

In 1990, approximately 350 million people globally were estimated to be affected by mental health disorders, according to data from the World Health Organization (WHO) and studies on the global burden of disease. This includes a range of conditions such as depression, anxiety, schizophrenia, and other mental health disorders.

2001 report by the World Health Organization (WHO), approximately 450 million people worldwide were suffering from mental or neurological disorders at that time. In 2010, approximately 450 million people worldwide were estimated to be affected by mental health disorders, according to data from the World Health Organization (WHO).

In 2020, approximately 100 million people globally were estimated to be affected by mental health disorders, according to the World Health Organization (WHO). This includes a variety of conditions such as depression, anxiety, and other mental health disorders. The number reflects the global burden of mental health, which saw an increase in prevalence due to the impacts of the COVID-19 pandemic

In 2025, mental health remains a major concern, affecting millions of people worldwide. In the U.S. alone, about 1 in 5 adults experience mental illness each year, and suicide rates have reached an all-time high, with over 49,000 deaths reported in 2022. The pressure is especially intense for parents—90% say they lose sleep due to caregiving stress, 80% have cried because of it, and nearly 30% have even considered suicide. To tackle these challenges, different approaches are being taken. In the U.K., NHS England is shifting its focus to cutting down long waiting times for mental health services, even if it means removing some improvement targets. Workplaces are also stepping up, moving away from traditional wellness programs and instead focusing on more personalized strategies to support employees' mental well-being. Meanwhile, communities are acting too—organizations like Momentum Mental Health are organizing events like the Resilience Trek along the Kokoda Trail to raise awareness and funds for mental health services. While there's still a long way to go, these efforts show that mental health is finally getting the attention it deserves. More support is becoming available, but the need for better resources and long-term solutions remains urgent.