

Figure 3. Burden of disease, by disease group and age

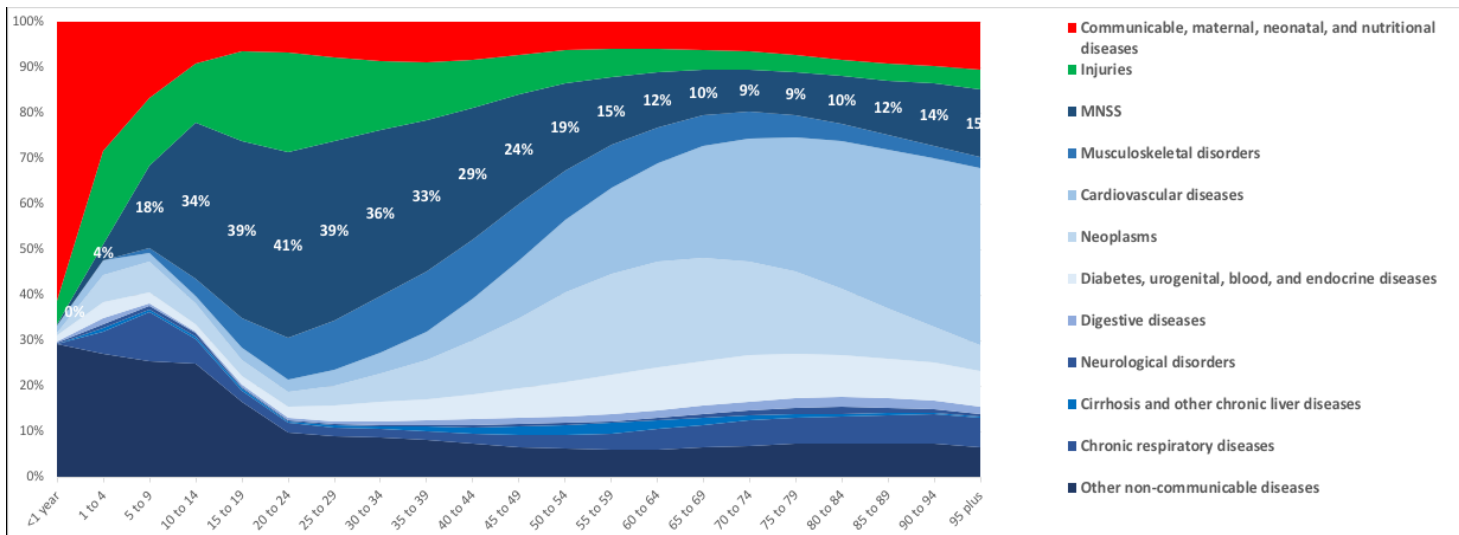
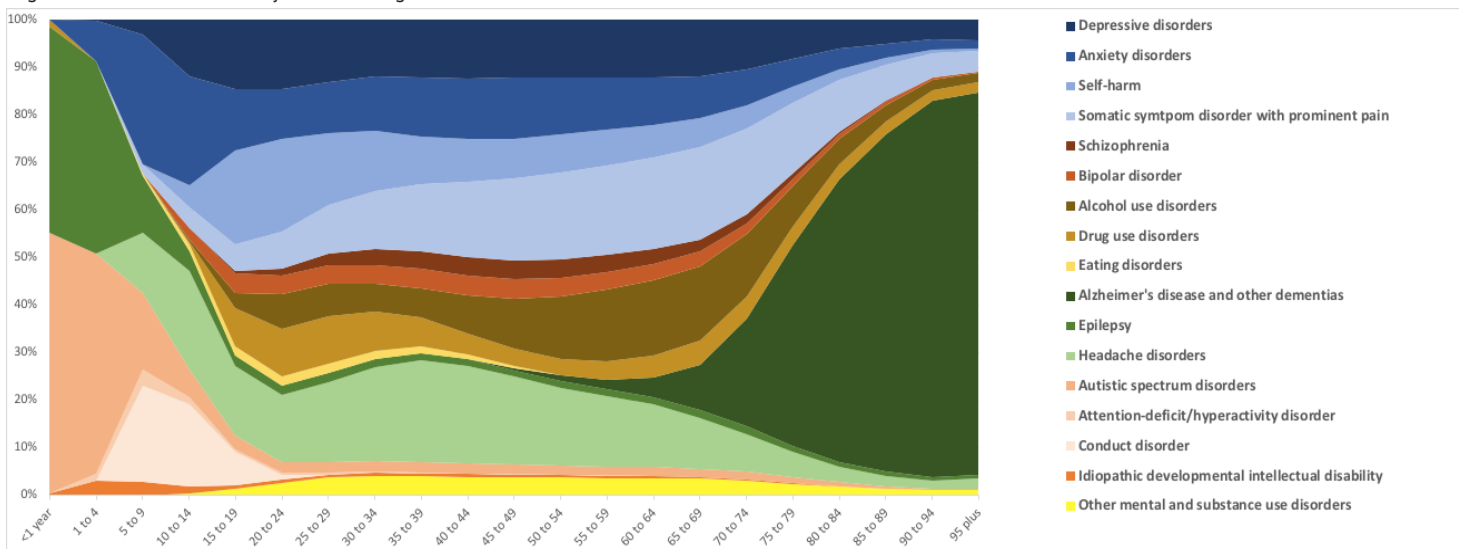


Figure 4. Burden of disease, by MNSS and age



THE BURDEN AFFECTING MENTAL HEALTH IN MEN AND WOMEN

The top three disorders in terms of disability-adjusted life-years –accounting for 40 to 55% of total MNSS burden- are not the same for men and women: while men are mostly affected by self-harm and suicide, alcohol use disorders and somatic symptom disorder with prominent pain, women are mostly affected by headaches, anxiety and depressive disorders.

| Men | | Women | |
|--|-------------------|--|-------------------|
| Disorder | DALYs per 100 000 | Disorder | DALYs per 100 000 |
| MNSS (all) | 4978 | MNSS (all) | 4891 |
| Self-harm and suicide | 833 | Headache disorders | 986 |
| Alcohol use disorders | 645 | Anxiety disorders | 816 |
| Somatic symptom disorder with prominent pain | 606 | Depressive disorders | 737 |
| Headache disorders | 535 | Somatic symptom disorder with prominent pain | 653 |
| Depressive disorders | 435 | Alzheimer's disease and other dementias | 329 |

Conclusions

Considering these estimates, primary care providers should receive training and tools to prioritize detection and treatment or referral for the common disorders highlighted above for each age-group and sex. For the severe disorders –such as autism, schizophrenia, bipolar disorder and Alzheimer's- as well as for severe, co-morbid, or complex presentations of other disorders –e.g. depression during pregnancy, substance use in public service professions, etc.- primary care providers and families need access to adequate supports, such as:

- Referral and/or supervision platforms that allow for continued treatment in the community, including the use of digital technology to increase access to distant geographically concentrated resources
- Emergency, inpatient, and residential services for the management of high-risk acute situations and high-need patients. These services should be community-based as much as possible, including for crisis management, inpatient treatment in general hospitals, supported housing, and residential services.