**Week 10 Diary Entry**

What is your project about?

* Exploring the importance of mental health and the need to raise awareness for it due to its significant impact on our lives
* Raising awareness 🡪 reduces stigma 🡪 more people willing to seek help 🡪 more likely to get better

What is the data you plan to use?

* suicide\_total\_deaths.xlsx from Gapminder (<https://www.gapminder.org/data/> > Health > Mental Health > Suicide, total deaths
* Annual number of unique Singapore residents aged 30 years and below who sought care in a public or private healthcare institution for a psychiatric condition between 2013 and 2019 (<https://www.moh.gov.sg/news-highlights/details/breakdown-of-data-on-number-of-patients-with-mental-illness-or-psychiatric-issues-in-private-and-public-health-institutions-by-age-range/>)

What is the question you plan to answer?

* Why should we care about mental health?

Why is this an important question?

* According to a 2018 mental health survey conducted by the Institute of Mental Health (IMH), approximately 14% of Singaporeans have experienced some form of mental health condition in their lifetime, up from 12% in 2010. Despite this, majority of these people do not seek any form of help for their mental health conditions and those who do tend to do so after a significant delay after the occurrence of the condition.
* According to World Health Organisation, over 450 million persons were reported to suffer from mental or neurological disorders in Asia in 2001. This number has since increased.
* World Health Organization (WHO) predicted that by 2030, mental disorders will account for 13% of the total global burden of diseases.

Which rows and columns of the dataset do you plan to use, to answer this question?

* Rows I plan to use: Indonesia, Japan, South Korea, Singapore, Taiwan (I decided to focus on 5 counties in Asia)
* Columns I plan to use: 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019 (I selected the 10 most recent years of available data)