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# Psychological Wellbeing: The Importance of Mental Health Access

**Discussion Leader:**

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## MENTAL HEALTH

### THE FACTS

#### Prevalence

**450 million** people worldwide have a mental health problem – more than 1 in every 16.<sup>1</sup>

**5 to 10%** of the population suffer from clinical depression at any given time.<sup>2</sup>

Depression is the leading cause of disability worldwide and will be the single biggest medical burden on healthcare by 2020.<sup>3</sup>

**50%...**

**...age 14**

...of all mental disorders begin before...

**75%...**

**...age 25<sup>3</sup>**

Globally, 20% of children and adolescents have mental disorders or problems.<sup>3</sup>

#### In Britain<sup>4</sup>

1 in 4 adults have a diagnosable mental health problem in any one year.

50% of people with common mental health problems are no longer affected after 18 months.

#### In Australia<sup>5</sup>

45% of adults will experience a mental illness at some stage of their lives.

**Wednesday January 28th, 2015**

**5-6pm**

Micro and Nanotechnology Laboratory

208 N. Wright St.

Room 1000

Dinner will be served

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