

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

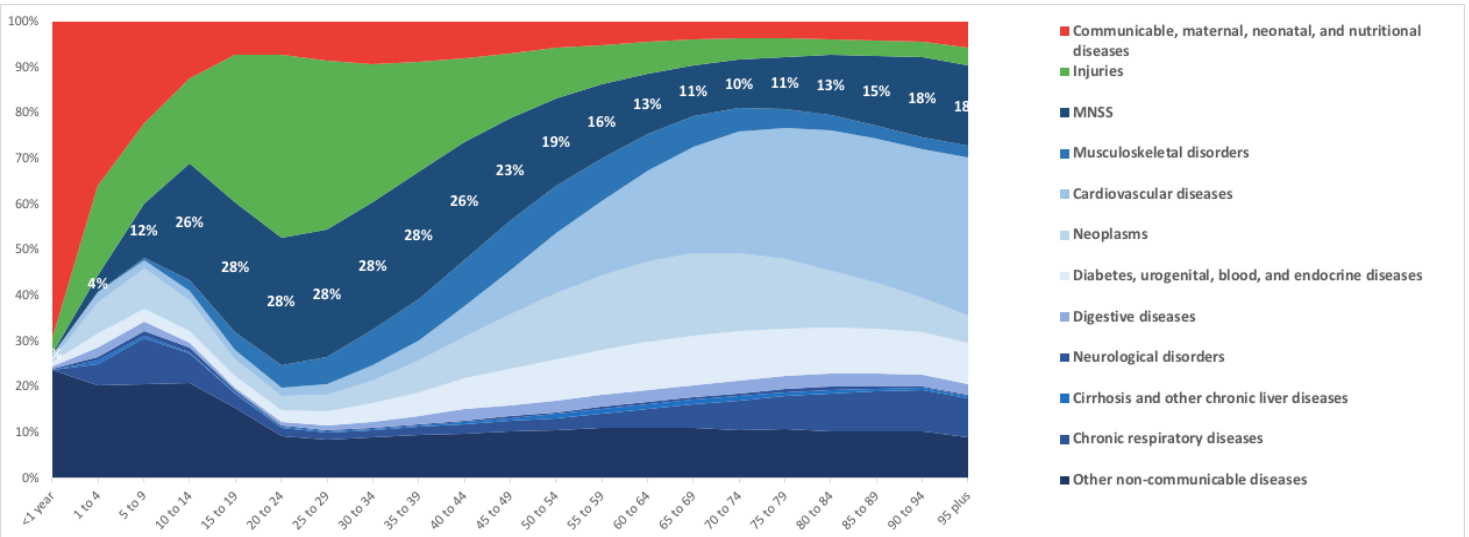
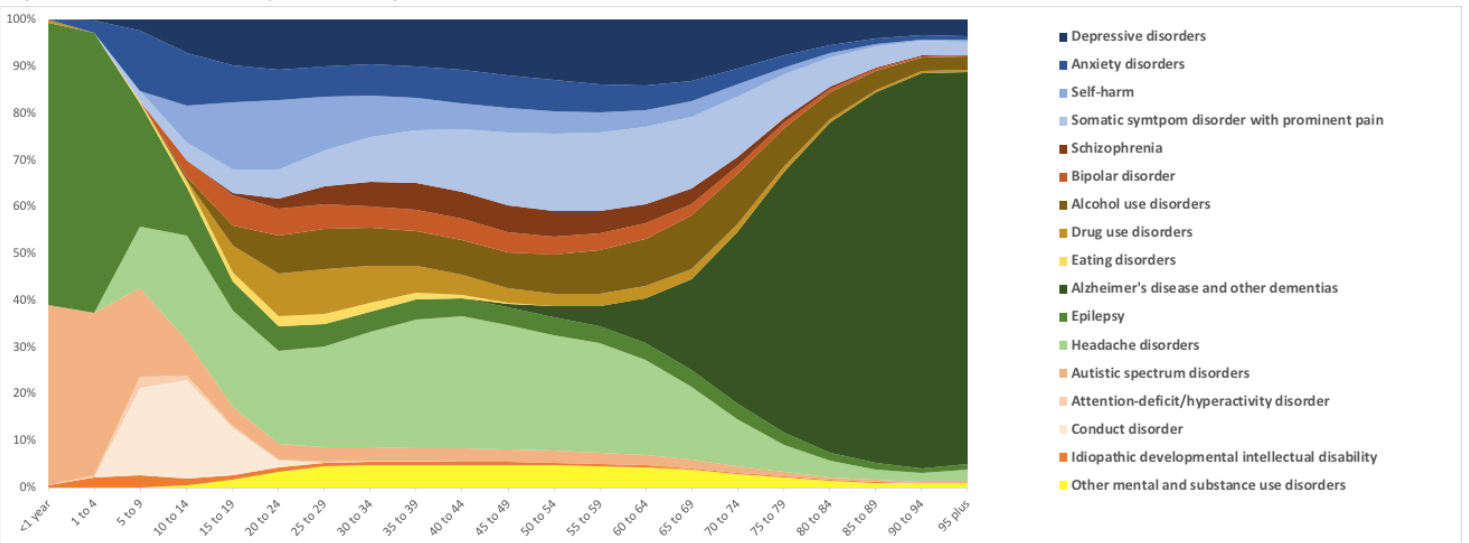


Figure 4. Burden of disease, by MNSS and age



THE BURDEN AFFECTING MENTAL HEALTH IN MEN AND WOMEN

The top three disorders in terms of disability-adjusted life-years –accounting for 35 to 50% of total MNSS burden—are similar for men and women: They are both mostly affected by headaches and Alzheimer's disease. Also, men by self-harm and suicide, and women by somatic symptom disorder with prominent pain.

Men		Women	
Disorder	DALYs per 100 000	Disorder	DALYs per 100 000
MNSS (all)	3981	MNSS (all)	3916
Headache disorders	550	Headache disorders	1014
Alzheimer's disease and other dementias	480	Alzheimer's disease and other dementias	470
Self-harm and suicide	446	Somatic symptom disorder with prominent pain	458
Alcohol use disorders	394	Depressive disorders	433
Depressive disorders	354	Anxiety disorders	296

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.