

## Post-2015 CALL TO ACTION:

### Include Mental Health in the Sustainable Development Goals

In the emerging global consensus on development priorities, health is seen as an essential component of overall sustainable development, and as a positive outcome of successful achievement of human rights, social, and environmental initiatives. Inseparable from health, and likewise, mental health is essential for sustainable human development.

Addressing mental health is an essential step in addressing key development issues such as social inclusion and equity, universal health coverage, a holistic and life-course approach to health, access to justice and human rights, and sustainable economic development. The UN members States' negotiations are ongoing and time is of the essence.

**We therefore call upon you to act to advocate for the inclusion of the following target within the SDG Health Goal:**

***'The provision of mental and physical health and social care services for people with mental disorders, in parity with resources for services addressing physical health.'***

And inclusion of the following **2 indicators:**

***'To ensure that service coverage for people with severe mental disorders in each country will have increased to at least 20% by 2020 (including a community orientated package of interventions for people with psychosis; bipolar affective disorder; or moderate-severe depression).'***

***'To increase the amount invested in mental health to at least 5% of the total health budget by 2020, and to at least 10% by 2030 in each low and middle income country.'***

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## #FundaMentalSDG

#FundaMentalSDG is a global initiative of international leaders in mental health, aiming to include a specific mental health target in the post-2015 SDG agenda. We are committed to the belief that there can be no health without mental health, and no sustainable development without including mental health into the post-2015 SDG agenda.



## Why we need a global Mental Health Target in the SDGs

### HIGH PREVALENCE: 1 in 4 people experience mental illness

**1 billion people worldwide experience a disabling condition.** The WHO estimates that 1 in 4 people will experience an episode of mental illness in their lifetime, ca. **600 million people worldwide are disabled as a consequence.** **Most (85%) of these people live in Low and Middle Income Countries (LMICs).** Psychosocial disability is one of the most pressing development issues of our time.

### GLOBAL EMERGENCY: Human rights violations, stigma and discrimination

Worldwide people with psychosocial disabilities experience most severe human rights violations, including being tied to beds, kept in isolation, being chained and caged in small cells, and being physically abused by 'traditional' healing practices. **This failure of humanity is a global emergency and requires immediate and sustained action.**

### GROWING BURDEN OF DISEASE: Reduced lifespan by up to 20 years

Mental and behavioural problems account for 7.4% of the global burden of disease measured in DALYs, and command nearly ¼ of the global total. This is the biggest single cause, more than cardiovascular diseases and cancer combined. **In high income countries men with mental health problems die 20 years and women 15 years earlier than other people.** In low income countries this mortality gap is likely to be much wider.

### CROSS-CUTTING ISSUE: Impact across the whole range of SDGs

Mental health is related to many other aspects of health and development, like being critical to success in addressing poverty and economic development. The **mental health status has strong links and impact across many thematic areas of the SDGs.** The WHO has considered this in the Global Mental Health Action Plan.

### STRONG EVIDENCE: Treatment gap of up to 98%

Globally, there is chronic under-investment in psychosocial disabilities, and a huge mismatch between investment by governments and the relative burden, resulting in a huge treatment gap and a lack of access to treatment. In low income countries, less than 20% of people are able to access services, **in some countries, and for more severe illnesses, the treatment gap is as wide as 98%.** This lack of access to treatment breaches the fundamental right to accessing health care.

### GLOBAL POLICY: Growing international recognition

Recently, global development budgets saw growing recognition of the need to address psychosocial disabilities in development. The WHO, the EU, and several high-income governments focus on scaling up services for mental health in low- and middle-income countries. **Yet, more commitment is needed by governments and organisations to provide sufficient budgets for psychosocial disability treatment and services.**