



This year's theme for the World Mental Health Day is "Depression: a global crisis".

Depression is a common illness worldwide, with an estimated 350 million people affected. Depression is different from usual mood fluctuations and short-lived emotional responses to challenges in everyday life. Especially when long-lasting and with moderate or severe intensity, depression may become a serious health condition. It can cause the affected person to suffer greatly and function poorly at work, at school and in the family. At its worst, depression can lead to suicide. Suicide results in an estimated 1 million deaths every year, more than half of which are associated with antecedent mental disorders. The burden of depression and other mental health conditions is on the rise globally and taking cognizance of this the World Health Assembly in May 2012 called for a comprehensive, coordinated response to mental disorders at country level.

Related link

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