



The impact of mental disorders

- on the general population and the healthcare system in Germany

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Structure

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Key facts



Around 1 in 8 people are affected by mental disorder



Mental disorders include serious disruptions in thoughts, emotional balance or behavior



There is a wide range of mental disorder that affect people in different ways



Many people with mental disorder cannot access the care they need



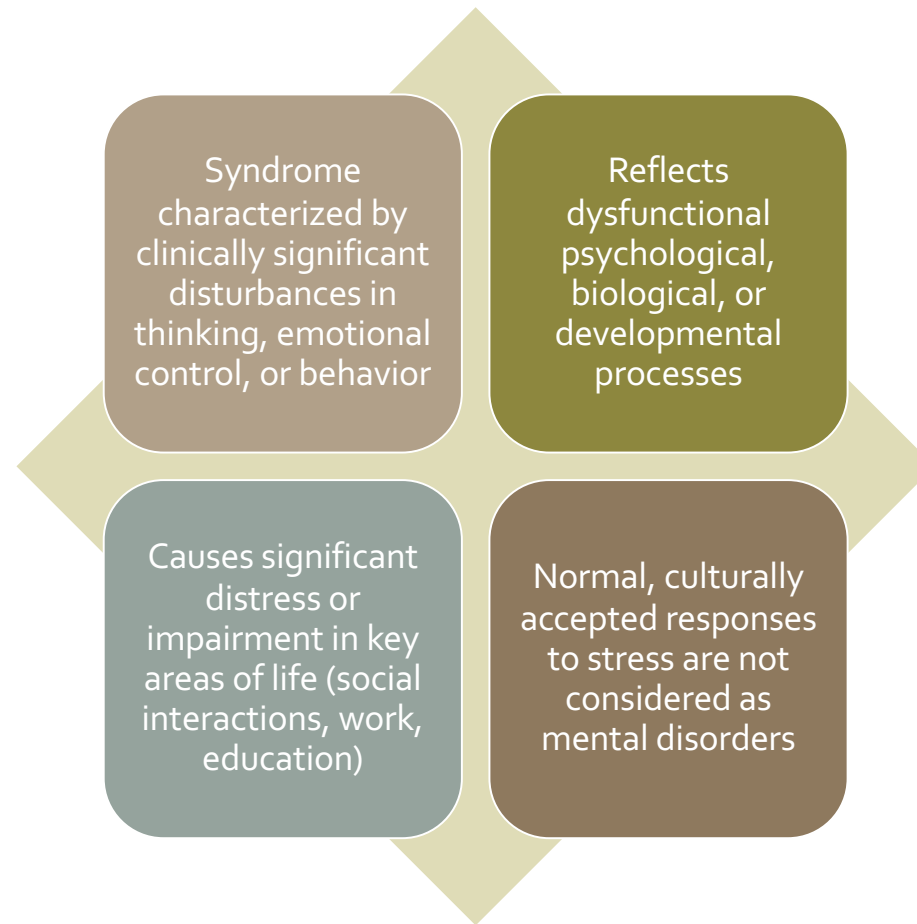
Key facts

In 2019 ...

- ❖ 301 million people were living with anxiety disorder
→ Including 58 million children and adolescents
- ❖ 280 million people were living with depression
→ Including 23 million children and adolescents
- ❖ 40 million people were living with a bipolar disorder
- ❖ 24 million people were living with schizophrenia
- ❖ 14 million people were living with an eating disorder
→ Including 3 million children and adolescents



Definition of mental disorders





Types of mental disorders

ICD-10

1. F00-F09: Organic, including symptomatic, mental disorders
2. F10-F19: Mental and behavioral disorders
3. F20-F29: Schizophrenia, schizotypal and delusional disorders
4. F30-F39: Mood [affective] disorders
5. F40-F48: Neurotic, stress-related and somatoform disorders
6. F50-F59: Behavioral syndromes associated with physiological disturbances and physical factors
7. F60-F69: Disorders of adult personality and behavior
8. F70-F79: Intellectual disabilities
9. F80-F89: Pervasive and specific developmental disorders
10. F90-F98: Behavioral and emotional disorders with onset usually occurring in childhood and adolescence
11. F99-F99: Unspecified mental disorder



These include mental illnesses such as dementia, bipolar disorders, depression, social phobias, anorexia, personality disorders, as well as speech disorders and intellectual disabilities in childhood



Impact on the population

- In Germany, 27.8 % of adults are affected by mental disorders each year
- This corresponds to 17.8 million people
- Mental disorders are among the four leading causes of lost healthy life years
- People with mental disorders have a life expectancy that is about 10 years shorter than the general population
- The most common mental disorders in Germany are:



**Anxiety disorders
(15.4 %)**



**Affective disorders
(9.8 %)**



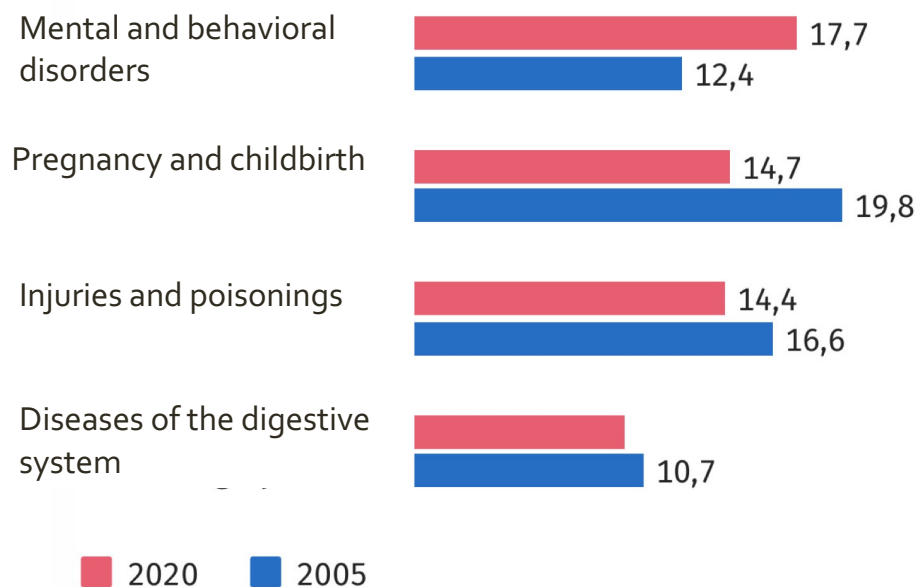
**Disorders due alcohol or
medication use
(5.7 %)**

- ! In 2022, around 10.100 people died by suicide. It is estimated that 50% to 90 % of these deaths were related to mental illnesses



Impact on the population

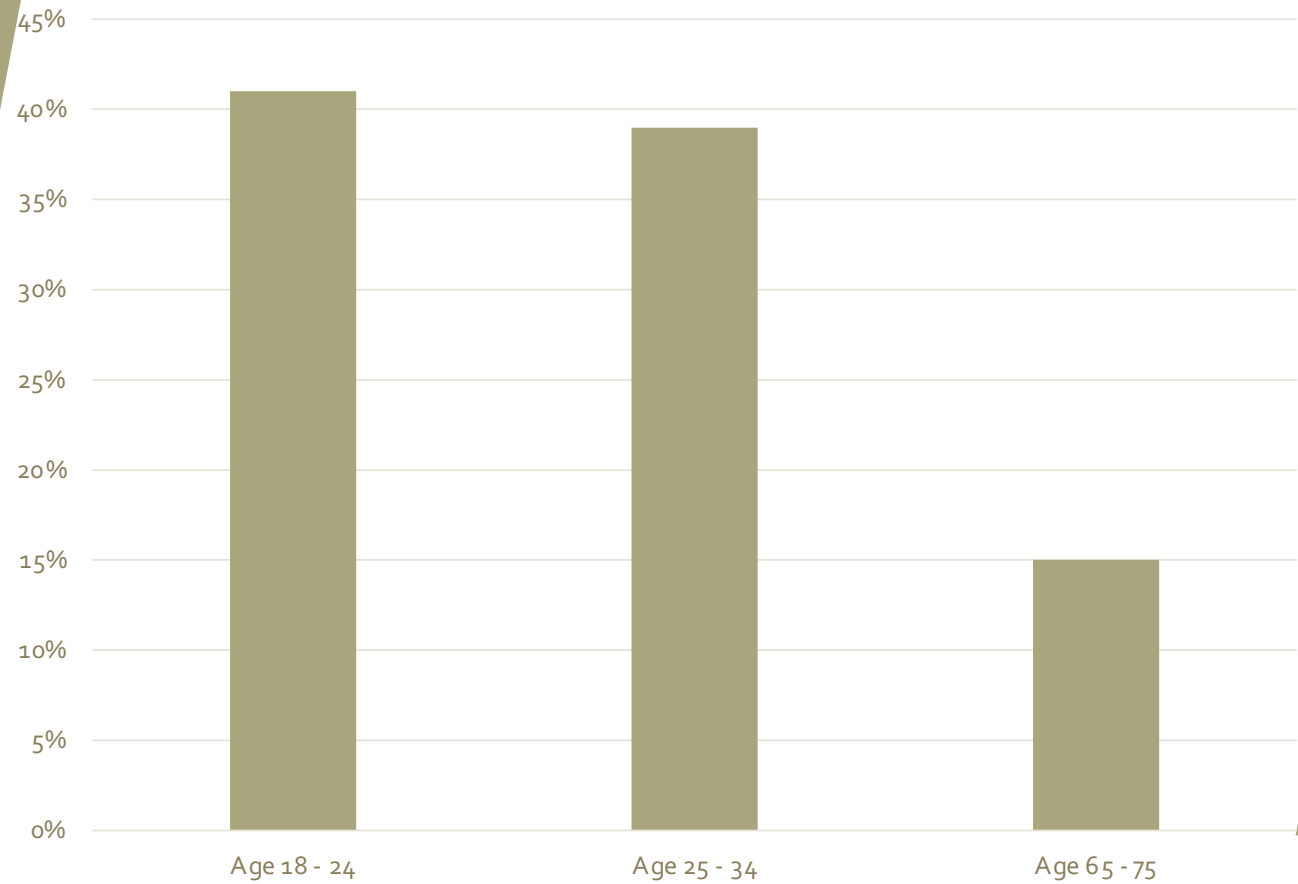
In 2020, mental disorders and behavioral disorders were the leading cause of inpatient hospital treatment among young people aged 15 to 24.





Impact on the population

Mental disorders of the German population in 2024



cf. AXA Mental Health Report (2024)



Impact on the healthcare system

Inpatient care

- ❖ 57,011 psychiatric beds in 403 hospitals (2022)
- ❖ 746,000 inpatient cases in 2022
- ❖ Average stay: 24 days
- ❖ 16,957 day & night clinic places in 388 facilities
- ❖ Most common diagnoses: psychoactive substance use (32%), affective disorders (27%)



Impact on the healthcare system

Outpatient care

- ❖ 2.3 million insured patients treated each quarter
- ❖ 3,438 specialized psychiatrists and neurologists in outpatient practices
- ❖ 500 Psychiatric Outpatient Clinics ~2 million annual cases
- ❖ 1.76 million insured patients treated by outpatient psychotherapists each quarter
- ❖ Most common diagnoses: neurotic, stress-related, and somatoform disorders (82%), affective disorders (70%)



Impact on the healthcare system

Health economics

- ❖ €56.4 billion direct costs of mental illnesses in 2022
- ❖ Significant increase from €42.7 billion in 2015
- ❖ 14.6% of all sick leave days in 2022 caused by mental illnesses
- ❖ 42% of early retirements in 2023 due to mental illnesses
- ❖ €147 billion total annual costs (direct, indirect, social costs)



Current strategies

1.

Mental health awareness

- ❖ Raising awareness and educating the public about mental illnesses and mental health is a key step in increasing awareness in the population.
- ❖ Various measures can help promote open dialogue and support for this topic:
 - Public campaigns
 - Initiatives in schools and universities
 - Counseling centers
 - Outpatient therapy, inpatient therapy, and group therapy
 - Prevention programs

cf. National Alliance on Mental Illness (2025)



Current strategies

2.

Mental health surveillance

- ❖ One key strategy for monitoring mental health is the Mental Health Surveillance (MHS) at the Robert Koch Institute
 - ❖ The importance of tracking specific diseases has grown, especially due to the COVID pandemic
 - ❖ However, as early as 2018, the Federal Ministry of Health tasked the Robert Koch Institute with developing an MHS for Germany.
 - ❖ Currently, three MHS strategies are combined:
 - ❖ Regular surveys conducted every few years
 - ❖ High-frequency monitoring on a monthly or quarterly basis
 - ❖ Continuous literature reviews every month, depending on the information needs
- cf. Julia Thom et al. (2022), p. 380



Current strategies

3.

Mental health alliance

- ❖ The Mental Health Alliance was newly established with the goal of strengthening mental health support for children, adolescents, and adults.
- ❖ It calls on the next federal government to invest in prevention, early intervention, care, and resilience building.
- ❖ These actions are not only essential for society but also make economic sense by helping to address the shortage of skilled workers and ensuring everyone can participate fully in society.
- ❖ Therefore, the Mental Health Alliance urges the development of a national strategy to promote mental health across all age groups.



Conclusion

- ❖ Mental health conditions have a significant impact on Germany's population and healthcare system
- ❖ All age groups are affected, although rates vary
- ❖ Particularly high prevalence in adolescents and young adults
- ❖ Many don't seek treatment, suggesting an even higher actual prevalence
- ❖ Strategies to monitor, diagnose, and treat mental health conditions are essential



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