

**WHO ARE  
AT RISK?**



**Health System  
& Social  
Support**





**WHO IS AT RISK  
FROM DEVELOPING  
A MENTAL  
DISORDER?**



At any one time, a diverse set of individual, family, community, and structural factors may combine to protect or undermine mental health.



Although most people are resilient, people who are exposed to adverse circumstances – including poverty, violence, disability, and inequality – are at higher risk.



Protective and risk factors include individual psychological and biological factors, such as emotional skills as well as genetics.



Many of the risk and protective factors are influenced through changes in brain structure and/or function.



# HEALTH SYSTEMS AND SOCIAL SUPPORT





Health systems have not yet adequately responded to the needs of people with mental disorders and are significantly under resourced.





The gap between the need for treatment and its provision is wide all over the world; and is often poor in quality when delivered.



For example, only 29% of people with psychosis and only one third of people with depression receive formal mental health care.



People with mental disorders also require social support, including support in developing and maintaining personal, family, and social relationships.



People with mental disorders may also need support for educational programmes, employment, housing, and participation in other meaningful activities.



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# **WHO RESPONSE: (MENTAL HEALTH ACTION PLAN)**



**WHO's Comprehensive  
Mental Health Action Plan  
2013-2030 recognizes the  
essential role of mental  
health in achieving health  
for all people.**





The plan includes  
4 major objectives:

<1> to strengthen effective  
leadership and governance  
for mental health.



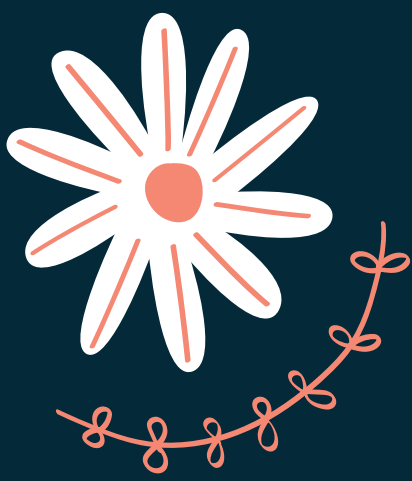
**<2> to provide  
comprehensive, integrated  
and responsive mental  
health and social care  
services in  
community-based settings.**



**<3> to implement of  
strategies for promotion  
and prevention in  
mental health.**



**<4> to strengthen  
information systems,  
evidence, and research for  
mental health.**



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