

Mental Health (Global)



Around one in four people will be affected by a mental health condition at some point of their life.

Mental health conditions do not discriminate and can impact anyone, anywhere and at any time, so access to adequate and effective mental health treatments and services is crucial in supporting people to overcome or manage conditions including depression and anxiety.

Sadly, people in low and middle-income countries can lack access to these treatments and services. It is estimated that more than three-quarters of people with mental health conditions in low and middle-income countries receive no treatment for their conditions.

COVID-19 and mental health

The COVID-19 pandemic has had a significant impact on the mental health and wellbeing of people around the world, for a range of reasons including social isolation, the loss of employment and other economic supports and a worsening of poverty and disadvantage for some.

The World Health Organisation (WHO) expects the need for mental health support and psychosocial support to substantially increase in the coming months and years.

CBM's work

CBM works in some of the poorest countries in the world to help to promote greater mental health and wellbeing among people who can experience poor health, low levels of education and unemployment, which increase vulnerability to mental illness.

Some of these countries spend less than 1% of their health budgets on mental health support.

CBM supports existing services to build the capacity of mental health providers and workers, and to fund essential medication.

During COVID-19, CBM has also helped to establish response teams of clinical experts, as well as telehealth services and phone helplines.



People with severe mental disorders such as schizophrenia tend to die 10-20 years earlier than the general population.



Mental, neurological and substance use disorders make up 10% of the global burden of disease



Around 20% (one in five) children and adolescents around the world have a mental disorder