



# Global Mental Health: Available Treatment

REUTERS/Sylvain Cherkasouli



Mental health services are available worldwide. However, they differ by country in how available they are as well as the nature of the services offered. In countries in which individuals have a higher income, such as the United States, Canada, England, Germany, France, Japan, and Australia,

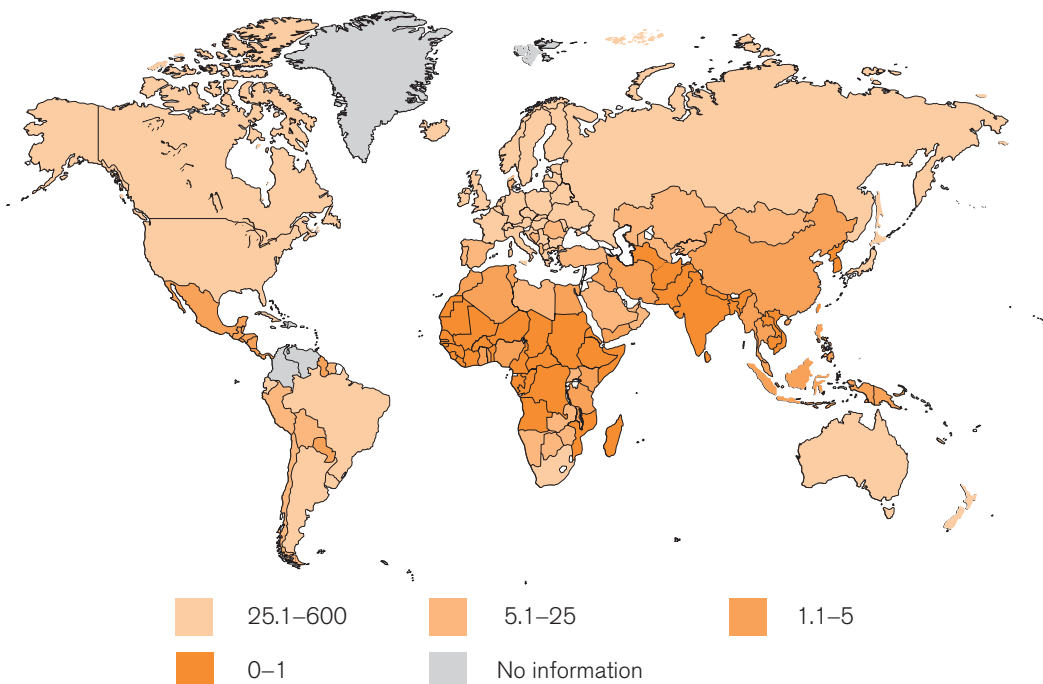
there are many more mental care workers, such as psychologists and psychiatrists, than in countries with lower income such as India, China, and much of Africa. *Figure 1.3* shows the number of mental health professionals throughout the world. This map illustrates the number of psychiatrists, psychologists, nurses, and social workers per 100,000 people in the country.

High-income countries have the greatest number of mental health professionals, and low-income countries the least. *Figure 1.4* shows the number of psychiatrists, psychologists, nurses, and social workers by income level. The governments of about one-third of all countries do not have a specific budget for mental health. In many countries, informal networks of families, friends, and other social networks are utilized to care for those with mental illness.

## ■ FIGURE 1.3 Where Are the Mental Health Workers Available for Those With a Mental Illness?

Human resources for mental health (psychiatrists, psychologists, nurses, and social workers) vary by country. This figure shows the number of workers available by country for every 100,000 people in that country.

Source: Shekhar Saxena, Graham Thornicroft, Martin Knapp, and Harvey Whiteford, "Resources for Mental Health: Scarcity, Inequity, and Inefficiency," *The Lancet*, 8 September 2007, Vol. 370, Issue 9590, Pages 878–889. Copyright © 2007, with permission from Elsevier.



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