

Mental health, social determinants and the sustainable development goals

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1 NO
POVERTY



2 ZERO
HUNGER



3 GOOD HEALTH
AND WELL-BEING



4 QUALITY
EDUCATION



5 GENDER
EQUALITY



6 CLEAN WATER
AND SANITATION



7 AFFORDABLE AND
CLEAN ENERGY



8 DECENT WORK AND
ECONOMIC GROWTH



9 INDUSTRY, INNOVATION
AND INFRASTRUCTURE



10 REDUCED
INEQUALITIES



11 SUSTAINABLE CITIES
AND COMMUNITIES



THE GLOBAL GOALS

For Sustainable Development

12 RESPONSIBLE
CONSUMPTION
AND PRODUCTION



13 CLIMATE
ACTION



14 LIFE BELOW
WATER



15 LIFE
ON LAND



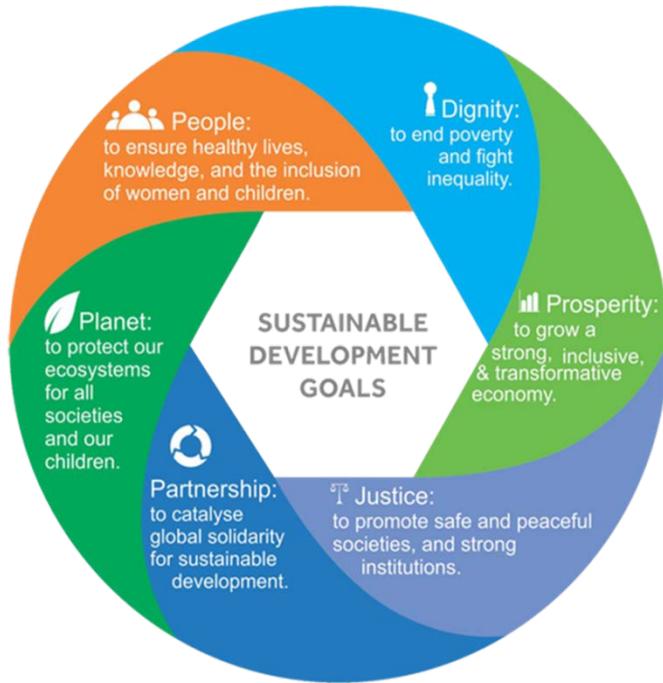
16 PEACE AND JUSTICE
STRONG INSTITUTIONS



17 PARTNERSHIPS
FOR THE GOALS



SDGs: what are they about and what's different?



- Global and universally applicable
- All key sectors of government and development
- Interlinked and interdependent, whole-of-government working
- Focus on equity and inclusion: 'leaving no one behind'

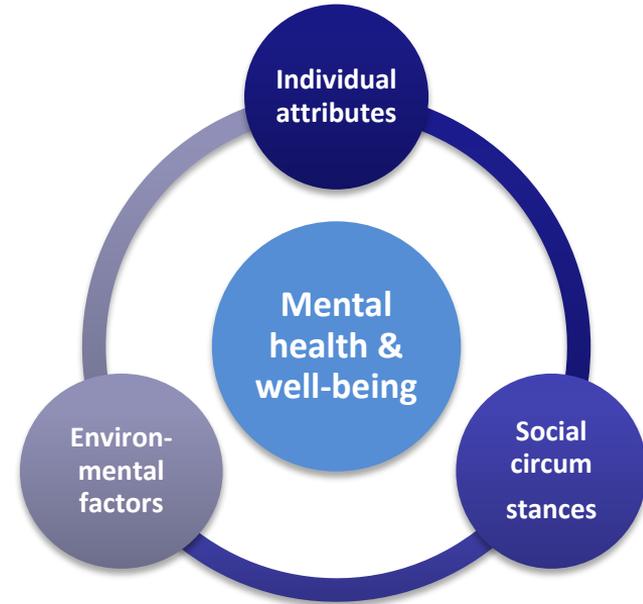


Mental health and the SDGs

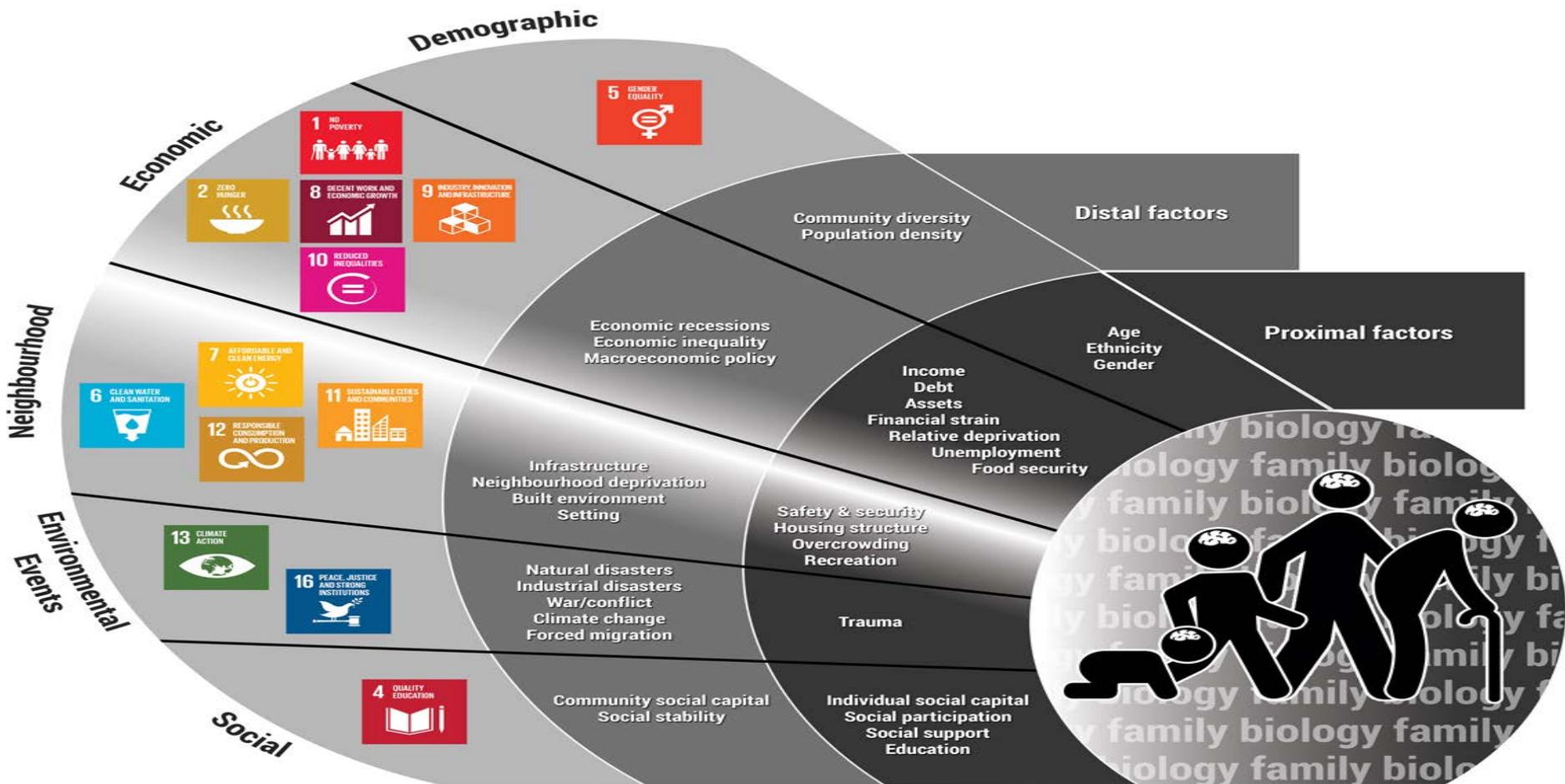
- **Target 3.4** By 2030, reduce by one third premature mortality from non-communicable diseases through prevention and treatment and **promote mental health and well-being**
- **Target 3.5** Strengthen the **prevention and treatment of substance abuse**, including narcotic drug abuse and harmful use of alcohol
- **Target 3.8** **Achieve universal health coverage**, including financial risk protection, access to quality essential health-care services and access to safe, effective, quality and affordable essential medicines and vaccines for all

But what influences ‘mental health and well-being’?

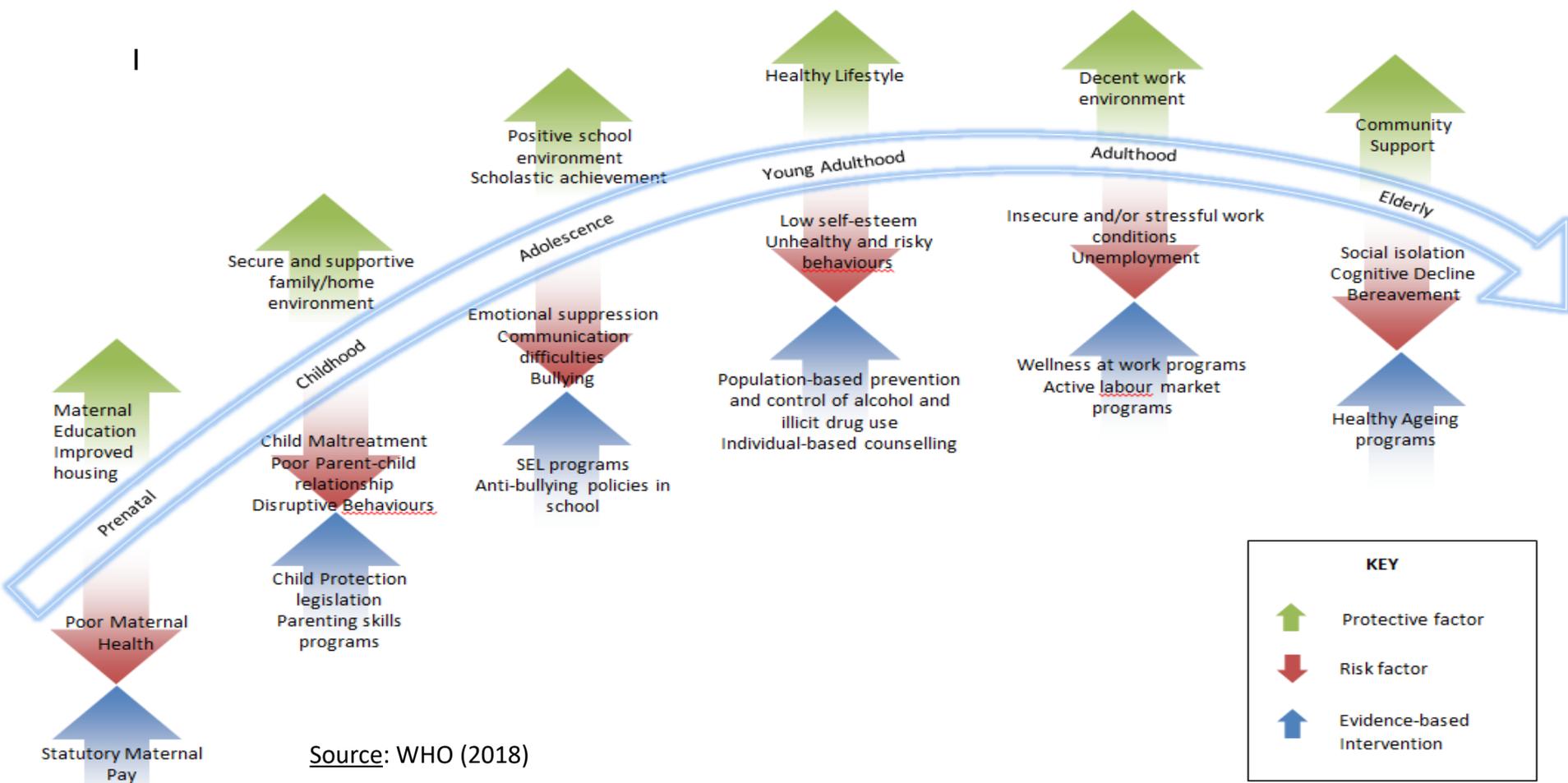
- **Individual attributes:**
 - Genetic & biological characteristics
 - Emotional intelligence
 - Social intelligence
- **Social & economic circumstances:**
 - Socio-economic status of household
 - Living / educational / working conditions and opportunities
- **Environmental factors:**
 - Access to basic amenities / services
 - Cultural beliefs, attitudes & practices
 - Social and economic policies



Social determinants of mental disorders and the SDGs (Lund et al, *Lancet Psychiatry* 2018)



Mental health risks, protective factors and interventions over the life course



Source: WHO (2018)

Key message

The SDGs – with their emphasis on equality, justice and ‘leaving no one behind’ – provide a unifying framework and a critical opportunity to move mental health ‘out of the shadows’ and into the mainstream of i) health system strengthening, ii) universal health coverage and iii) human/social/economic development:

- Explicit inclusion of mental health within the health goal represents a vital step forward in its own right, in terms of recognition of the need for enhanced promotion efforts as well as greater social/financial/human rights protection;
- Elucidation of the links between mental health and the non-health goals is equally vital, in terms of better explaining the social, economic and environmental factors of population mental health, and how to address them.