

Mental Health and the Economy

Elissa Feld, MPP
efeld@t-mha.org
(805) 704-6076

Transitions-Mental Health Association

Key Assumptions in a Trauma-Informed Approach

Realizing the widespread prevalence of trauma

Recognizing the signs and symptoms of how trauma affects all individuals

Responding by putting trauma aware knowledge into practice

Resist retraumatization

Economic Cost

- **Global cost of mental disorders was estimated at \$2.5 trillion in 2010, the projected costs for 2030 is \$6 trillion** (Bloom DE, Cafiero ET, Jané-Llopis E, AbrahamsGessel S, Bloom LR, Fathima S, et al. The global economic burden of non-communicable diseases. Geneva: World Economic Forum; 2011)
- **Poor mental health is a significant cost to the overall community, with significant costs being incurred outside of the healthcare industry, and even more so during economic downturns** (Wilkinson R, Pickett K. The Spirit Level: Why More Equal Societies Almost Always Do Better. Allen Lane, 2009.)
- **Evidence from past recessions indicates that, without sufficient social support, there is a higher risk for increased mental health symptoms and deaths by suicide** (Dorling D. Unemployment and health. BMJ 2009; 338: b829)