

Investing in Mental Health

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“Health is a state of complete physical, **mental** and social well-being and not merely the absence of disease or infirmity”

World Health Organization

Mental Health in SEAR

75 to 95%

Treatment gap



1 in 7

people live with a
mental disorder



>200,000

deaths are suicides

**Stigma and
discrimination**
are widespread in the Region

**Climate
change and
emergencies**

adversely impacts
mental health

**260 million
live with a
mental
disorder**

People with severe mental
health conditions die
10 to 20 years
earlier than the general population

**COVID-19 and
mental health:**
rise in depression
and anxiety

How do we achieve improved mental health outcomes?



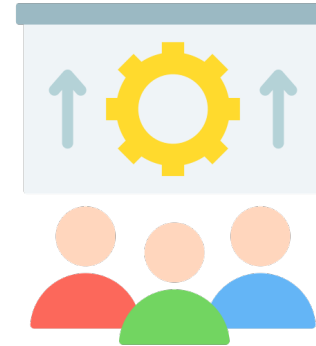
Advocacy &
Awareness



Leadership &
Governance



Multi-sectoral
Approach



Professional
Capacity
Building
(within and
*outside the
health sector*)



Community-
Based
Approach

Mental health action plan 2023-2030

Strengthen effective leadership and governance for mental health

Provide comprehensive, integrated and responsive mental health and social case services in community-based settings

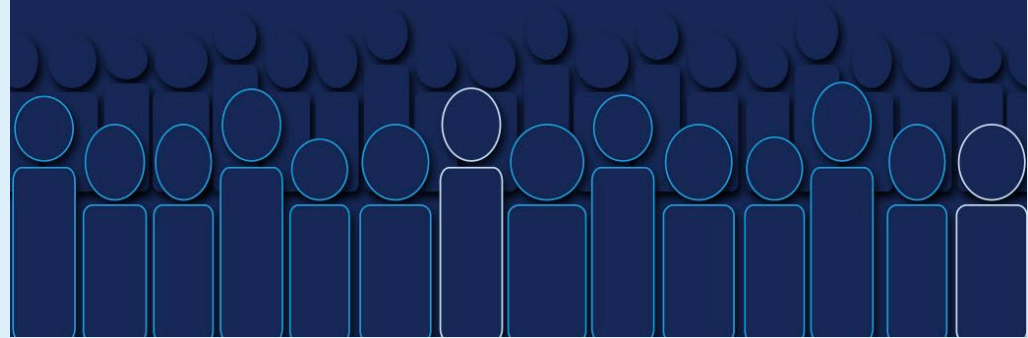
Implement strategies for promotion and prevention in mental health

Strengthen information systems, evidence and research for mental health



Mental health action plan

for the
WHO South-East Asia Region
2023–2030



“Paro Declaration on universal access to people-centred mental health care and services” WHO Regional Committee for South-East Asia, 2022



Regional Roadmap 2024

Our strategic framework for a healthier region, endorsed & adopted by our Member States.

The very first pillar of this roadmap calls for **“reinforcing mental health, wellbeing and quality of life for all.”**



WHO South-East Asia
Regional Roadmap for Results
and Resilience (ROADMAP):
the shared strategic framework
towards a healthier Region



Thank you

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