

# 10 Things you should know about Mental Health



Each of us has mental health. We all have ups and downs and may all experience mental distress at some point. It can happen to anyone.

• People with severe mental health problems have an average reduced life expectancy of between



10 to 25 years.

• This is why investing in prevention and early interventions can make a real difference to people's lives.

## 30%

of people with mental health problems do not have access to mental health care.

## 100%



### Possibility of Recovery

for everyone. With the right support, recovery from mental ill health can happen. Recovery means living with and managing mental health problems, while having control over your own life.



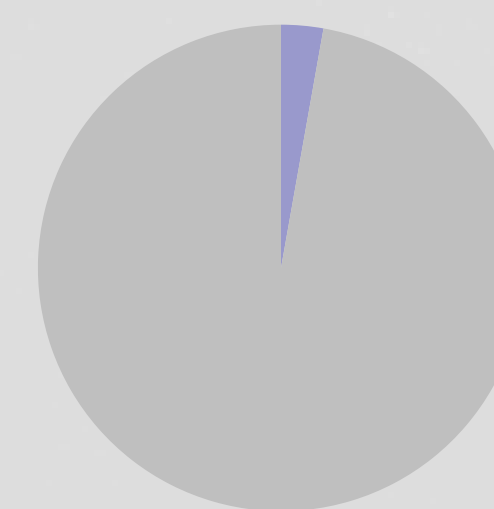
## €523.2 billion

Annual economic cost of mental ill health in Europe. Strategic investment in mental wellbeing can generate enormous economic and social returns.

## 9

of the 10 countries with the highest rates of suicide in the world are in the European Region.

Per centage of the EU Commission Health budget for 2008-2013 allocated to mental health according to our analysis:



■ Mental Health: 2,8% ■ Overall budget

\*estimate based on publicly available data and data provided by Chafea

Adolescence is a time of great growth and development but for some this can bring significant challenges.



## One in five

adolescents in Europe is affected by at least 1 psychological problem in any given year.



## Good work

is positive for mental health. For many people employment is the solution not the problem.