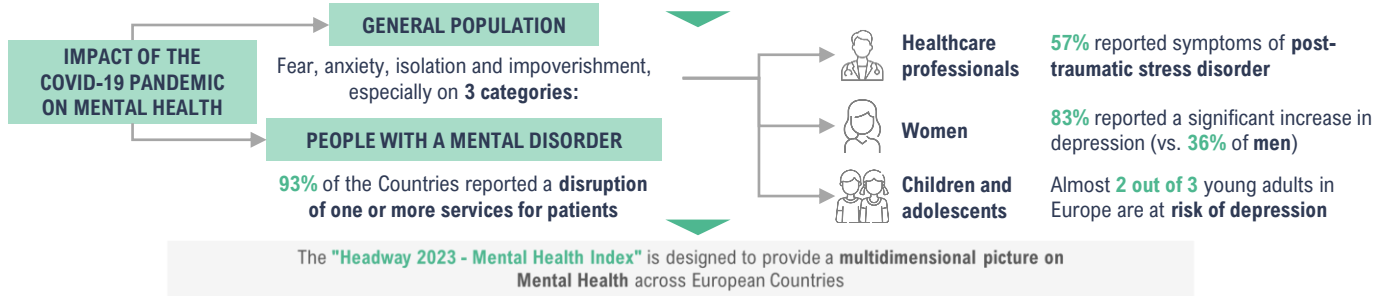




Mental Health is influenced by socio-economic, environmental, individual and behavioural factors



The "Headway 2023 - Mental Health Index" is designed to provide a multidimensional picture on Mental Health across European Countries

1 MENTAL HEALTH STATUS OF THE POPULATION **2.1 RESPONSIVENESS OF THE SYSTEM TO MENTAL HEALTH NEEDS** **2.2**

analysing Mental Health outcomes

in healthcare
analysing healthcare systems' ability to improve (or at least not worsen) mental healthcare outcomes achieved so far

in workplaces, schools and in the society
analysing systems' ability to meet the needs of people with mental disorders in workplaces, schools and society

1 MENTAL HEALTH STATUS OF THE POPULATION

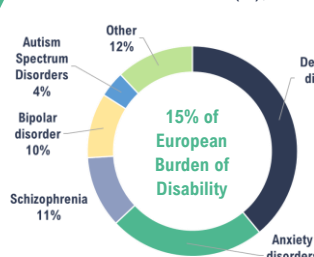
Mental Health disorders are at the 5th place among the most common and at the 2nd place among the most disabling non-communicable diseases

In Europe, 84 million individuals experience a Mental Health issue



>1 out of 6 people are affected by mental disorders

YLD* by type of mental and behavioural disorder (%), 2019



(*Years Lived with Disability)

165.000 deaths per year due to mental and behavioural disorders

Under-estimation of annual deaths due to mental disorders (premature deaths due to physical health problems and chronic diseases not properly treated) +

Suicide is the 6th cause of death in the general and the 4th cause of death in the young population



Almost 1 out of 3 people experience abusive behaviours related to alcohol consumption



Almost 1 out of 5 people experience abusive behaviours related to tobacco consumption



More than 1 out of 6 young adults make use of illicit drugs regularly



7.4 per 100,000 inhabitants are victim of sexual abuse



28.2 per 100,000 inhabitants are victims of bullying

2.1 RESPONSIVENESS OF THE SYSTEM **2.2**

The total costs of Mental Health disorders (both direct and indirect) are equal to more than 600 billion euro (4% of European GDP)

The expenditure on mental healthcare varies greatly across Countries (5.5% of total healthcare expenditure on average) with impact on the availability of infrastructural and human resources dedicated to Mental Health

Healthcare infrastructures and professionals (rate per 100,000 inhabitants), 2020 or most recent data

Value	Mental Health Hospitals	Mental health outpatient facilities	Psychiatrists	Psychologists	Specialised nurses
Mean	0.2	3.9	17.3	29.9	52.5
Min*	0.01 (SE)	0.5 (MT)	9.3 (PL)	1.5 (RO)	12.1 (PT)
Max*	0.6 (FR)	14.8 (EE)	27.5 (DE)	123.5 (NL)	153 (DK)

(* In brackets, Countries reaching respectively the minimum and the maximum values in the indicators considered.

- 70% of the employed population report mild to moderate forms of mental disorders
- 3 in 4 workers have not taken sick leave despite their mental illness
- 58% the gap in the wage/hour ratio of workers with severe mental disorders vs. general population
- 1 in 3 children dropping out of school have also a mental disorder

- Among the 28 Countries of the EU+UK area:
 - Only 8 have fully implemented actions to foster social inclusion
 - Only 7 have fully implemented cooperation with employment services
 - Only 6 have fully implemented guidelines to promote mental wellbeing in schools

Results of the "Headway 2023 – Mental Health Index" across European Countries (%), 2021



State of Mental Health	43%	57%	57%	59%	85%	54%	40%	54%	50%	47%	45%	64%	48%	48%	62%	41%	22%	48%	78%	39%	68%	57%	70%	77%	57%	55%	60%	43%
Mental healthcare Needs	49%	28%	10%	25%	54%	27%	84%	45%	73%	57%	59%	34%	22%	70%	67%	15%	37%	42%	18%	88%	35%	57%	11%	20%	46%	33%	100%	74%
Needs in workplaces, schools and society	71%	78%	18%	65%	39%	29%	77%	22%	96%	66%	79%	20%	27%	58%	63%	28%	43%	94%	10%	100%	12%	32%	21%	37%	50%	49%	83%	71%

The "Headway 2023 – Mental Health Index" can be a useful tool for the monitoring and planning for healthcare, welfare and education policies in Mental Health across European Countries, in order to improve critical areas and leverage on good practices

