



MENTAL HEALTH AND WELL-BEING

Facts and Statistics

SUSTAINABLE DEVELOPMENT GOALS

The United Nations Sustainable Development Goals (SDGs) provide a shared blueprint for peace and prosperity for people and the planet, now and into the future. The 17 goals are an urgent call for action by all countries — developed and developing — in a global partnership. Achievement of the SDGs also relies on the involvement of volunteer organizations who connect governmental strategies and initiatives with complementary, yet essential, community action.

THIS GLOBAL CAUSE SUPPORTS SDG #3



ENSURE HEALTHY LIVES AND PROMOTE WELL-BEING FOR ALL AT ALL AGES



An estimated **700,000 people die by suicide every year** (World Health Organization).



On average, **2% of health budgets go to mental health** (World Health Organization).



People who are exposed to adverse circumstances – including poverty, violence, disability and inequality – are at **higher risk of developing a mental health condition** (World Health Organization).



Depression is the leading cause of disability globally, affecting an estimated more than 300 million people worldwide – the majority of them women, young people and the elderly (United Nations).



For depression, the gaps in service coverage are wide across all countries: in high-income countries, an estimated **23% of cases receive minimally adequate treatment for depression and in low- and lower-middle income countries this is estimated at 3% of cases** (World Health Organization).



More than 80% of all people with mental disorders live in low- and middle-income countries, where the vicious cycle between mental health and poverty is particularly prevalent because of a lack of welfare safety nets and poor accessibility to effective treatment (World Health Organization).



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Service Ideas

lionsclubs.org/mental-health



Promote education, awareness and advocacy resources and tools from reputable organizations such as the **World Health Organization** and **World Federation for Mental Health**.



Find your region or country's suicide prevention hotline using the **International Association for Suicide Prevention's international suicide crisis hotline search feature** and promote the hotline at awareness events and on social media.



Volunteer at your local center for elderly care to assist with enrichment and well-being events.



Explore the **World Health Organization's mental health and well-being stigma reduction resources** and promote them using social media to highlight the importance of lessening mental health stigma and debunking common misconceptions.



Use resources, facts and statistics from the World Health Organization and World Federation for Mental Health to create a **World Mental Health Day** social media campaign with your club, district or multiple district. Share your impact on social media with photos, videos and other assets using the hashtag #WorldMentalHealthDay.



Support **Lions Quest** social-emotional learning and well-being curriculum for youth in your community. Consider providing promotional support and curriculum delivery for Lions Quest by applying for a **Lions Quest Promotional Grant** or **Lions Quest Community Partnership Grant**.



Contact local, state/province and federal government representatives to advocate for increased mental health funding and expanded services. Use our **Lions Advocacy Toolkit** to get started.



Use resources from the **International Association for Suicide Prevention** to highlight **World Suicide Prevention Day** in your community.



Donate food, toiletries or maintenance services to a local transitional living home serving disabled individuals and/or those living with various mental health conditions in your community.



Provide assistance to mental health agencies and treatment centers by hosting fundraisers, providing publicity on social media and collecting needed supplies.



Explore ways to increase access to vital mental health screening services in your community among underserved groups by contacting and utilizing mental health professionals, psychologists and psychiatric physicians in your networks. Connect with local stakeholders such as schools, hospitals and community leaders to collaborate on shared goals.



Host a walk or event in partnership with a local mental health organization to raise mental health and well-being awareness utilizing the World Health Organization's **mental well-being resources and depression infographics**.



Encourage well-being and development of life skills among youth by creating a local social and mentorship group in your community. Get started by **watching this video** about Camp Conquer, a community-based youth wellness group created by Lions in Delaware, USA.