

Open Your Class with This Tomorrow *Shrinks: The Untold Story of Psychiatry*

Which country has the most psychologists per capita in the world? Argentina, where therapy is viewed as important to health and psychoanalysis has become the therapy of choice. But what does mental health care look like around the world? Is it easily accessible? Is it viewed as a burden? Should there be a global response?

Activity: Therapy Around the World

Have your students explore cultural differences in therapy. Rather than looking at the past, what are the current and future trends for psychiatry? Some resources to kick off the discussion are listed below.

What does mental health care look like abroad? This is how 9 countries treat mental illness.

<https://www.bustle.com/p/what-does-mental-health-care-look-like-abroad-this-is-how-9-countries-treat-mental-illness-2885010>

The World Health Organization publishes country profiles for mental health resources for over 150 countries. Explore a country's mental health governance, resources, availability and uptake, and promotion and prevention. How many psychiatrists are available per 100,000 population?

https://www.who.int/mental_health/en/

Other Resources

Argentina and Mental Health

<https://qz.com/734450/almost-everyone-in-buenos-aires-is-in-therapy/>

<http://www.cnn.com/2013/04/28/health/argentina-psychology-therapists/index.html>

<https://www.npr.org/templates/story/story.php?storyId=887706>

World Bank Group

The World Bank Group, part of the UN, has 189 member states. The organization offers mental health statistics from around the world.

<https://www.worldbank.org/en/topic/mental-health>

<http://www.worldbank.org/en/events/2016/03/09/out-of-the-shadows-making-mental-health-a-global-priority>

<http://www.worldbank.org/en/news/video/2016/04/18/making-mental-health-a-global-development-priority>

World Health Organization

World Mental Health Day is observed on October 10.

https://www.who.int/mental_health/world-mental-health-day/en/

Books for Psychology Class

<http://booksforpsychologyclass.weebly.com/>

Heads Together

This is a mental health campaign led by the Royal Foundation of The Duke and Duchess of Cambridge and The Duke and Duchess of Sussex. The goal is to reduce stigma and raise funds for mental health services. Specific programs have been started for mental health in the workplace, school, and military.

<https://www.headstogether.org.uk/>

Our World in Data

This is a non-profit website, based on researchers from University of Oxford and Global Change Data Lab. What does mental health look like around the world?

<https://ourworldindata.org/mental-health>

Lancet Commission on Global Mental Health Report

<https://www.npr.org/sections/goatsandsoda/2018/10/15/656669752/report-world-support-for-mental-health-care-is-pitifully-small>