

Mental Illness in the community

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5-10% of society have mental illness

MENTAL ILLNESS IN SINGAPORE

Mental condition	What it is	Lifetime prevalence (%)	Last 12 mths prevalence (%)
Major Depressive Disorder (MDD)	Depressed, profoundly sad, feels empty, worthless and hopeless.	6.3	2.5
Bipolar Disorder	Swings between periods of being high or irritable and low moods	1.2	0.6
Generalised Anxiety Disorder (GAD)	Worries excessively and irrationally, resulting in sleeplessness, restlessness and irritability	1.2	0.7
Obsessive Compulsive Disorder (OCD)	An anxiety disorder where the sufferer has unreasonable thoughts, feelings, ideas or fears that drive him to do something repeatedly	3.0	1.1
Alcohol Abuse	Drinking too much, causing problems in the sufferer's life although he is not completely dependent on alcohol	3.5	0.6
Alcohol Dependence	Continues to drink despite significant areas of dysfunction, evidence of physical dependence, and/or related hardship	0.5	0.3
Nicotine Dependence	Cannot stop smoking even though it is causing harm	4.5*	-

* This is the overall prevalence since a different methodology was used in this section.

So

People with mental illness





SINGAPORE — Three years after the opening of the two casinos in Singapore, the daily average of casino visits by Singapore citizens and Permanent Residents has fallen to about 17,000.

Fall in daily average of casino visits by Singaporeans, PRs

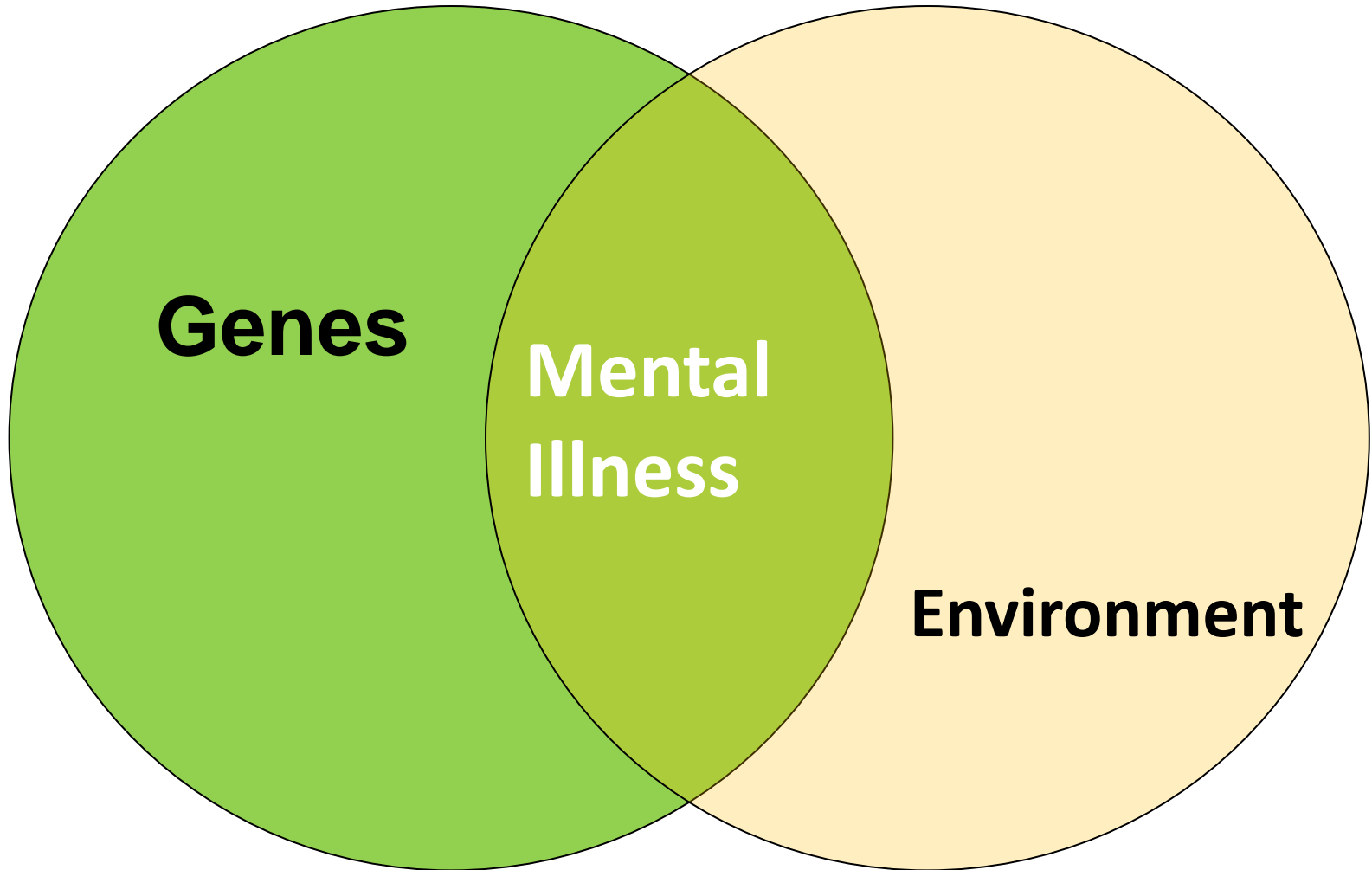
Previously, an average of 20,000 visits were recorded daily when they first opened in 2010.



Yet only less than 10% seek help

■ MENTAL ILLNESS	
Mental condition	% that do not seek help
Major Depressive Disorder (MDD)	59.6
Bipolar Disorder	73.1
Generalised Anxiety Disorder (GAD)	56.5
Obsessive Compulsive Disorder (OCD)	89.8
Alcohol Abuse	96.2
Alcohol Dependence	88.3
Nicotine Dependence	not established

Causation



Causation

Genes

- Genetic risk
 - ADHD/Autism 70%
 - Schizophrenia – 7%
 - Bipolar -3-5%
- Personality
 - 40% transmission

Causation

Environment

Family

- Abuse
- Poverty
- Divorce/ Disharmony

Society

- Work, School
- Lifestyle

Problems faced by people with mental illness

- Loneliness and lack of social support
- Low self esteem and confidence
- Fear of telling others, shame
- People would not understand
- Employment
- Breakdown of relationships
- NIMBY – not in my own backyard

What can we do about it?

■ Individual

- Understand mental illness
- Open to accepting people with illness
- Encourage people to receive treatment

■ Society and Community

- Accept them into jobs
- Accept them as part of community
- Promote mental wellness
- Accept services in your neighbourhood

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Patient Information

Patient-related information at a glance. Be familiarised with the overall experience at NAMS, from the point of registration to making payment. Find answers to a list of frequently asked questions here.

A photograph showing a healthcare professional in a white coat interacting with a patient in a clinical setting. In the foreground, a man with glasses is smiling while talking on a mobile phone. In the background, another staff member is on a phone.

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