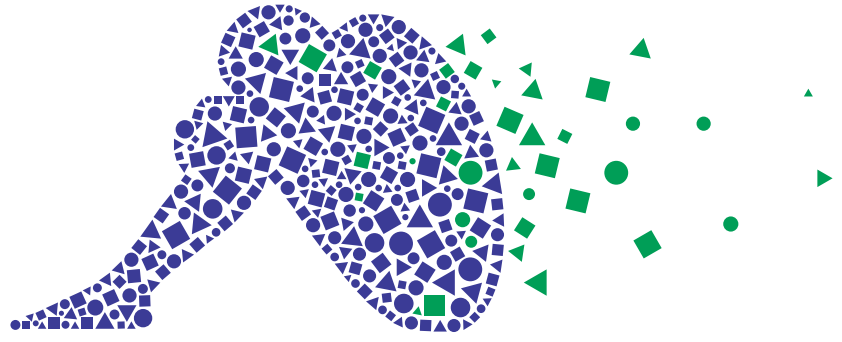


Moving from words to actions:

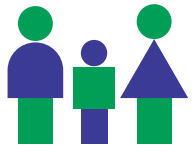
#1

Adequate and smarter investment in the **prevention, management** and **care** of depression.



Depression is not just a clinical problem – it affects all of society. Given its growing impact on individuals, families, communities and healthcare systems, merely recognising this rising challenge no longer suffices.

We all need to care more about depression



Prevalence:

Depression can affect anyone, at any age.

More than 35 million people in Europe are estimated to live with depression.¹



Cost:

By 2030, depression will become the leading cause of disease burden in high-income countries.²

Depression costs healthcare systems up to €92 billion per year in Europe.³

It is the leading cause of low work-related productivity.^{4 5}



Impact:

Depression in youth has a higher rate of recurrence and poorer outcomes compared to adult-onset depression.⁶

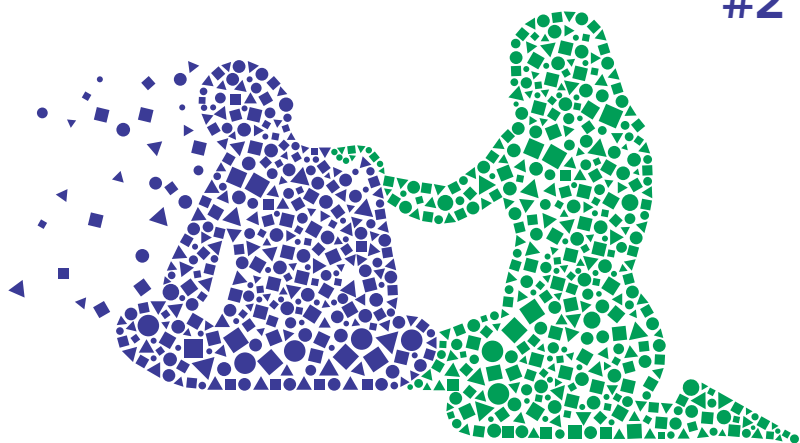
Around 15–20% of people with depression end their life by suicide.⁷

Suicide is the leading cause of death among 15–29-year-olds in Europe.⁸

Moving from words to actions:

#2

What can be done to improve the **response to depression**?



Adequate and smarter investment is needed in various areas to ensure better outcomes for people affected by depression.

Society:



Take a **whole-family approach**, addressing the needs of those affected as well as informal carers.



Ensure we all use **language that resonates** with people living with depression.



Focus on **young people**.



Engage and empower people living with depression to drive optimal care and support that will meet their needs.



Create and maintain **positive work environments**.

Moving from words to actions:

#3

What can be done to improve the **response to depression**?



Healthcare delivery:



Make **integrated services** a reality and provide tools and education for GPs and community health centres to refer to appropriate specialist care.

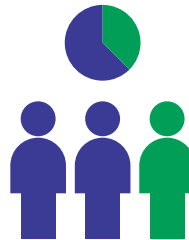


Integrate **prevention** across all services.

Research and innovation:



Embed **digital tools** into clinical practice, from prevention to treatment.



Generate and make use of **real-world data** regarding the epidemiology of depression, service use and the impact of interventions and services to better understand existing care gaps and implement sustainable change.

Policy:



Take **ownership** for depression across all governmental departments, recognising the urgency for action and create policies and dedicated funding for suicide prevention programmes

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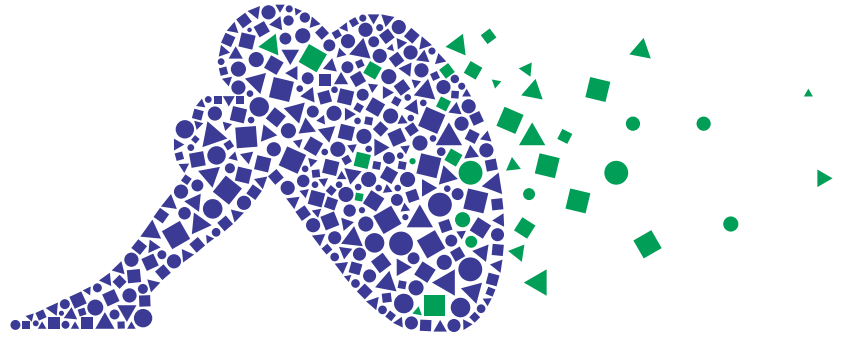
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This document is based on a report that was funded by Janssen.

Moving from words to actions:

#4

Change is urgently needed –
let's all work together to make
sure it happens!



Prevention across all services

Data to drive
change

Joined-up policies
on suicide prevention

A positive work
environment

Integrated
services

**Ten key
factors in driving a
sustainable response
to depression**

Focus on
young people

Digital tools
embedded
in practice

A whole-family
approach

Language that
resonates

Engagement and empowerment

These recommendations are endorsed by nine leading mental health organisations, based on their joint report, *A sustainable approach to depression: moving from words to actions*. Available from <http://bit.ly/Words-to-actions>

