# Mental Health

## Overview and challenges

In 2015, mental health was included in the SDG-framework, whereby the UN acknowledged the burden of disease of mental illness and defined mental health as a priority for global development leading up to 2030. Furthermore, the World Health Organization has warned that the COVID-19 pandemic is triggering 25% increase in prevalence of anxiety and depression worldwide. The pandemic has specially affected the mental health of young people, who are disproportionally at risk of suicidal and self-harming behaviors.

## Mental health in India

While mental illness is a leading cause of disability globally; in a culturally rich and complex nation like India, the scale of the problem can feel overwhelming. The sector is severely understaffed with only 0.75 psychiatrists for every 100,000 patients. However, awareness in the country is growing. Over the past two years India has stepped up its commitment to mental health needs; as shown by the rare appearance of this theme in the Union Budget 2022. Thus, there is a natural basis for a mental health theme in UNLEASH, allowing for a focus on mental health that emphasizes prevention, diagnosis, and accessible treatment.
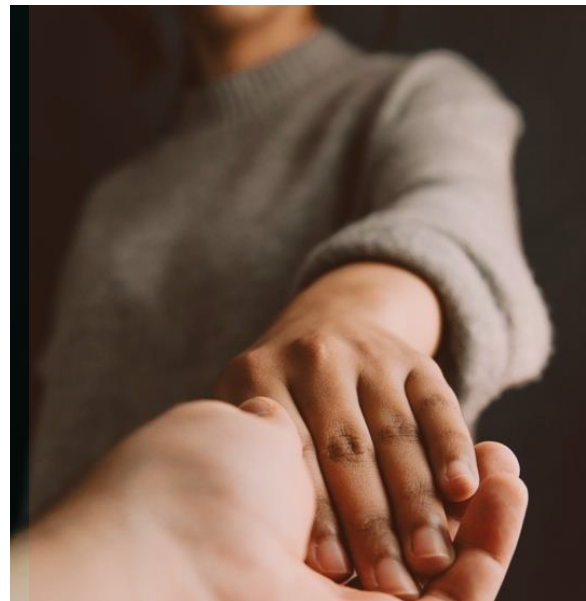
**Our Partner**    **Lundbeckfoden** is a commercial foundation in Denmark. Lundbeckfonden invests responsibly, sustainably and with a long-term perspective on healthcare enterprises. Their activities focus on improving lives and steering society in a healthier direction.

## 3 GOOD HEALTH AND WELL-BEING

## ENSURE HEALTHY LIVES AND PROMOTE WELL-BEING FOR ALL AT ALL AGES

**MENTAL HEALTH**
Prevention, diagnosis, and accessible treatment and care for mental health

**DEMOCRATIZATION OF RESOURCES**
Increased mental health transparency and accessibility, especially for residents living in rural areas.

**DIGITAL SOLUTIONS**
Improved and increasingly accessible technology solutions to diagnose and manage mental health and facilitate continued medical education.
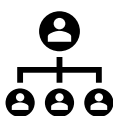
**TRAINING FOR HEALTHCARE WORKERS**
Ensuring better training and knowledge sharing opportunities for healthcare workers.
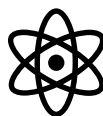
**STIGMA**
Increased awareness of causes and effects of mental health issues and tackling stigma to remove barriers for diagnosis and treatment.

**ADVANCING PARTNERSHIPS**
Promoting cross-sectoral partnerships to increase institutional action on mental health and its negative externalities.

**APPLICATION OF RESEARCH**
Lowering the chances of falsely (not) diagnosing or misdiagnosing a patient and/or use of interventions through application of research-based innovation.