness to health and socio-economic needs in mental health
 - To enforce a **“holistic approach” to mental health**, which is characterized by the treatment of the whole person, taking into account both mental and social factors, rather than only the symptoms of a disease and incentives of an intersectoral collaboration and **expand and reinforce community-based Mental Health services**
 - To increase the **funding of Mental Health** (i.e. investments dedicated for the funding of Mental Health across All policies, human resources, community-based facilities, etc.)
 - To introduce **specialized training courses on Mental Health** dedicated to all actors involved in the management of mental health (general practitioners, psychologists, educators, social workers, rehabilitation technicians, teachers, etc.)
 - Facilitate the **coordinated, purposeful, planned and patient-centered transition from child to adult health care** through specialized healthcare professionals, in order to reduce the impacts of the diseases and accelerate the recovery of the patients