






Mental health across the globe: the current picture

The *Mental Health Matters* project looks at five countries: **China, Germany, Japan, the UK** and **the US**. Using the ILC's Healthy Ageing and Prevention Index, we have made comparisons between a country's healthy ageing score and their current spending on mental health, their population's happiness score, and their suicide rate. The global average suicide rate per 100,000 people is 9.2.

					
Index ranking	49	22	20	14	31
Happiness ranking	52	19	62	25	32
% of health spending on mental health	N/A	10%	2%	6%	6.8%
Suicide rate per 100,000	5.25	11.2	16.8	10.7	14.5

+300 million

people are estimated to suffer from **major depressive disorder** (4.4% of the world's population)

3.9%

of the global population has had **post-traumatic stress disorder (PTSD)** at some stage in their lives

1 in 300

people are affected by **schizophrenia**, causing a high number of years lived with disability (YLDs) globally

Mental health matters

A global policy agenda