

CREATORS SUMMIT ON MENTAL HEALTH

The Science Behind the Mind-Body Link

Mental Health is Physical Health

450 million

people affected by
mental illness
worldwide

40%

Higher risk for people
with depression of
developing
cardiovascular &
metabolic diseases

\$2.5 trillion

in global costs
driven by mental
disorders

90%

Of people with
mental illness in
developing countries
don't receive
appropriate care

\$6 trillion

projected global costs
of mental health
disorders by 2030

KEY TAKEAWAYS

FOR MENTAL HEALTH, PREVENTION IS CRUCIAL

- Helping kids manage stress and advocate for their mental health can protect both their mental and physical health.
- Parental stress = child distress. Public policies that help families stay in their homes and keep their jobs can help reduce stress on children.
- Embedding psychiatrists with other doctors in hospitals or clinics and training community members to offer peer support can improve early diagnosis and intervention.
- Interventions like Harvard's REACH project may help to reduce stress during a health emergency. To stave off depression and anxiety during the COVID-19 pandemic, for example, it recommended a 5-step strategy: 1) Recognize the problem 2) Expand the social safety net 3) Assist those most at risk 4) Cultivate resilience 5) Have empathy for others.
- Research like the AURORA study is increasing our understanding of the factors that drive poor mental health outcomes after trauma and could lead to new drugs and therapeutic interventions.

Content Resources:

- Denckla, C., et al | [REACH for mental health in the COVID 19 pandemic: an urgent call for public health action](#) | European Journal of Psychotraumatology, 2020
- [NAMI](#) | Certified peer support specialists: An untapped resource
- [Vikram Patel's TED Talk](#) | Primer on the Project EMPOWER model for training community members
- [AURORA Study](#) | Major initiative to improve the understanding of trauma

Audience Call to Action:

- Join an [Active Minds Chapter](#) | Student-led, school-based groups for mental health
- Share [The Children's Room](#) | Grief resources
- Join a [NAMI peer-led support group](#)
- Share [Project Healthy Minds](#) resources | Find mental health care and support
- Sign up for [Global Mental Health newsletter](#) | Latest in efforts to transform mental health care globally

Hashtags:

- #MentalHealthAdvocate, #MentalHealthSupport #HSPHCreatorsSummit



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POOR MENTAL HEALTH IS DIRECTLY CONNECTED TO INCREASED INFLAMMATION, CARDIOVASCULAR DISEASE, DIABETES, AND OTHER PHYSICAL HEALTH PROBLEMS.

- Grief, bereavement, and loss can have a cascade of mental and physical effects, and interfere in performance at work or school. Racism and discrimination can compound these effects.
- Social support is a protective factor for grief & bereavement.
- Harvard Chan scientists found that individuals who experienced two or more types of distress (loneliness, anxiety, or depression) were nearly 50% more likely to have post-COVID-19 health conditions, including brain fog, fatigue, and depression.
- Experiencing trauma, including childhood abuse, violence, and sexual harassment, and the mental health consequences of trauma such as PTSD increase the risk of chronic disease.
- People with severe psychotic disorders are more likely to die prematurely.
- People with serious mental illness are less likely to get appropriate care for physical health conditions.

Content Resources:

- Koenen, K., et al | [International meta-analysis of PTSD genome-wide association studies identifies sex- and ancestry-specific genetic risk loci](#) | Nature Communication
- [Project EMPOWER](#) | Harvard Chan initiative to expand training for providers

Audience Call to Action:

- Share [NAMI Guide](#) | Mental health resources
- Share [JED Foundation resources](#) | Mental health resources

Hashtags:

- #MentalHealthisPhysicalHealth #HSPHCreatorsSummit

EVEN IN WEALTHY NATIONS, JUST HALF OF PEOPLE WITH MENTAL ILLNESS RECEIVE APPROPRIATE MENTAL HEALTH CARE. BUT NOT EVERYONE WHO GETS CARE GETS QUALITY CARE.

- Social determinants influence not only exposure to trauma, but also development of mental health issues and access to mental health care after exposure.
- People with serious mental illness are less likely to get appropriate care for their physical health conditions.
- We need to destigmatize the entire spectrum of mental health disorders, not just conditions like depression and anxiety.

Content Resources:

- [WHO World Mental Health report](#) | How we might strengthen the systems that care for mental health
- [Center for Addiction and Mental Health \(CAMH\)](#) | Mental health crisis resources
- [WHO](#) | About social determinants of health

Audience Call to Action:

- Take Action [Reimagine Crisis Response](#) | Advocate for crisis services to be available in every US state
- Find Support [Depression and Bipolar Support Alliance](#)

Hashtags:

- #MentalHealthMatters #ReimagineCrisis #HSPHCreatorsSummit

ADDITIONAL RESOURCES

- [Mental Health Awareness Guide](#) | National Alliance on Mental Illness
- [Best practices and recommendations for talking about suicide](#) | Reporting on Suicide
- [Find support for yourself or those who may be at risk for suicide](#) | AFSP Suicide Prevention
- [Find resources to improve your mental wellness](#) | Project Healthy Minds for Harvard Chan



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