FACTS ON MENTAL HEALTH

(DISORDERS)

TALK

LEARN ABOUT SOME REAL FACTS SURROUNDING MENTAL DISORDERS

AN INITIATIVE BY CONSULT ANIKET

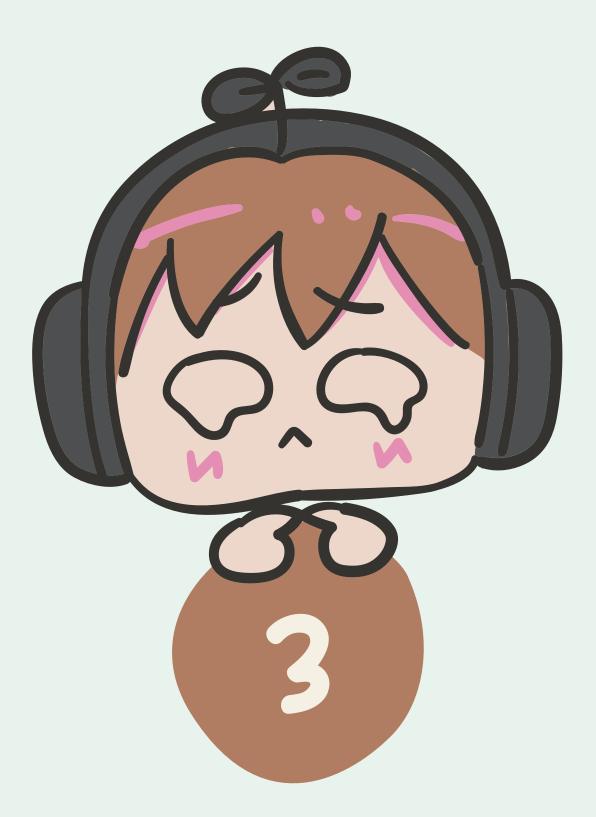
For more info, www.livingvirtuously.in



A mental disorder is characterised by a clinically significant disturbance in an individual's cognition, emotional regulation & behaviour.



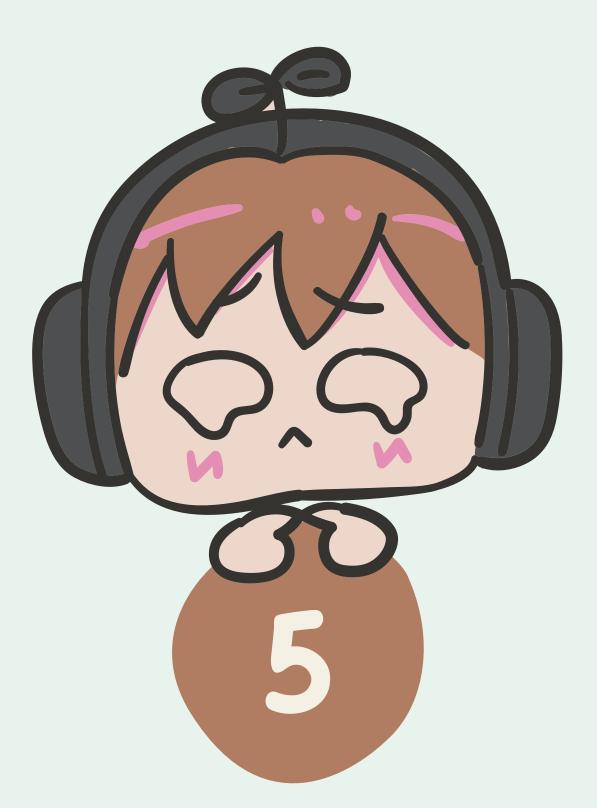
A mental disorder is usually associated with distress or impairment in important areas of functioning.



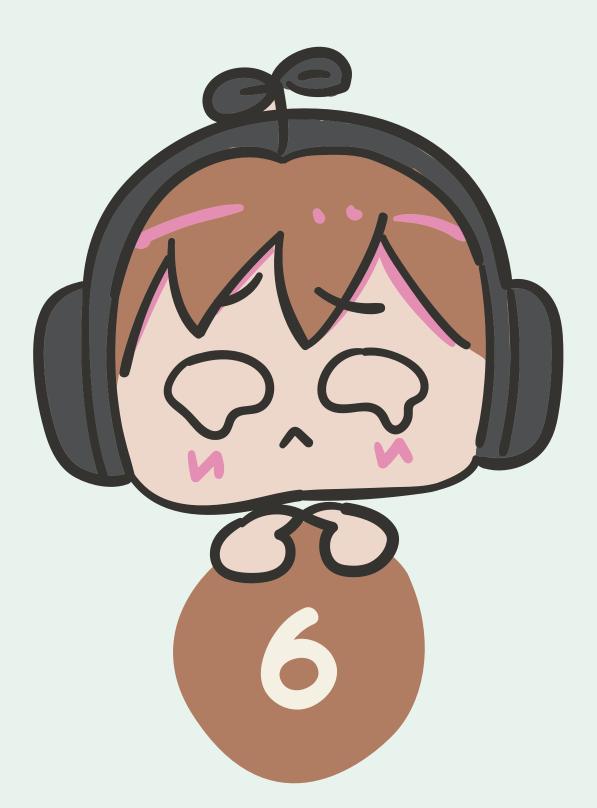
Mental Disorders may also be referred to as mental health conditions...



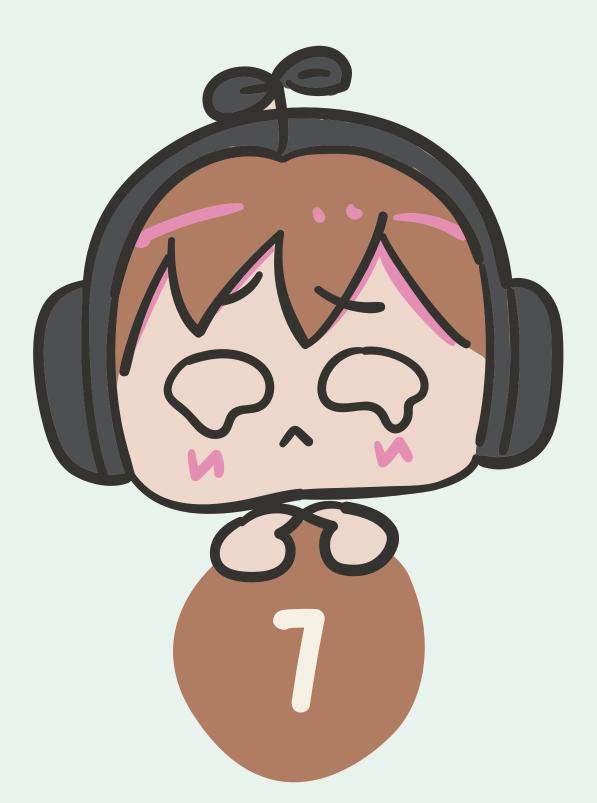
...The latter is a broader term covering mental disorders, psychosocial disabilities...



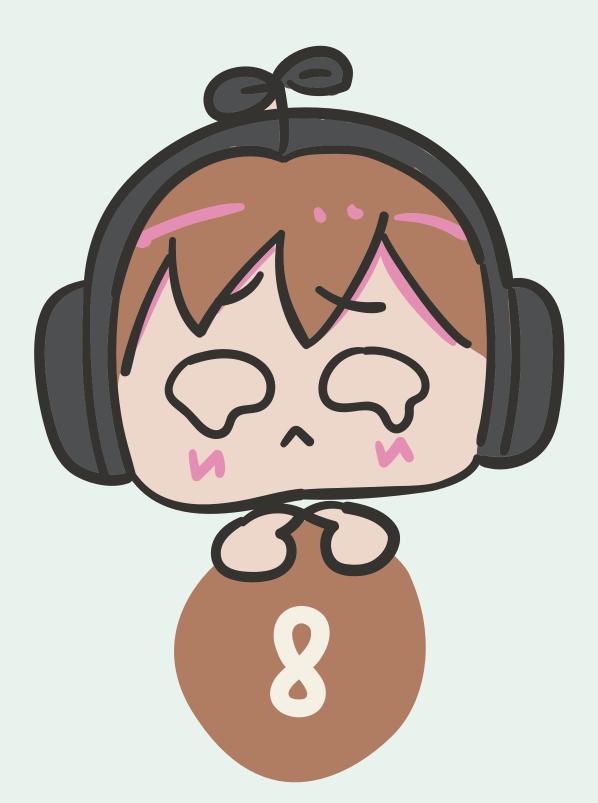
...and other mental states associated with significant distress, impairment in functioning or risk of self-harm.



1 in every 8 people, or 970 million people around the world were living with a mental health disorder. (As on 2019)



Anxiety & Depressive Disorders are the most common, i.e., among this affected population of 970 million people.



In 2020, the number of people living with anxiety & depressive disorders rose significantly because of COVID-19.



Initial estimates show a 26% to 28% increase respectively for anxiety & major depressive disorders (in just 1 year).



While effective prevention & treatment options exist, most people with mental disorders do not have access to effective care.



Also, unfortunately, many people experience stigma, discrimination and violation of human rights.

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