



You are not alone •
Help and reach out. 9

Team: AlphaBeta



ASEAN FOUNDATION

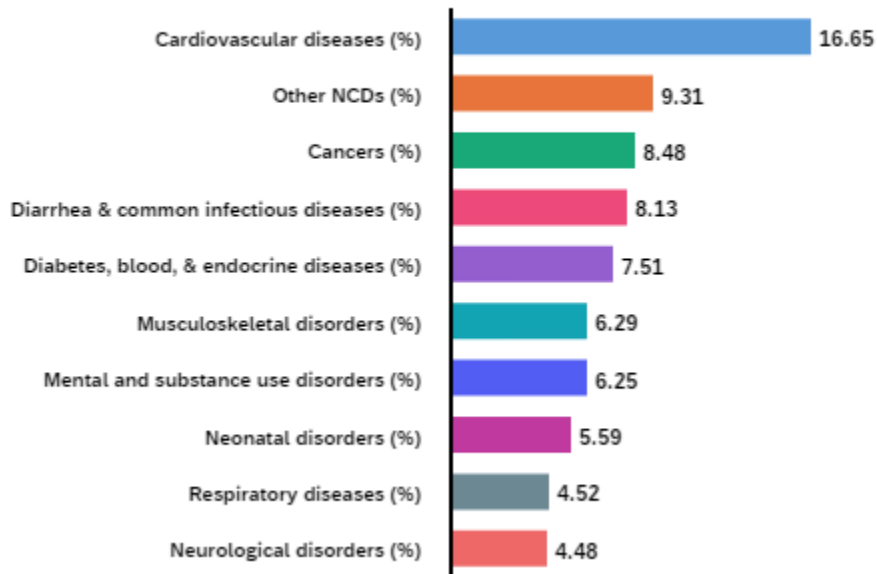


What's Happening?

Mental and substance use disorders is the 7th leading cause of death.

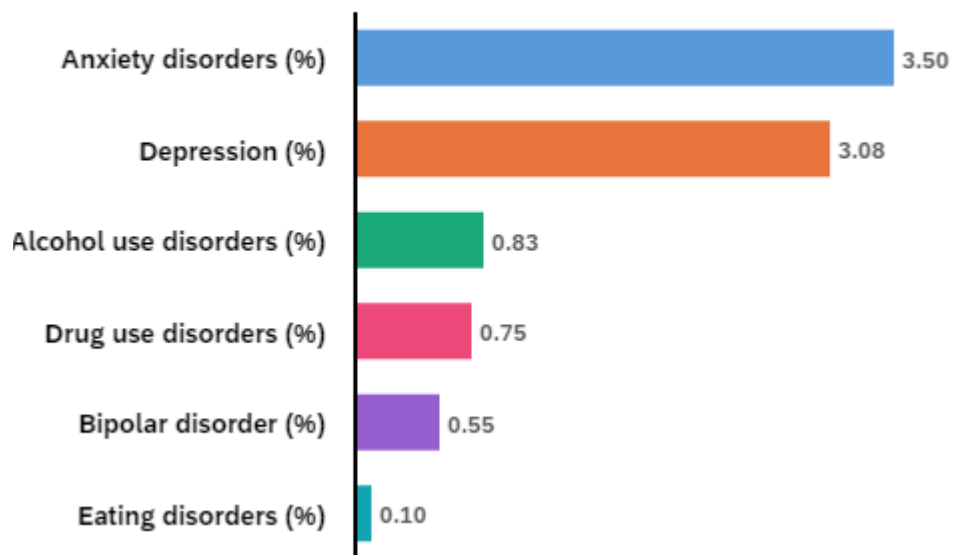
Major cause of suicide is mental illness, commonly **DEPRESSION**

Share of total disease burden by cause, Southeast Asia, 2016

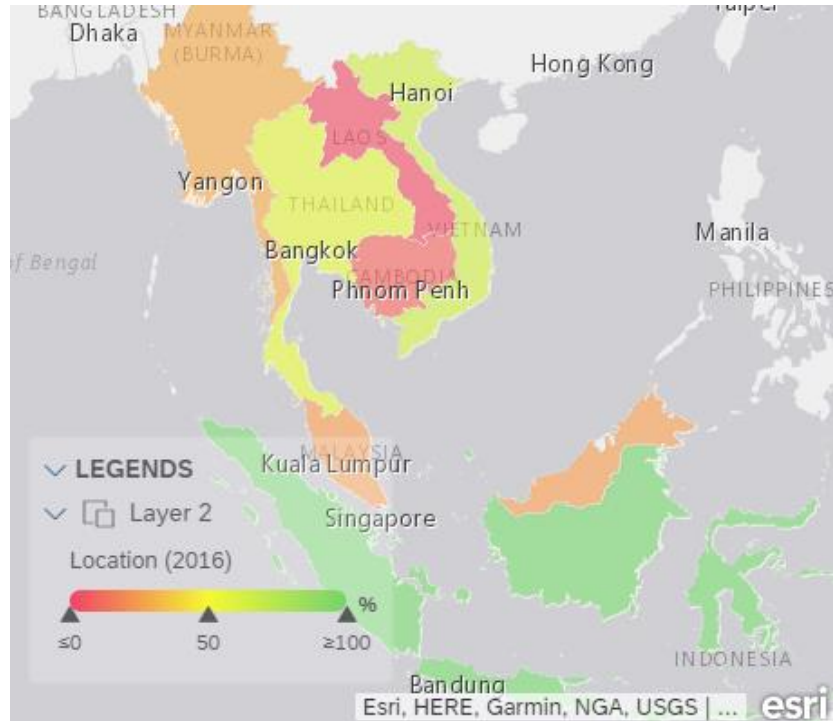


Legend for Mental and Substance Use Disorders:

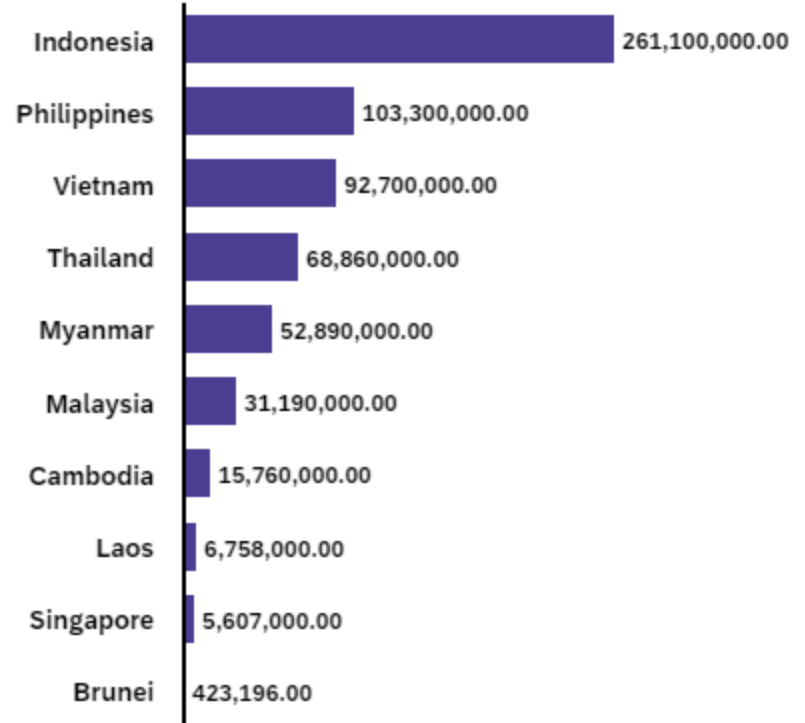
- Anxiety disorders (%)
- Depression (%)
- Alcohol use disorders (%)
- Drug use disorders (%)
- Bipolar disorder (%)
- Eating disorders (%)



Number of People with Depression in Southeast Asia, 2016



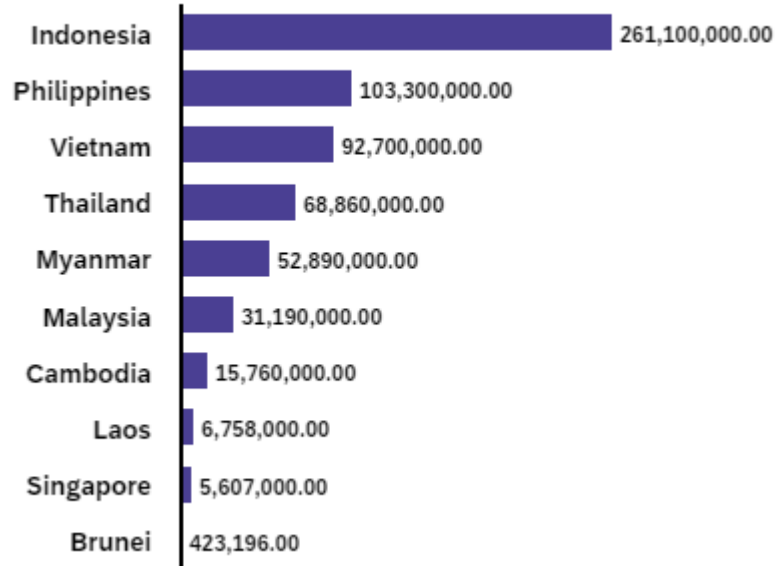
Population in Southeast Asia



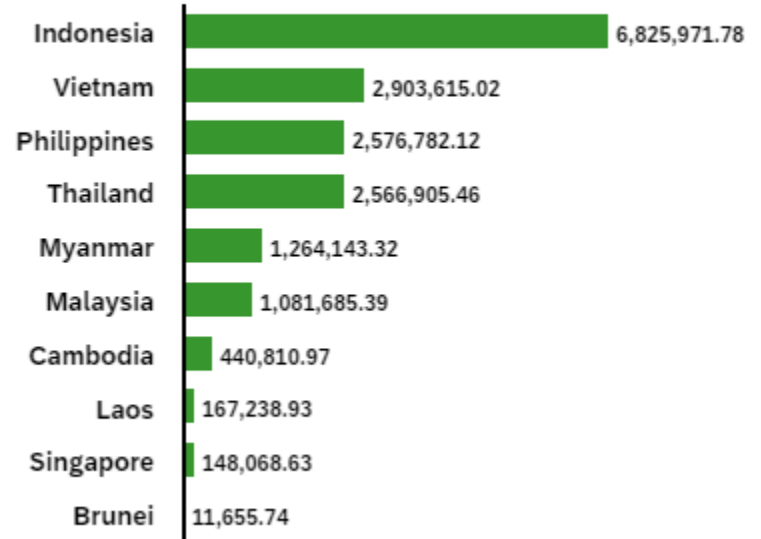
- Indonesia, one with largest population in Southeast Asia, has the highest number of people with depression.

Population vs number of people with depression in Southeast Asia, 2016

Population in Southeast Asia

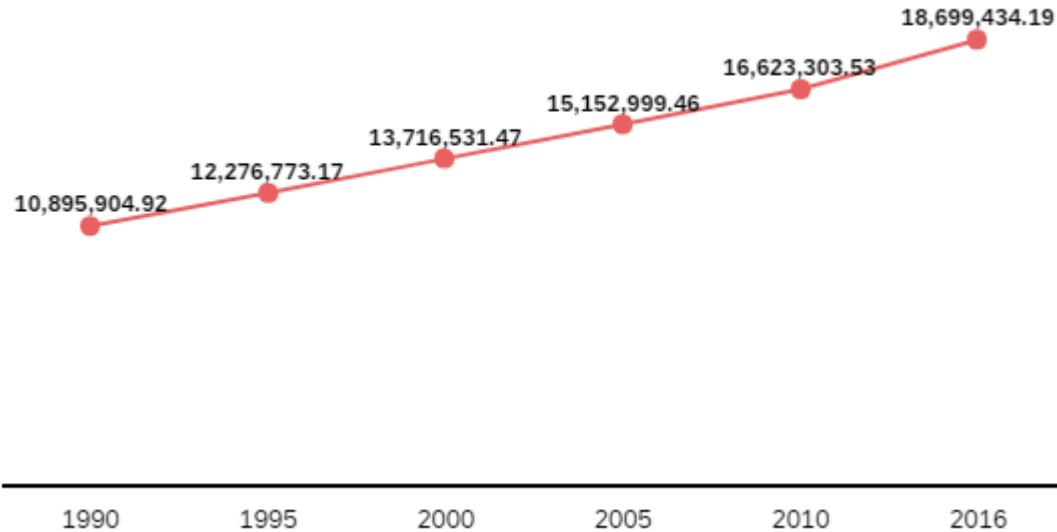


Number of people with depression in Southeast Asia



- Vietnam ranks second and Philippines, third, for countries in southeast asia with people having depression.

Number of People with Depression in Southeast Asia in 1990-2016



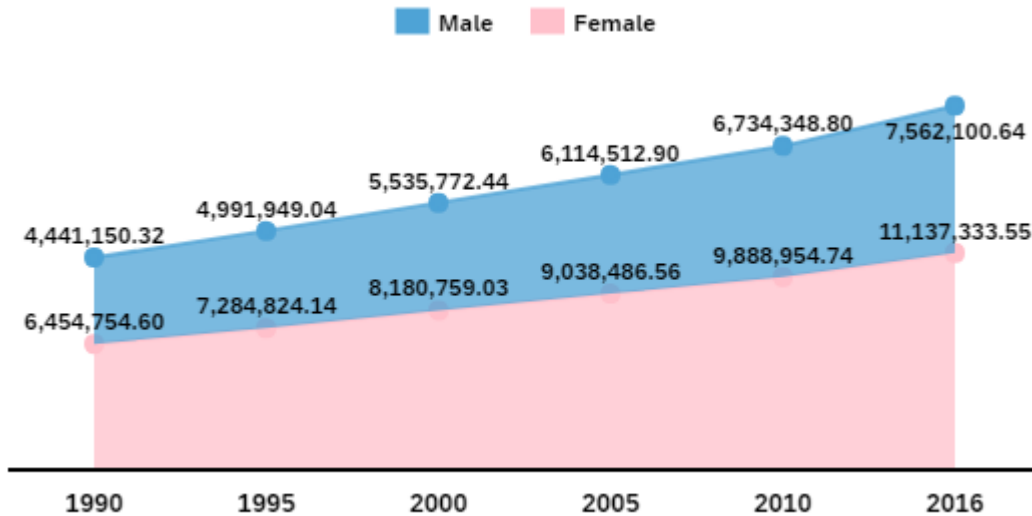
18 million people in the Southeast Asia region



suffer from **depression**, making the region one of the highest populated in terms of depressed people.

- The increase in population also shows the increase of people having depression
- The number of people having depression is increasing and will increase further in the future.

Number of male vs. female with depression in Southeast Asia



Male

- Feel others are to blame.
- Feel angry, irritable and ego-inflated
- attack when feeling hurt
- Feel the world set them up to fail

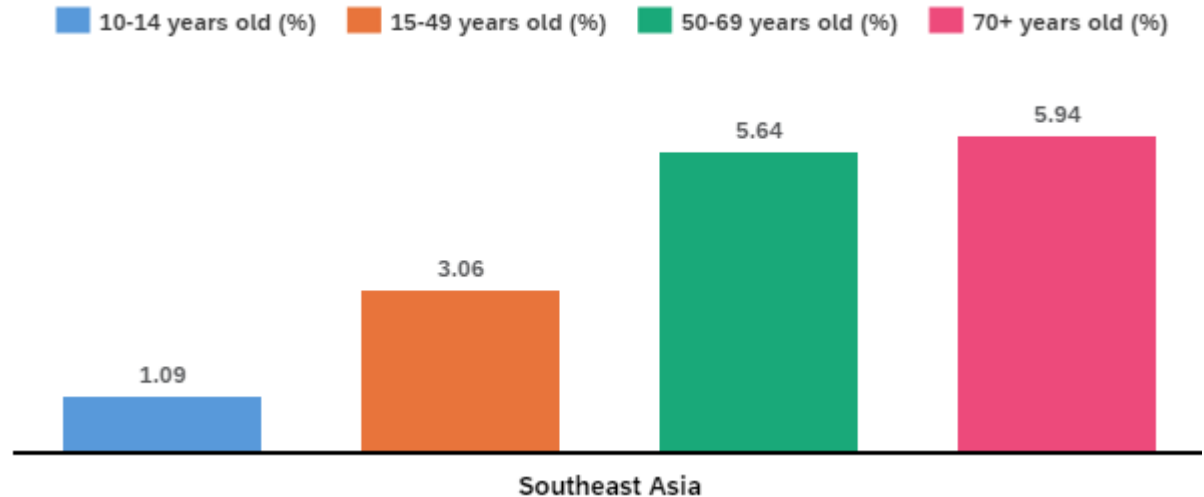
Female

- Blame themselves
- Feel sad, apathetic and worthless
- withdraw when feeling hurt
- Feel they were born to fail

- Women are more likely to be diagnosed with depression than men
- Females have higher percentage because of the harassment, sexual assault and rape cases making them depressed and have a bad outlook in life.

Prevalence by Age with Depression in Southeast Asia, 2016

Depression rates are highest in persons aged **70 +**



Depression arises as the person grows older. Being older means having much stress and problems which can trigger depression and older people tend to think that they can die anytime making them sad.

Recommendation



Mental Health Act

- Rights of Service users
- Rights of Healthcare Professionals
- Rights of service user's Families

Mental health services in the community

- Emphasis on community-based services
- Defines services provided by hospitals and responsibilities
- Suicide prevention and public awareness



Mental health services in schools and workplaces

- Age-appropriate integration into school curricula.
- Required in health-related courses.
- Mental health-friendly policies and programs in school and workplace.



Offer Help, Reach Out

References

- <http://www.who.int/news-room/fact-sheets/detail/depression>
- <https://ourworldindata.org/>
- <http://ghdx.healthdata.org/gbd-results-tool>
- <https://www.hhs.gov/answers/mental-health-and-substance-abuse/does-depression-increase-risk-of-suicide/index.html>
- <https://save.org/about-suicide/mental-illness-and-suicide/depression/depression-and-suicide-q-a/>
- <https://www.bradleyhospital.org/depression-can-lead-suicidal-behavior>
- <https://www.healthline.com/health/depression/facts-statistics-infographic#7>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4478054/>
- <https://afsp.org/wp-content/uploads/2016/06/2016-National-Facts-Figures.pdf>
- [Anxiety and Depression Support Philippines](#)