

Improving mental health resources could help global economy

By Willa Frej, Huffington Post

Ineffective treatment for anxiety disorders and depression is leading to significant economic problems and hinders human development, suggests research from the World Health Organization.

Those mental health disorders cost the global economy \$1 trillion every year, according to the study, which was published this month in the Lancet Psychiatry. Furthermore, mental illnesses cause “a lot of death and a lot of disability,” WHO’s Shekhar Saxena told NPR.

The study estimated what would happen if more resources were dedicated to improving treatment for depression and anxiety in 36 low-, middle- and high-income countries between now and 2030.

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