





WORLD

MENTAL HEALTH DAY

2019







Q. How often, if at all, would you say you think about your own mental wellbeing

People in Colombia, Mexico, Brazil and South Africa are most likely to think about their mental wellbeing often.







Colombia	76%	Not very often/Never DK/Ref	2%
Mexico	73%	24%	47 89
Brazil		22%	5%
South Africa	73%		
Chile	71%	27%	2% 3%
Argentina	70%	27%	
Peru	69%	26%	5%
	68%	29%	3%
Japan	67%		5%
India	62%		7%
Australia	60%		5%
Spain	57%	38%	4%
US	57%	40%	3%
Italy	57%		5%
Great Britain	57%	40%	89
Poland	56%		5%
Canada	56%	41%	49
Hungary	53%	44%	8%
Serbia	53%	44%	3%
Malaysia	52%	42%	7%
Belgium	51%	42%	7%
France	49%	42%	%
Sweden	49%	47%	49
Netherlands	49%	46%	5%
Turkey	47%	47%	7%
Germany	45%	48%	7%
China	43%	51%	6%
Saudi Arabia	42%	46%	%
South Korea	37%	61%	29
Russia	25%		8%

Q. How often, if at all, would you say you think about your own physical wellbeing

People in Colombia, Mexico, South Africa and Argentina are most likely to think about their physical wellbeing often.







Country	Very/fairly often	Not very often/Never	DK/Refusal
Colombia	87%		12% 1%
Mexico	86%		12% 1%
South Africa	85%		14% 1%
Argentina	81%	1	<mark>7% 2</mark> %
Peru	81%	1	<mark>6% 3</mark> %
Chile	80%	1	9% 2%
Italy	79%	189	<mark>%</mark> 3%
US	76%	21%	2%
Australia	76%	21%	3%
Brazil	75%	21%	4%
India	74%	20%	6%
Canada	74%	24%	2%
Japan	73%	22%	5%
Spain	72%	25%	3%
Great Britain	72%	25%	3%
Serbia	70%	28%	2%
Malaysia	69%	27%	4%
Sweden	69%	28%	3%
Poland	68%	28%	4%
Belgium	68%	26%	6%
Hungary	67%	31%	2%
France	63%	31%	6%
Netherlands	63%	34%	3%
Turkey	62%	33%	5%
Germany	62%	34%	4%
Russia	62%	34%	4%
Saudi Arabia	54%	35%	11%
China	54%	42%	5%
South Korea	52%	47%	1%

Q. Thinking about your own health, do you think that mental health or physical health is more important, or are they equally important?

In all countries, the majority of people say mental and physical health is equally important.







Country	Mental health more important	Equally important Physical health more in	mportant DK/Refusal
Saudi Arabia	25%	61%	12% 2%
India	23%	64%	11% 2%
Spain	19%	75%	3%3%
Brazil	19%	69%	<mark>7%</mark> 5%
Sweden	18%	72%	<mark>7%</mark> 4%
South Korea	16%	75%	8% 2%
Italy	15%	76%	<mark>6% 2</mark> %
Turkey	14%	78%	7%1%
Poland	13%	79%	4% 4%
Argentina	13%	85%	2 <mark>%</mark>
South Africa	13%	83%	4%
China	12%	77%	10% 1%
Japan	12%	74%	9% 6%
Belgium	12%	77%	<mark>6%</mark> 5%
Australia	11%	79%	<mark>7%</mark> 3%
France	11%	78%	<mark>6%</mark> 6%
Peru	10%	87%	2 <mark>.</mark> %
Netherlands	10%	81%	4% 4%
Great Britain	10%	82%	5%2%
US	10%	81%	7% 2%
Chile	10%	88%	2 <mark>%</mark>
Malaysia	9%	85%	<mark>4%</mark> %
Canada	8%	84%	4% 3%
Serbia	7%	92%	0%
Colombia	7%	92%	0%
Mexico	7%	90%	3%
Germany	6%	84%	5% 5%
Russia	6%	87%	6%1%
Hungary	4%	87%	<mark>7% 3</mark> %

Q. Which of the following best describes how you think the importance of mental health and physical health are treated in [COUNTRY's] current health care system?

In many countries, people think physical health is treated with more importance than mental health – this is particularly true in the US, Sweden and Great Britain.







Country	Mental health	Equally	y important		Physical health		DK/Refusa
Saudi Arabia	23%		36%		29%		12%
India	17%		45%		30%		8%
Brazil	13%	34%			36%		17%
Peru	11%	36%			36%		17%
Spain	11%	449	%		35%		10%
China	10%		62%			24%	3
South Africa	10%	26%		47%			16%
Australia	10%	27%			52%		11%
Sweden	10%	23%		5	8%		9%
Poland	10%	29%		41%		21	l%
Italy	10%	43%			35%		12%
Malaysia	9%		65%			19%	7%
Belgium	8%	38%			38%		16%
Canada	8%	28%		51	%		13%
US	8%	23%		61	%		8%
South Korea	8%	38%			47%		7%
Hungary	8%	22%	339	%		38%	
Chile	8%	26%		52%			14%
Great Britain	7%	20%		64%			9%
Mexico	7%	42%			35%		16%
Japan	7%	52%	, 0		30%		12%
France	7%	41%			32%	2	0%
Argentina	6%	36%		39	%	2	0%
Turkey	6%	42%			38%		14%
Germany	5%	39%			39%		17%
Colombia	5%	35%		40%	ó	2	0%
Netherlands	4%	31%		53	%		12%
Russia	4%	37%		31%		28%	
Serbia	3%	30%		44%		239	%

Mental illness is an illness like any other

Of all countries surveyed, Brits are most likely to agree that mental illness is an illness like any other.







	Agree		Neither/	1101	Disagree		efusal
Great Britain	76%				9%	12%	3%
Sweden	74%				10%	13%	3%
Russia	72%			7%		17%	4%
South Korea	72%				16%	11	
Turkey	72%			7%		20%	1%
ustralia	70%			139	%	12%	5%
S	69%			11%		17%	3%
oland	67%		7	7%	24	4%	2%
Canada	66%			14%		17%	3%
pain	65%			14%		18%	4%
ndia	64%			16%		16%	3%
South Africa	63%		10%		25	5%	2%
erbia	59%		11%		27%)	3%
hina	58%		219	6		19%	2%
ermany	56%		18%		219	%	5%
olombia	56%		8%		33%		2%
lungary	56%		16%		25%	6	3%
letherlands	55%		14%		25%		6%
Saudi Arabia	54%		21%		189	6	7%
Selgium	54%		16%		24%		5%
taly	54%		19%		239	%	4%
rance	50%		17%		27%		6%
Chile	50%	12%			37%		2%
Malaysia	49%	15	5%		32%		4%
Argentina	49%	12%		3	35%		4%
Mexico	45%	8%	·	44%			4%
Peru	45%	10%		43%	6		2%
Brazil	44%	14%		37%			5%
lapan	41%	24%			29%		7%

We need to adopt a far more tolerant attitude toward people with mental illness in our society

Most countries agree that we need to be more tolerant when it comes to people with mental illness. South American countries are particularly likely to think this.







Mexico		85%			7%	7%1
South Africa		85%			9%	6%
Peru		85%				8%
Chile		85%			8%	7%
Colombia		84%				6%
Argentina		84%				6%
Serbia		80%			10% 89	
audi Arabia		79%				7%
Great Britain		77%			14% 79	
Malaysia		76%		*	15% 7%	
ndia		74%		-	5% 7%	
pain		73%		159		
anada		73%		17		
urkey		72%		9%	16%	,,,
ustralia		71%		16%		ī
razil		71%		14%	9%	6
weden		71%		15%	11%	
IS		69%		17%	10%	
ungary		65%		17%	15%	
ussia		65%		17%	13%	5
aly		62%		24%	9%	
hina		62%		24%	13%	
elgium		61%	1:	9%	13%	6
oland		61%	18		17%	
iermany		61%		25%	10%	5
letherlands		60%	21		13%	6'
rance		60%	•	3%	12%	6
apan	47%		30%		18%	5
outh Korea	31%	33%		34'		

Seeing a mental health professional is a sign of strength

In many countries, people agree that seeing a mental health professional is a sign of strength. In South Korea and Japan only around a quarter of people agree with this statement.







ountry	gree		Neithe	r/nor Dis	<mark>agree</mark> Do	on't know/F	Refu
Mexico		81%				13%	4%
Peru		78%			11	1% 99	% 2
South Africa		78%			1	3%	7% 2
Serbia		77%			1	5%	4%
Colombia		74%			15%	99	%
Chile		73%			16%	99	%
Canada		72%			21%		5%
Turkey		71%			18%	9	%
Sweden		71%			15%	9%	5
Brazil		71%			13%	11%	5
US		71%			19%	89	%
Argentina		69%			18%	9%	
Saudi Arabia		69%			19%	8%	
taly		69%			20%	8%	
Great Britain		68%			21%	8%	/ 0
Netherlands		67%		1	8%	10%	5
Australia		67%			20%	8%	
Malaysia		65%		179	%	12%	_ [
Poland		64%		209	%	11%	9
Spain		63%		23	%	10%	
ndia		63%		23	3%	9%	
Belgium		61%		19%		14%	6
Germany		58%		28%		9%	_
Russia	5	55%		23%		15%	6
China	529	%		32%		11%	9
Hungary	519		22%		209		69
France	49%		30%	,		14%	8%
South Korea	28%	37%			32%		
Japan	24%	38%			29%		9%

Increased spending on mental health services is a waste of money

People in India, Saudi Arabia and China are most likely to agree that increased spending on mental health services is a waster of money.







Country	Agree	Neither/nor	Disagree	DK/Refusal
India	27%	17%	52%	4%
Saudi Arabia	25%	19%	50%	6%
China	21%	17%	59%	3%
Brazil	13% 11%		71%	5%
Malaysia	13%	7%	67%	4%
Russia	12% 14%	0	66%	7%
Germany	12% 18	3%	65%	6%
Belgium	12% 14%		69%	5%
Peru	11% 9%		79%	1%
Hungary	9% 17%		67%	5%
Poland	9% 14%		75%	3%
US	9% 12%		76%	3%
Spain	9% 13%		74%	4%
Sweden	8% 9%		77%	5%
South Africa	8% 14%		76%	1%
Canada	8% 12%		78%	3%
Turkey	8% 15%		74%	3%
Netherlands	8% 12%		74%	6%
France	8% 16%		70%	6%
Colombia	8% 11%		78%	2%
Mexico	8% 12%		77%	2%
Australia	8% 13%		74%	5%
South Korea	7% 13%		78%	2%
Japan	7% 20%		67%	5%
Great Britain	7% 9%		80%	3%
Italy	7% 15%		73%	5%
Chile	7% 8%		84%	2%
Argentina	6% 11%		80%	2%
Serbia	6% 16%		73%	5%

Anyone with a history of mental illness should be excluded from public office

Western European countries are the least likely to agree that anyone with a history of mental illness should be excluded from public office. In Russia, three quarters of people agree with the statement.







Russia			76%	6				10%	11%
Peru		48%			1	8%		32%	
Mexico		44%			17%			34%	
South Korea		42%			23%			33%	
Argentina		42%			20%			30%	7
Colombia		41%			19%			37%	
China		40%			23%			32%	
Malaysia		40%			21%			36%	
Chile		38%			19%			39%	
Spain	3	7%			24%			32%	79
US	349	%		199	%		41%)	6
India	32%	, 0		25	5%			39%	
Serbia	32%	,)		20%			40%		89
taly	32%	, 0			30%			30%	89
Poland	32%)		26	5%		34	%	89
Saudi Arabia	29%		í	24%			41%	,)	6
South Africa	27%		18%				52%		
Brazil	25%		16%				50%		89
Turkey	25%		21%				50%		
Japan	20%		33%				38%		9%
Hungary	19%		23%				50%		79
France	18%	219	%				51%		10%
Germany	17%	2.	5%				51%		7
Australia	17%	20%					56%		7'
Canada	17%	20%					57%		6
Belgium	15%	22%					55%		9%
Netherlands	14%	21%				53	3%		11%
Great Britain	12%	20%				(52%		6
Sweden	10% 139	6				70%			7'

Most adults diagnosed as having a mental health condition would get better over time without the help of doctors

People in India, Saudi Arabia are also the most likely to agree that most adults diagnosed as having a mental health condition would get better over time without the help of doctors.







India		44%		21%		30%	
Saudi Arabia		34%		26%		35%	
China	25%	6	22%		51%		
Brazil	20%	12%			62%		
Spain	17%	19%			57%		
Malaysia	17%	22%			55%		
US	16%	15%			64%		
South Africa	16%	15%			68%		
Australia	15%	20%			58%		
Mexico	13%	8%		74	%		
Argentina	13%	8%		759	%		
Turkey	13%	9%		749	%		
Great Britain	13%	17%			63%		
Canada	13%	17%			66%		
Sweden	12%	13%		7	0%		
Peru	12%	7%		789	%		
Colombia	12%	10%		74'	%		
Hungary	12%	19%		6	0%		
Belgium	11%	19%		58	%		1.
Italy	10%	18%			65%		
Chile	10%	10%		76%	6		
South Korea	10%	21%			66%		
Germany	9%	21%			61%		
France	9%	22%		5	7%		1
Poland	9%	18%		6	6%		
Netherlands	9%	18%		639	%		
Russia	8%	14%		72%	6		
Japan	6% 10	6%		749	%		

Most children diagnosed as having a mental health condition would get better over time without the help of doctors

People in India, Saudi Arabia are also the most likely to agree that most children diagnosed as having a mental health condition would get better over time without the help of doctors.







