



YWCA Kenya

Empowering women and girls

MENTAL HEALTH FACT SHEET

"Let's demystify Mental Health and Prevent Suicide"

Mental health is a key determinant of overall health and socio-economic development.

It influences individual and community outcomes such as healthier lifestyles, better physical health, greater productivity, employment and earnings, more social cohesion and improved quality of life.

SO WHY IS YOUR MENTAL HEALTH SO IMPORTANT?

What is the mental health situation in Kenya?

In Kenya, it is believed that one in four people is likely to suffer from a mental disorder, making the country the sixth highest in depression cases in Africa. It is estimated that five in six Kenyans do not receive treatment.

This is attributed to huge inequity in the distribution of mental health; psychiatrists, psychiatric nurses, psychologists and social workers.



GAPS AND OPPORTUNITIES FOR POLICY ADVOCACY

Kenya is among the 28% of WHO member states countries that do not have a separate budget for mental health. Budgetary allocation for mental health is only 0.5% of health budget thus leaving the mental equation completely overstretched.

In order to address this situation;

- There is need to institute measures to ensure adequate advocacy towards mainstreaming mental health in not only the National Health Agenda but also the National Social Economic Development Agenda.
- Advocacy for equitable resource allocation and funding for mental health projects, programmes and services.
- Mental health advocacy is necessary to reduce barriers which prevent people from getting services to meet their mental health needs.
- The target groups for advocacy activities are general public, families, professional bodies, non-state actors, mental health workers, general health workers, policy makers and other service providers.

KEY FACTS & FIGURES



Suicides are preventable.



One person dies by suicide every 40 seconds.



A prior suicide attempt is an important risk factor for suicide.



Suicide is the second leading cause of death among 15-29 year-olds.



Suicide affects people of all age groups in all countries.

References:

Kenya Mental Health Policy 2015-2030

WHO | World Mental Health Day 2019

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