Moving from words to actions:

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.⁴⁵

**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
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 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:

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.

References:


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Moving from words to actions:

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