

FACTS ON MENTAL HEALTH (DISORDERS)

LET'S TALK
ABOUT
MENTAL
HEALTH

LEARN ABOUT SOME REAL FACTS
SURROUNDING MENTAL DISORDERS

**AN
INITIATIVE BY
CONSULT ANIKET**

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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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