

Good mental health throughout life

Mental health of young people



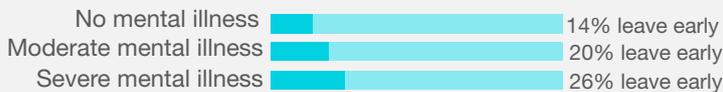
Mental illness starts early. The median age of onset for any **mental illness is 14 years-old**, and for **anxiety disorders** it is as low as **11 years-old**.

Disadvantages early in life have long-term implications:

- Poorer educational outcomes
- Higher risk of dropping out of school
- Bigger problems finding work after school



Percentages of young people leaving school early



Mental health and work

People with a mental disorder are **more likely to be dismissed and typically 2-3 times more often unemployed**.



Employees with mental ill-health are also less productive at work, and more likely to take sick leave. **Between one-third and one-half of all sickness and disability caseloads in OECD countries are related to mental-health problems.**

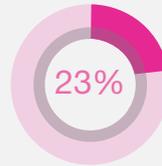
Workplaces need a three-pronged response:
 1/ prevention of psychosocial workplace risks
 2/ action to retain workers with mental health problems
 3/ action to help those off sick return to work



Employment services need to tackle mental health of jobseekers, as it is a major barrier to finding work.

Treatment and outcomes

Treatment for mild and moderate mental illness is often unavailable, or patients have to wait a long time, or face high costs.



Only **23%** of people with a severe mental disorder, and less than 10% of people with a moderate disorder, are in specialist treatment, e.g. with a psychiatrist or psychologist.

Undertreatment contributes to poor outcomes. In the typical OECD country, people with bipolar disorder or schizophrenia have a **mortality rate 4-6 times higher than the general population.**

Improvements are needed: effective diagnosis and coordination by GPs, access to psychological therapies, and good community services should be secured.



Mental health of older people



27% of the OECD population will be 65 or older by 2050.



With old age come risks to mental health linked to the transition from work to retirement, social isolation and loneliness, declining physical health and bereavement.

In high income countries at least **12% of older people are affected by clinically significant levels of depression** at any one time.

Health professionals, carers, family and friends and older people themselves should watch out for mental ill-health, and make accessing appropriate treatment a priority.

Recommendation of the OECD Council on Integrated Mental Health, Skills and Work Policy



An issue that is still stigmatised in most OECD countries and can only be addressed through a coordinated policy approach.

4

An issue that needs concerted action towards a common goal in four policy areas: Youth policy; Health policy; Workplace policy; Social and employment policy.



OECD Member countries want to push action and improve outcomes by adhering to an agreed Recommendation of the OECD Council and measuring progress continuously.

For more information visit:
www.oecd.org/employment/mental-health-and-work.htm
www.oecd.org/health/mental-health-systems.htm