

Health Of Minds

Presented by
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Mental Health and Mental Illness

Mental health is the level of psychological well-being or an absence of mental illness.

According to the World Health Organization, mental health includes "subjective well-being, perceived self-efficacy, autonomy, competence, inter-generational dependence, and self-actualization of one's intellectual and emotional potential, among others."

Commonly Known Psychological Disorders

Anxiety
Disorder

Suicide and
Suicidal
Thoughts

Bipolar
Disorder

Major
Depressive
Disorder

Psychosis



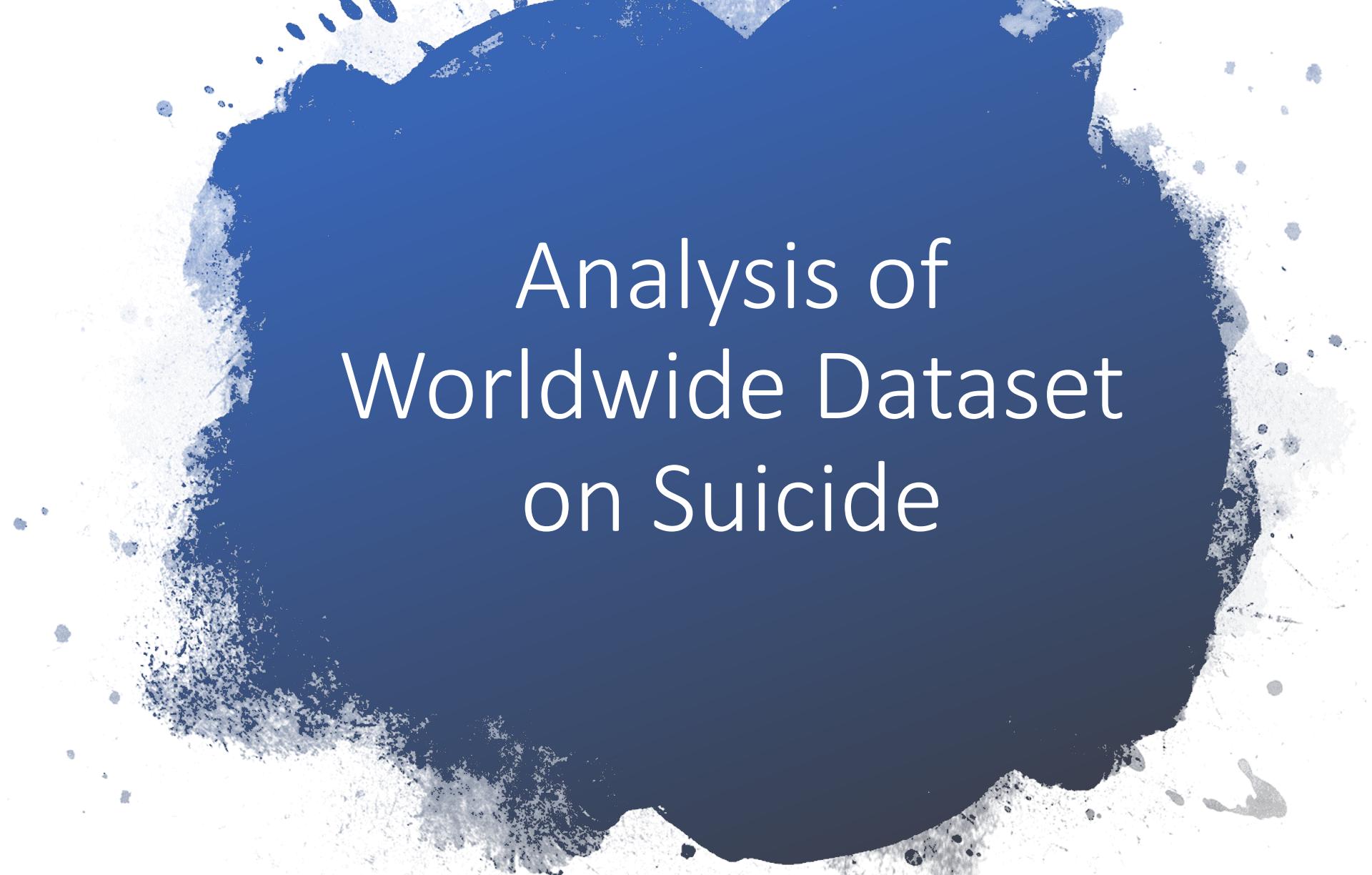
Brief History on Suicidal Tendencies

In United States Suicide rates increased 33% between 1999 and 2019.

1999 and 2019

2019

It was responsible for more than 47,511 deaths in 2019, while it declined by 5 percent to 44,834 deaths in 2020



Analysis of Worldwide Dataset on Suicide

My Study:

This compiled dataset pulled from four other datasets linked by time and place and was built to find signals correlated to increased suicide rates among different cohorts globally, across the socio-economic spectrum.

country, year, sex, age group, count of suicides, population, suicide rate, country-year composite key, HDI for year, GDP *for* year, GDP *per* capita, generation (based on age grouping average).

Process Flow



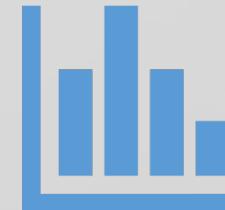
.CSV cleaning in Jupyter Notebook



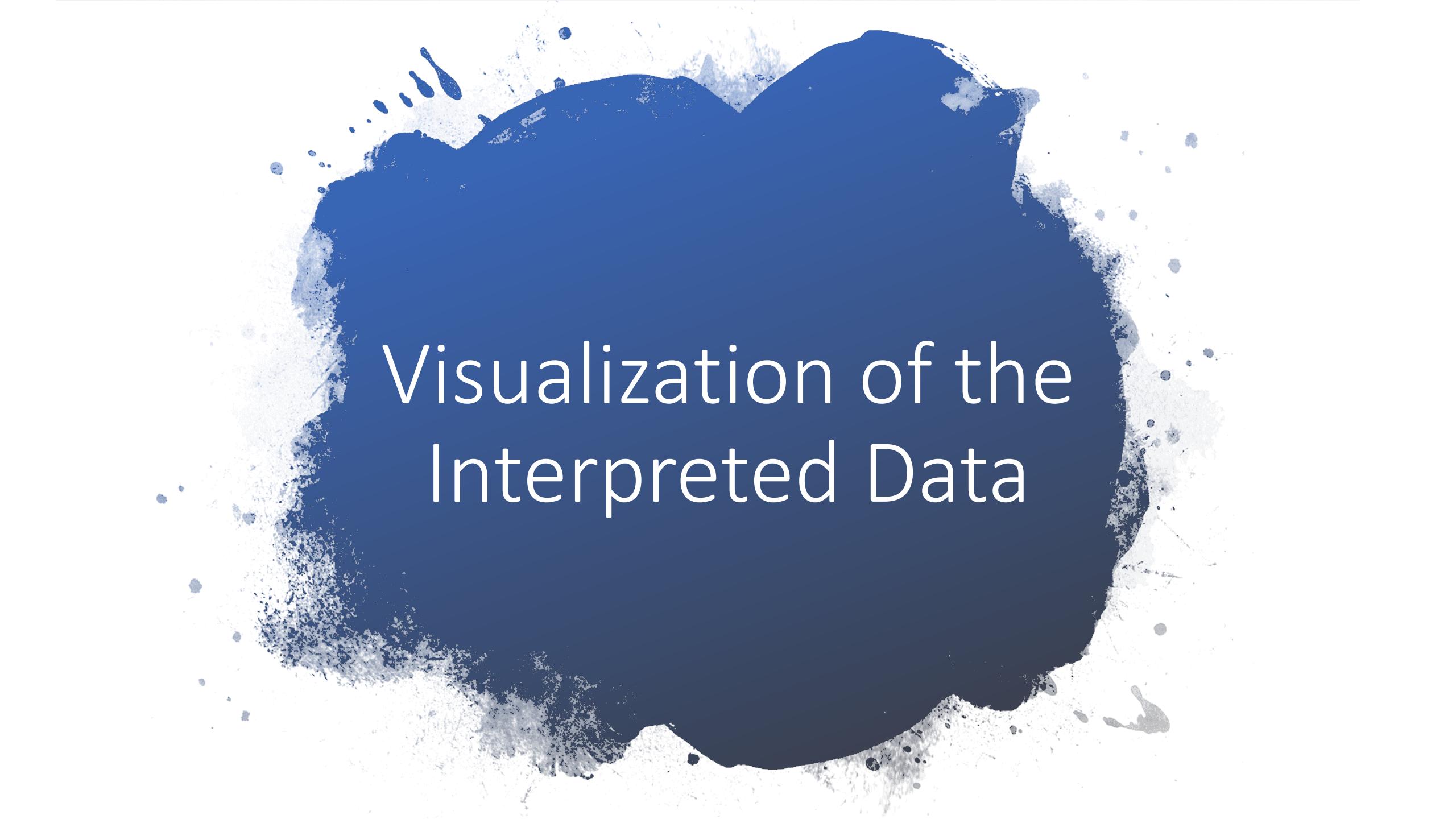
Migration to SQL Database
and forming SQL queries to
analyze data



Using each SQL query as a Data Json
File



Plotting the data using plotly for an
Interactive Visualization

A large, semi-transparent circular graphic in the background, composed of a dark blue center and a surrounding ring of lighter blue and white speckles and splatters.

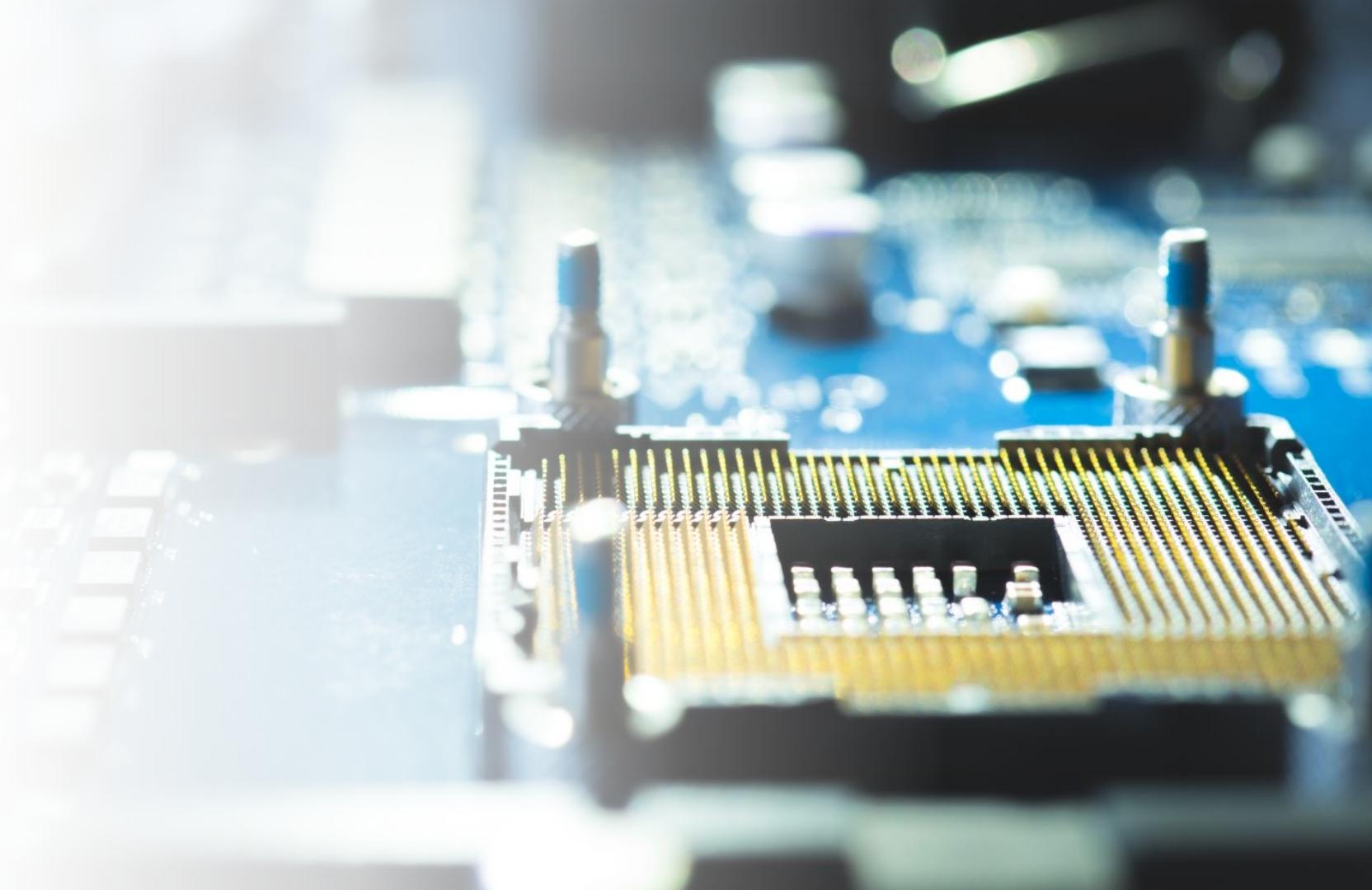
Visualization of the Interpreted Data

HTML Server

Link :

<http://127.0.0.1:5500/index.html>

- Dataset 1
- Dataset 2
- Dataset 3
- Dataset 4



Findings:

- South America Countries eg. Lithuania, Guyana, Suriname , Uruguay
- In Europe region eg. - Slovenia and **Ukraine** -tended to have higher prevalence estimates across most classes of disorder,
- while Nigeria, Shanghai and Italy were consistently low, and prevalence was lower in Asian countries in general EXCEPT Republic of Korea and Japan.
- United States showed a linear progression from 158.89 to 175.41 in every 100K population in 5 years.



Assistance programs

HELP IS THERE !!!

California deserves special recognition for taking concrete steps to address this growing mental health crisis. In late September, Gov. Gavin Newsom signed into law [Senate Bill 855](#) to address claims covering Medical Necessity.

The number of calls to the national mental health crisis hotline in March 2020 was 891% higher than the year before.

People were reaching out and using these services – is a positive thing and likely made a difference for some – as the numbers show.

References:

Inspiration :
Suicide Prevention

<https://www.kaggle.com/russellyates88/suicide-rates-overview-1985-to-2016>

United Nations Development Program. (2018). Human development index (HDI). Retrieved from <http://hdr.undp.org/en/indicators/137506>

World Bank. (2018). World development indicators: GDP (current US\$) by country:1985 to 2016. Retrieved from <http://databank.worldbank.org/data/source/world-development-indicators#>

[Szamil]. (2017). Suicide in the Twenty-First Century [dataset]. Retrieved from <https://www.kaggle.com/szamil/suicide-in-the-twenty-first-century/notebook>

World Health Organization. (2018). Suicide prevention. Retrieved from http://www.who.int/mental_health/suicide-prevention/en/

Life is.....



Thank You Questions