YOU ARE NOT ALONE!

Mental illness is very common in our population.

The W.H.O (World Health Organization) reported major depression as the 2nd leading cause of disease burden in the world:

The 10 leading sources of DISEASE BURDEN in established Market Economies.

1) Ischemic Heart Disease
2) **Unipolar Major Depression**
3) Cardiovascular Disease
4) **Alcohol Use**
5) Road Traffic Accidents
6) Lung Cancers
7) **Dementia & Degenerative CNS Diseases**
8) Osteoarthritis
9) Diabetes
10) Chronic Obstructive Pulmonary Disease

By the year 2020, **mental illness** is projected to be the **TOP LEADING** cause of disability worldwide!

HOW COMMON IS MENTAL ILLNESS?

Almost half a billion (5☹☹,☹☹☹,☹☹☹) people worldwide have mental, behavioral or neurological problems at any given time.

In Malaysia, survey by the Ministry of Health <u>shows 11% of our people has mental illness.</u>

That means out of every 10 Malaysians, at least 1 has mental illness!
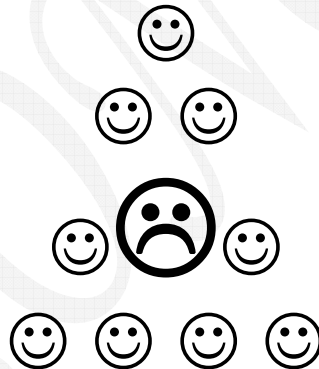
The commonest types of mental illness are:
1) Anxiety disorders ~ 18% in population.
2) Depressive disorders ~ 12% in population.