



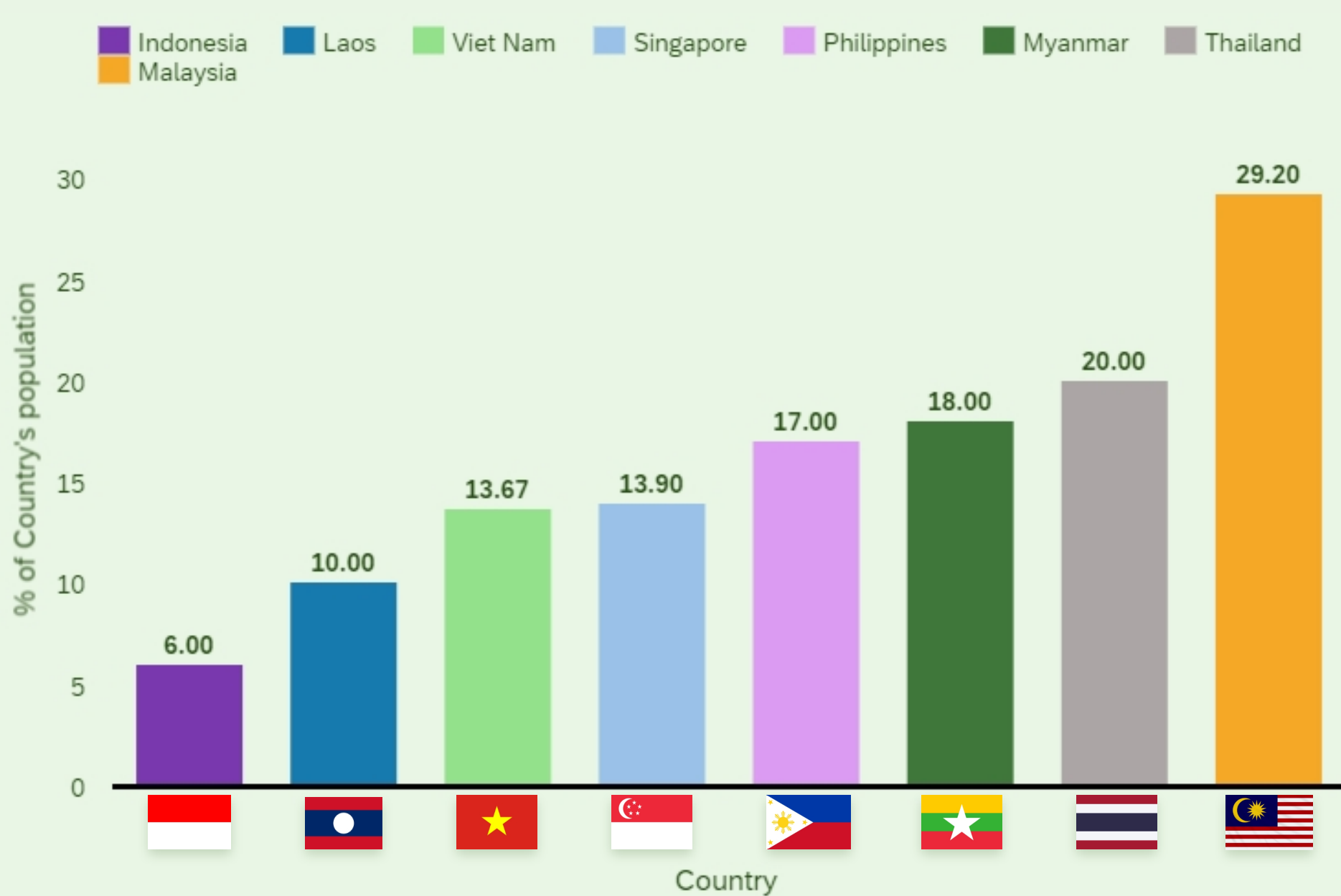
Make Mental Health one of the Top Priorities

Based in ASEAN Countries

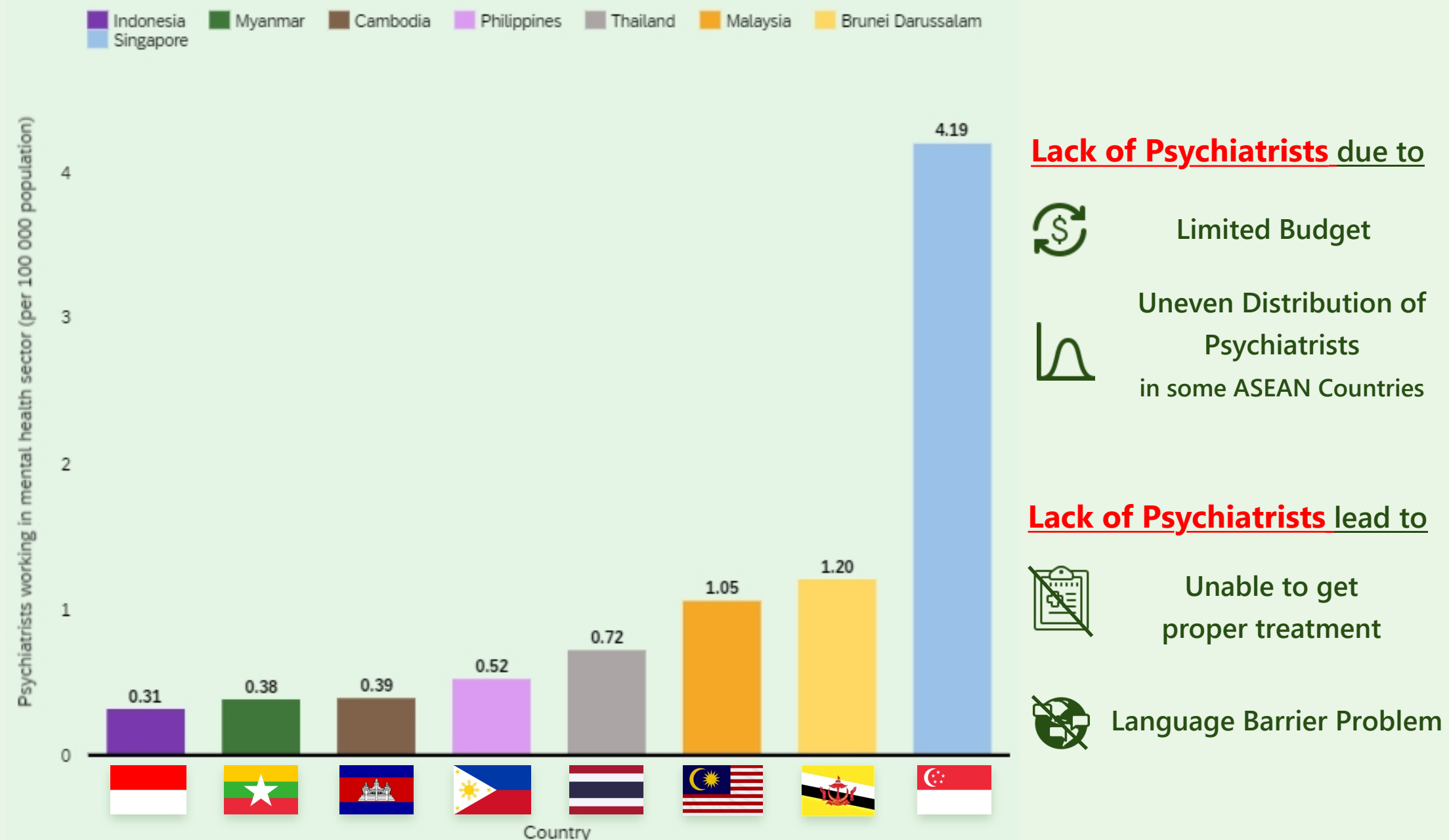
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Prevalence of Mental Illness among the country's population



Total Number of Psychiatrists Working in Mental Health Sector



The Most Common Mental Illnesses in ASEAN

Bipolar Affective Disorder

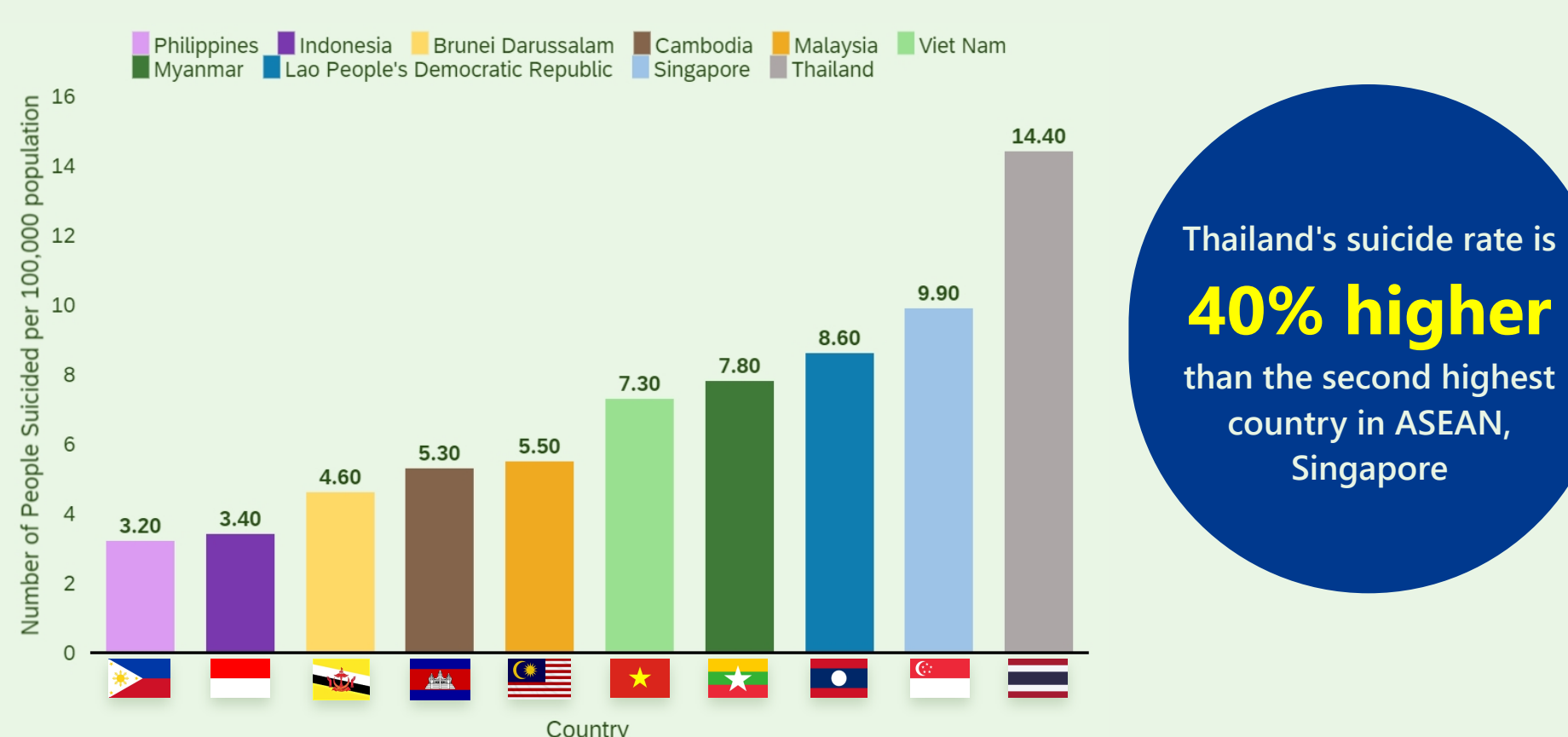
Depression

Borderline Personality Disorder

Reasons Why People with Mental Illnesses Avoid Seeking Help

- Social Stigma
- Fear of Being Labelled for their Feelings
- Conservative's Personality in the Society

Suicide Rate Across ASEAN Countries in 2016

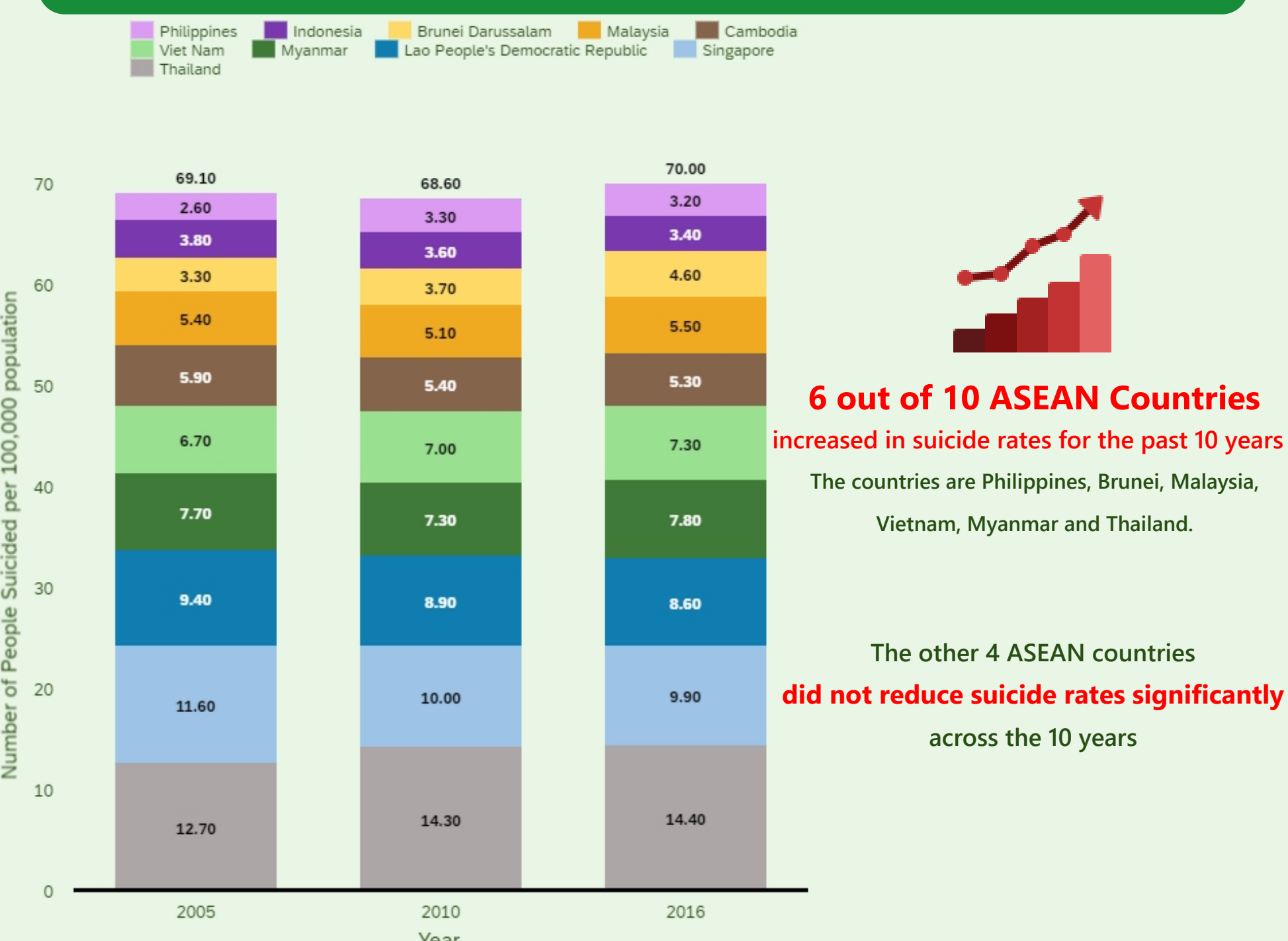


Government expenditures on mental hospitals as a percentage of total government expenditures on mental health (%) per Country



Government's Expenditures on Mental Health should **focus more than Improving Mental Hospitals.**
Despite having mental health facilities, people are afraid to seek help.

Total Suicide rate across ASEAN over the past years



Recommendation #1: Building Good Mental Health In Citizens From Young

Collaboration between MOE and Mental Health Specialists to include mental health as a compulsory subject in school. This will help students to understand more on what mental health is and how they can cope with it. By doing so, it will help to cultivate happiness and reduce mental health problems among the students. This will also help reduce the stigma surrounding mental health thus encouraging citizens to face their mental health problems without the fear of being labelled. They can also seek help at an earlier stage.

Recommendation #2: Design an App for People with Mental Health

People can share their problems and worries anonymously with the trained volunteers through live chat, support line or emails via this 24/7 platform. All messages and calls are secured with end-to-end encryption to ensure confidentiality so that no third party can read or listen the conversations. Besides, different languages will be provided based on the user's selected region so that there will not be language barriers. Other features are available in the app such as Forum, Tips and Quotes.

Recommendation #3: Giving Out Scholarships to Students in Psychiatry

Collaboration between the ASEAN and each country's Ministry of Education (MOE) in funding for this fully sponsored scholarship to study in psychiatry. Students with good results and interest in Psychiatry can apply for it. Upon graduation, they will return to their countries to work as local psychiatrists in the public sector based on the bond in the scholarship. This helps to raise the number of local psychiatrists in each ASEAN country and there will not be any language barrier between the psychiatrists and the patients as they are all locals.

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