Strengthening Mental Health in the UN SDGs

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European Parliament, GS9 Gender Summit, 8 Nov 2016
Men much less likely to seek mental health help than women

Overview

1. Why is mental health relevant?

2. Why is gender relevant?

3. The UN SDGs & FundaMentalSDG

4. The need for SDG indicators for mental health
Why is Mental Health relevant?
1. Urgency: Growing Burden of Disease

- 1 in 4 people
- 600 million people worldwide disabled
- Depression expected to be the 2nd largest cause of burden of disease by 2020
2. Relevance: Mental Illness Kills

• Excess mortality:

  Men die 20 years earlier!

  Women die 15 years earlier!

• Suicide is 2\textsuperscript{nd} leading cause of death in 15–29 year olds
3. Excessive Treatment Gap
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- Most people with mental health conditions live in low and middle income countries.
- In these countries 76 - 85% of people with severe mental disorders do not receive treatment.
4. Severe Human Rights Violations

- Stigmatisation & Discrimination
- Social Exclusion & Isolation
- Violence & Cruel practices
5. Mental health cross-cuts the SDGs
Why is Gender relevant?
Sex & Gender: Critical Determinants of Mental Health

1. Gender is a **structural determinant** of mental health and mental illness

2. Gender **differences and inequalities** are closely interlinked with mental health

3. Mental disorders have **gender-specific risks, consequences, treatment needs**
Mental and Substance Use Disorders

Depression

• Twice as common in women compared to men

• Women more likely to be diagnosed as depressed than men
Pregnancy & Child birth

• **Comorbidities**: Anxiety, Eating disorders, Depression

• Ca. 15% of maternal deaths are suicides
Post-Traumatic Stress Disorder (PTSD)

• 1 in 5 women suffer rape or attempted rape

• 16% - 50% of women experience violence in their life

• Women & children represent 80% of the 50 Mio. people affected by conflicts, disasters & displacement
Research Bias & Evidence Gap

- Mental health research largely ignores sex & gender differences
- Lack of validity & efficiency
- Lack of gender-sensitive mental health treatments and services

(Howard et al. 2016)
So mental health must be a policy priority?
2000

Millennium Development Goals (MDGs)

2015

Sustainable Development Goals (SDGs)
Including mental health among the new sustainable development goals

The case is compelling

Graham Thornicroft professor¹, Vikram Patel professor²,³

¹Centre for Global Mental Health, King’s College London, Institute of Psychiatry, London SE5 8AF, UK; ²Centre for Global Mental Health, London School of Hygiene and Tropical Medicine, London, UK; ³Centre for Chronic Conditions and Injuries, Public Health Foundation of India, Gurgaon, India
No longer can we look away. By Robin Hammond
- Australia
- Belgium
- Canada
- Denmark
- Hungary
- Iraq

- Barbados
- Ireland
- South Africa
- Switzerland
- United Kingdom
- The United Nations
As the world is thinking about a development framework to build on the Millennium Development Goals,

We need to place mental health in general and depression in particular within the post-2015 agenda!

Kofi Annan
Economist Group's Global Crisis of Depression Conference
London, 25.11.2014
Mental Health is included in SDG Declaration Preamble

SDG Health Goal 3

- Prevention, treatment & promotion of mental health (3.4)
- Substance abuse (3.5)
- Universal health coverage (3.8)
Indicators

Measure Progress
Two Mental Health Indicators proposed

1. Probability of dying between exact ages 30 and 70 from any of cardiovascular disease, cancer, diabetes, chronic respiratory disease, or suicide

2. Proportion of persons with a severe mental disorder who are using services
Current SDG mental health indicators

3.4.2  **Suicide mortality rate**

3.5.1  Coverage of treatment interventions for substance use disorders

3.5.2  Harmful use of alcohol

***FundaMentalSDG calls for inclusion of severe mental disorders in the SDG indicators***
Urge United Nations to Approve Measurable In...

AND WE MOVE FORWARD AGAIN, TOGETHER AND WEREAT HOPE FOR A BRIGHTER FUTURE

www.fundamentalsdg.org
Key messages: Mental health & Gender

1. Mental illnesses are a leading cause of burden of disease

2. Gender is a critical determinant for mental health

3. Gender equity and mental health are cross-cutting issues & need to be addressed together in research and policies

4. The SDG indicators need to strengthen mental health
No Sustainable Development without Mental Health!
No Gender Equality

without Mental Health!
Thank you for your support for Mental Health!

Contact me:

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