



*A woman poses in front of a graffiti representing the sun on the occasion of the observance of the World Mental Health Day. Photo: UN Photo/Martine Perret*

**10.10.2016 – Mental health is everyone's business; it affects the lives of people with mental health problems, their carers, and the productivity of society as a whole. 10 October marks [Mental Health Day](#) ; while in a vital sense every day is a day for mental health, on this day we raise awareness of it around the world. Psychological first aid, which is a necessary part of living, is given special attention as the theme to this year's action.**

Mental ill health accounts for almost 20% of the burden of disease in the [World Health Organisation](#) (WHO) European Region, where an estimated 83 million 18-65 year olds have experienced mental disorders in the past year (including problems arising from substance use, psychoses, depression, anxiety, and eating disorders). Six European countries fall within the top 20 countries with the highest estimated suicide rates globally. While rates of mental ill health for women are generally significantly higher compared to those for men, men have higher rates of substance abuse disorders and suicide. Suicide apparently has an economic aspect; in high-income countries, 3.5 males commit suicide for every female, yet in low and middle-income countries in Europe the suicide rate is as high as 4.1 males for every female.



# Depression

Every year, about **1 out of 15** people suffer from major depression in the WHO European Region



If anxiety and all forms of depression are included, nearly **4 out of 15** people are affected



Addressing needs and concerns, offering emotional and social support, and providing information



[here](#)