Mental Health and the Economy

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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)