

# INVESTING IN MENTAL HEALTH FOR SUSTAINABLE DEVELOPMENT

**30%** non-fatal disease burden worldwide

**10%** of overall disease burden, including death and disability

Mental disorders account for **30% of non-fatal disease burden worldwide and 10% of overall disease burden, including death and disability**, thus imposing a heavy public health burden

**14** years of age

Half of all mental health conditions start by **14 years of age** but most cases are undetected and untreated

Mental health is put at **risk** by a range of **social, economic and environmental factors** that are often overlooked or ignored

- SOCIAL
- ECONOMIC
- ENVIRONMENTAL

**30%**

Increased exposure to the adverse determinants of mental health combined with the ageing of populations has resulted in a **30% rise in the global prevalence of mental disorders since 1990**

**Mental health** is an integral part of an individual's capacity to lead a fulfilling and productive life

**Mental Health Investment Cases** help Governments strengthen responses to mental health disorders\* and promote mental health and well-being in accordance with the **SDG 3.4**

Capitalizing on experience from developing NCD Investment Cases for 10 countries, a Mental Health Investment Case:

- ✓ Identifies priority interventions and estimates their cost
- ✓ Calculates return on investment by evaluating the possible economic gains that proposed interventions could yield
- ✓ Presents a compelling economic argument for taking multi-sectoral and holistic action to promote, protect and restore mental health

The need to address social and economic challenges posed by mental disorders was highlighted during the High-level Meeting of the UN General Assembly on the Prevention and Control of NCDs in 2018

\* NOTE: Mental health disorders include a broad range of health conditions. For the purposes of a Mental Health Investment Case, preventable mental health conditions are considered, including some neurological and substance use disorders.

# PRODUCING A MENTAL HEALTH INVESTMENT CASE

## 75,000 USD

Cost of research, production and dissemination



### 1



## CALCULATE COST OF INACTION AND IDENTIFY MAJOR RISK FACTORS:

Mental Health Investment Cases estimate “hidden” costs of mental disorders resulting from labour force reduction, presenteeism and absenteeism. They further overview the types of mental health risk factors in the country, specifically identifying leading behavioural, social, and environmental risks.

### 2



## IDENTIFY PRIORITY INTERVENTIONS AND ESTIMATE THEIR COST:

Based on empirical, nationally-owned data, together with the WHO One Health Tool and a UNDP-led Institutional Context Analysis, Mental Health Investment Cases propose concrete policy and clinical interventions to combat mental disorders. Estimation of the financial cost of scaling up coverage of these interventions is carried out, using specialized costing tools and economic modelling.

### 3



## CALCULATE RETURN ON INVESTMENT:

Mental Health Investment Cases estimate the monetary value of health impacts and economic outcomes of scaled-up investment (focusing on healthy life years and productivity gains), and compares them with the estimated cost of the interventions thus allowing to assess the potential returns from implementing the proposed prevention and control measures.

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