CREATORS SUMMIT ON
MENTAL HEALTH

Connecting People to the Help They Need
Mental Health Solutions that Scale

#1
Neglected human health condition is mental health

50%
Of the world's population lives where there is just 1 psychiatrist to serve 200K+ people

90%
Of people in developing countries with mental health problems lack access to care

3rd
Leading cause of disability around the world is depression

<2%
Of countries' health budgets are invested in mental health service

KEY TAKEAWAYS

MENTAL HEALTH IS A HUMAN RIGHT, YET ACCESS TO CARE IS LIMITED.
- Many primary health care systems aren't equipped to provide mental health care.
- Stigma, discrimination, coercive practices by health providers, and low levels of mental health literacy prevent people from seeking care.
- Tailoring mental health care to each person and each context is crucial.

Content Resources:
- Saxena et al | The global gap in treatment coverage for major depressive disorder in 84 countries from 200-2019 | PLoS Medicine, 2022
- WHO Mental Health Fact Sheet | Data on prevalence of major disorders worldwide
- WHO Mental Health ATLAS | Data on mental health care and support

Audience Call to Action:
- Share Project Healthy Minds resources
- Share The Children's Room | Grief Resources
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Hashtags:
- #MentalHealthMatters, #EndTheStigma #HSPHCreatorsSummit

TRAINING COMMUNITY HEALTH WORKERS TO DELIVER MENTAL HEALTH CARE IS CRUCIAL.
- Harvard Chan researchers have demonstrated that training non-specialists & community members to deliver basic mental health care could help fill the mental health care gap.
- This approach, known as "task sharing," is particularly promising for rural & underserved areas worldwide.
- Project EMPOWER is building a digital platform to train a million frontline workers to deliver evidence-based mental health care in the next five years.

Content Resources:
- Saxena, Patel, et al | Scaling up community-delivered mental health support and care: a landscape analysis | Frontiers in Public Health, 2022
- Project EMPOWER | Harvard Chan initiative to expand training for providers.

Audience Call to Action:
- Watch Vikram Patel's TED Talk | Leading expert on global mental health talks about the Project EMPOWER model
- Sign up for Global Mental Health newsletter | Latest in efforts to transform mental health care globally

Hashtags:
- #MentalHealthAdvocate, #MentalHealthSupport #HSPHCreatorsSummit

MENTAL HEALTH APPS HOLD PROMISE IN SCALING CARE.

- Some apps have been proven effective in clinical trials, yet public adoption remains low, suggesting that people prefer a human connection.
- Advances in generative AI could improve the user experience and spur new interest.
- But ethical and legal questions about generative AI for mental health should not be left to corporations; they require urgent public scrutiny.

Content Resources:

- Automating Mental Health Report | Examination of mental health apps, AI, and other digital practices in mental health and crisis support
- AI-based and digital mental health apps: Balancing the need and risk | IEEE Technology and Society, 2023
- Human-AI collaboration enables more empathetic conversations in text-based peer-to-peer mental health support | Nature Machine Intelligence, 2023

Audience Call to Action:

- Share Automating Mental Health Recommendations | 11 recommendations emerging from that report

Hashtags:

- #EthicalAI #HSPHCreatorsSummit

INVESTING IN MENTAL HEALTH NOT ONLY IMPROVES THE HEALTH OF THE POPULATION, BUT ALSO STIMULATES ECONOMIC DEVELOPMENT.

- Every US $1 invested in scaling up treatment for depression and anxiety leads to a return of US $4 in better health and ability to work, according to a 2016 World Health Organization analysis.
- Training and research partnerships between organizations in low-resource context and privileged institutions (such as Harvard) can inform policies and practices for mental health care everywhere.
- Comprehensive policy solutions to expand access to prevention and care are crucial.
- Policy solutions to complex challenges like the climate crisis must take into account both mental and physical health.

Content Resources:

- Saxena et al | Scaling-up treatment of depression and anxiety: a global return-on-investment analysis | Lancet Psychiatry
- WHO Mental Health ATLAS | Data on mental health care and support
- WHO World Mental Health report | How we might strengthen the systems that care for mental health

Hashtags:

- #MentalHealthIsPhysicalHealth, #MentalHealthMatters #HSPHCreatorsSummit

ADDITIONAL RESOURCES

- Mental health and access to care in rural America | National Alliance on Mental Illness
- Best practices and recommendations for talking about suicide | Reporting on Suicide
- Find support for yourself or those who may be at risk for suicide | AFSP Suicide Prevention
- Find resources to improve your mental wellness | Project Healthy Minds for Harvard Chan School's Creators Summit on Mental Health

CREATOR ASSETS

CREATORS SUMMIT ON
MENTAL HEALTH

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