

THE GLOBAL DISCOURSE ON MENTAL HEALTH

World Mental Health Day 2023

Ipsos in South Africa

10 October, 2023

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GAME CHANGERS



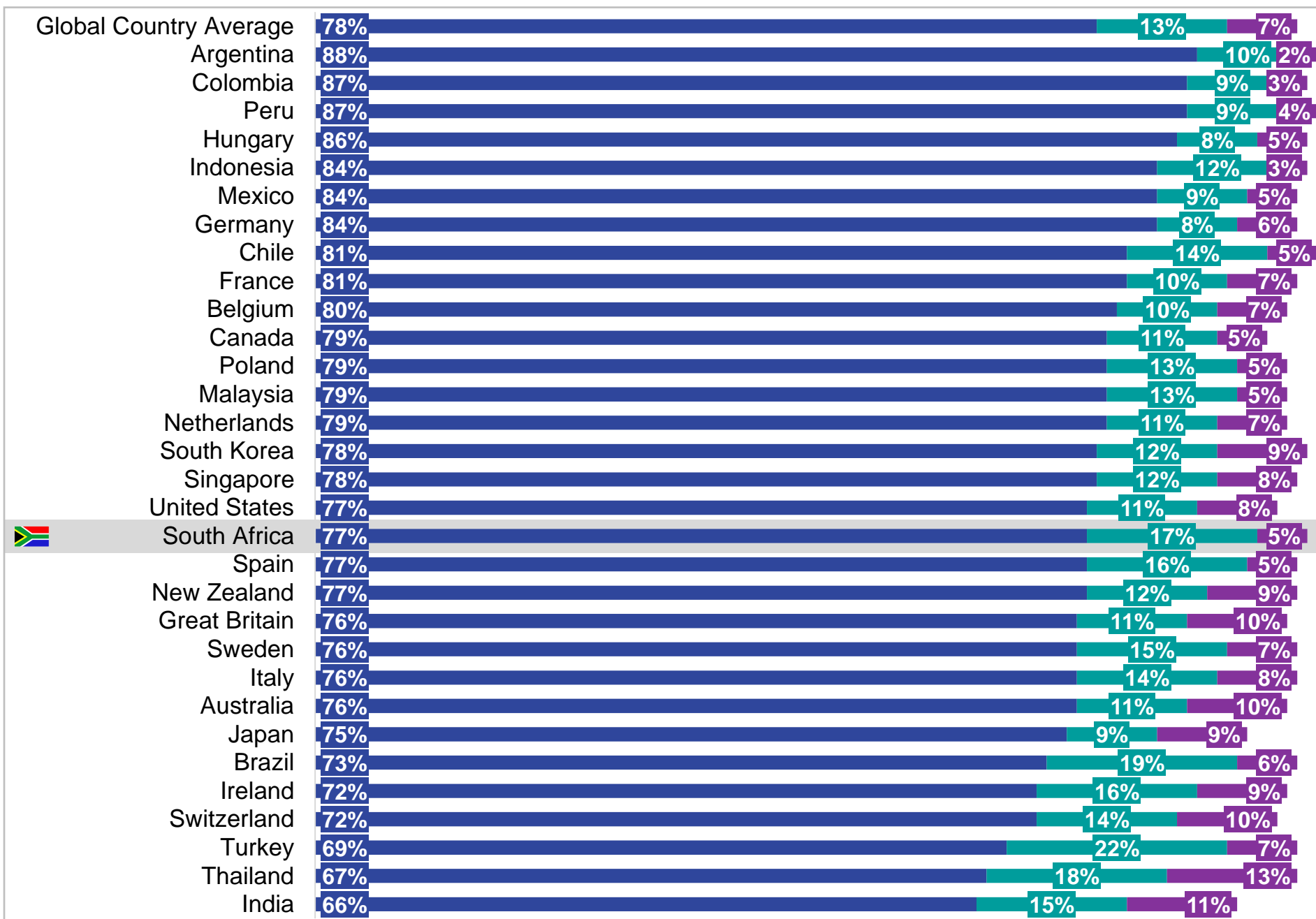
PERCEIVED HEALTH CHALLENGES IN THE COUNTRY

Q

Thinking generally, which of the following, if any, do you see as the biggest health problems facing people in your country today?

KEY LEGEND

- THEY ARE EQUALLY IMPORTANT
- MENTAL HEALTH IS MORE IMPORTANT
- PHYSICAL HEALTH IS MORE IMPORTANT



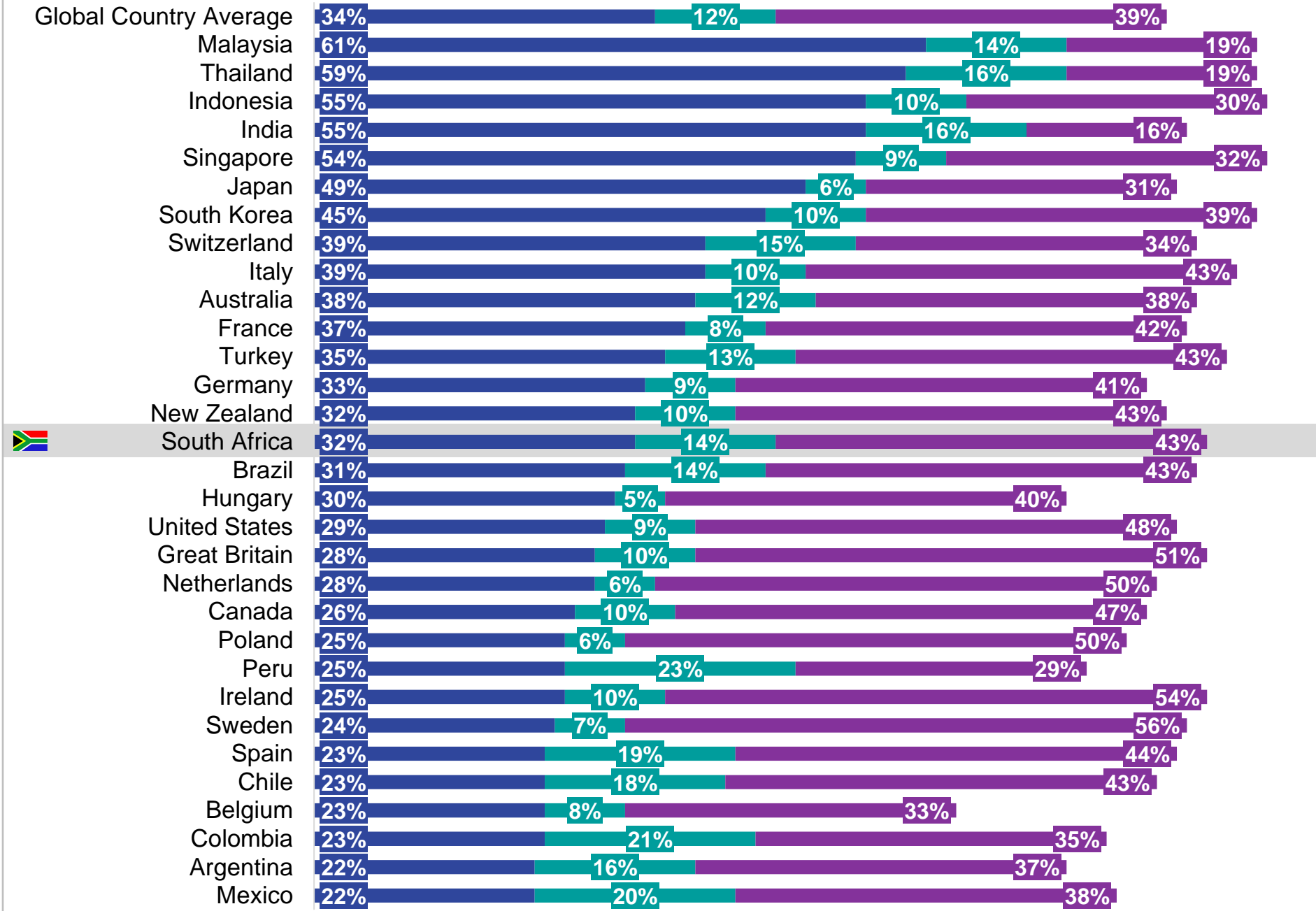
PERCEPTIONS OF HEALTH TREATMENT IN HEALTHCARE SYSTEMS

Q

Which of the following best describes how you think the importance of mental health and physical health are treated in ... current healthcare system?

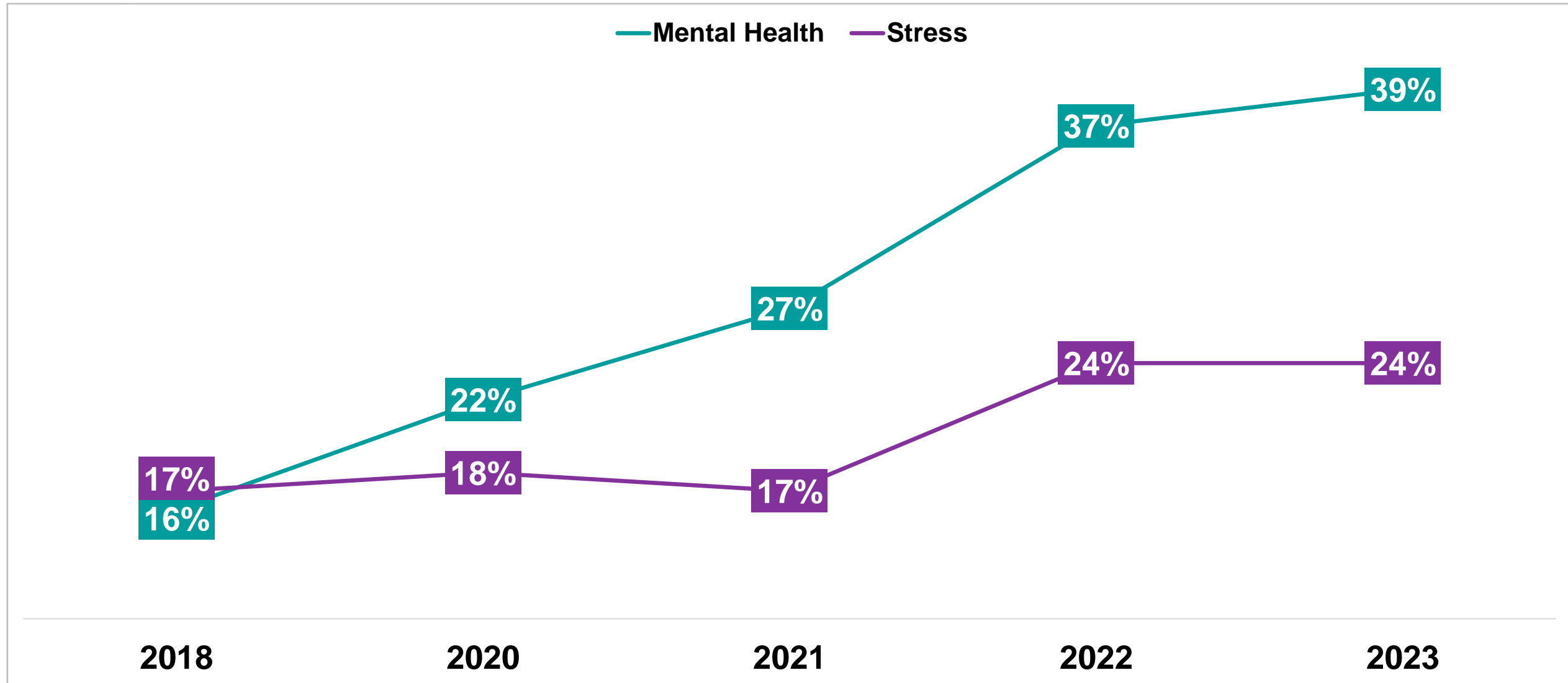
KEY LEGEND

- THEY ARE TREATED AS EQUALLY IMPORTANT
- MENTAL HEALTH IS TREATED AS MORE IMPORTANT
- PHYSICAL HEALTH IS TREATED AS MORE IMPORTANT



SOUTH AFRICANS' ESCALATING CONCERNS

Q Thinking generally, which of the following, if any, do you see as the biggest health problems facing people in your country today?

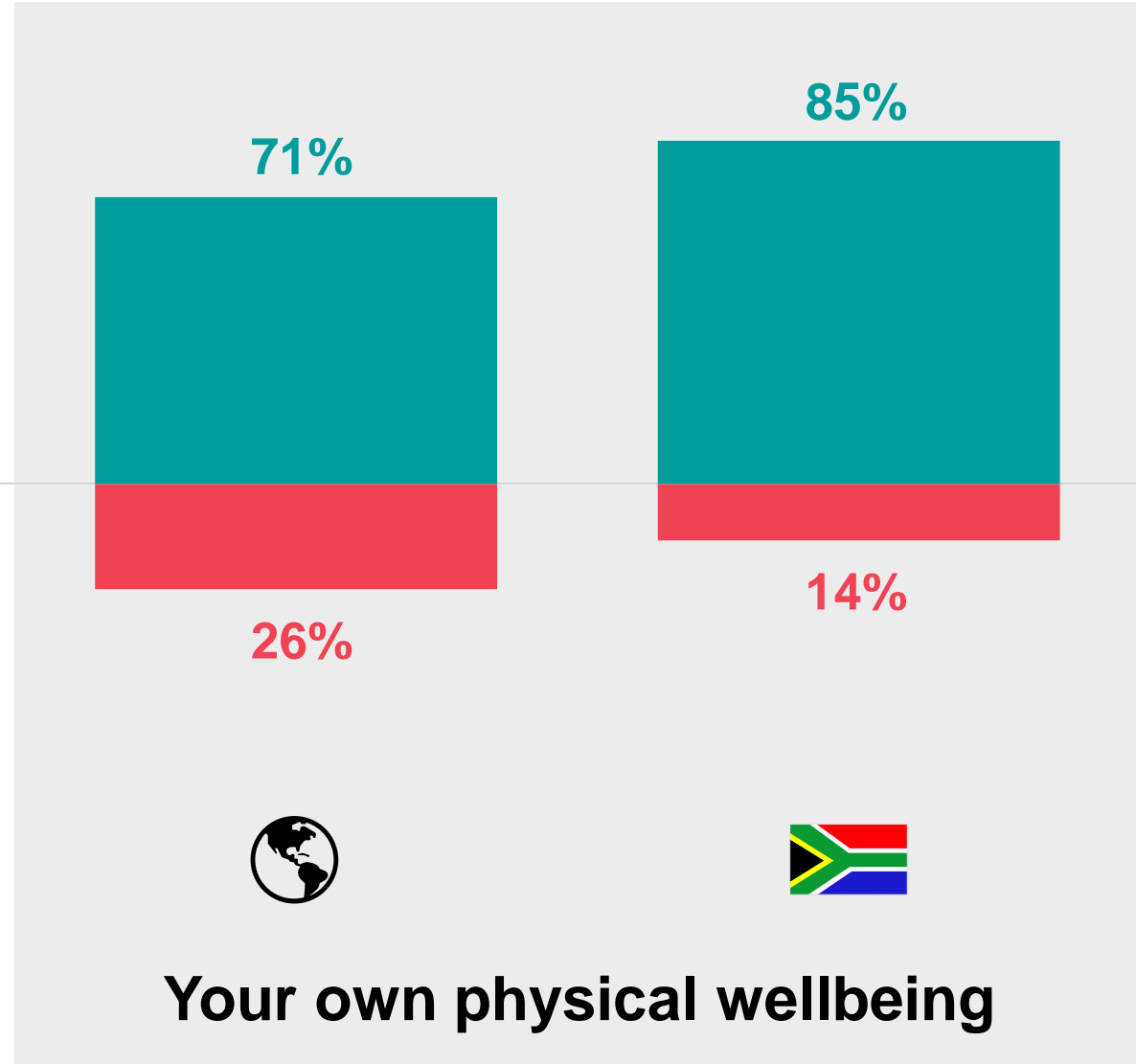
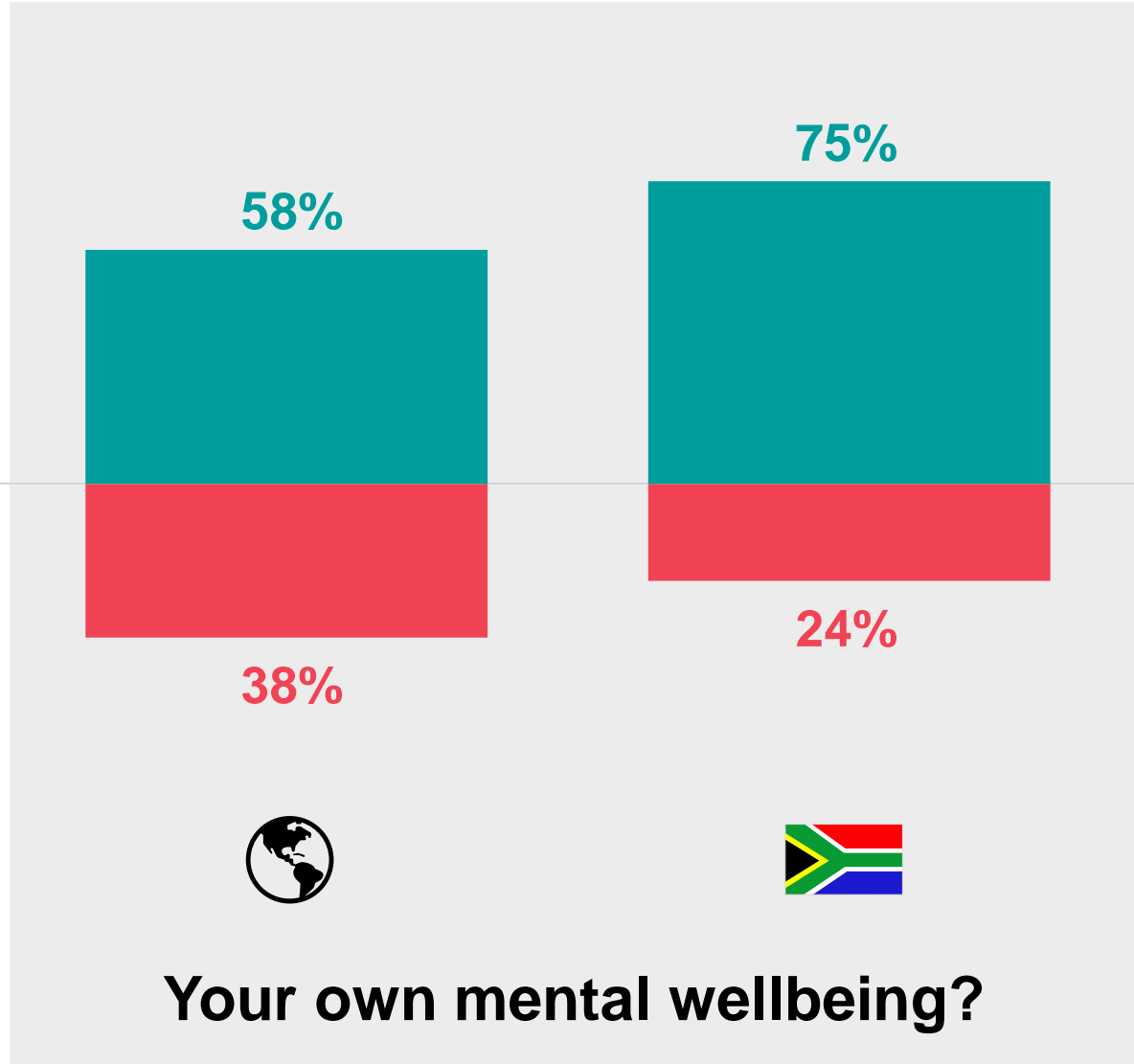


CONSIDERATION OF MENTAL AND PHYSICAL WELL-BEING

Q

How often, if at all, would you say you think about the following things:

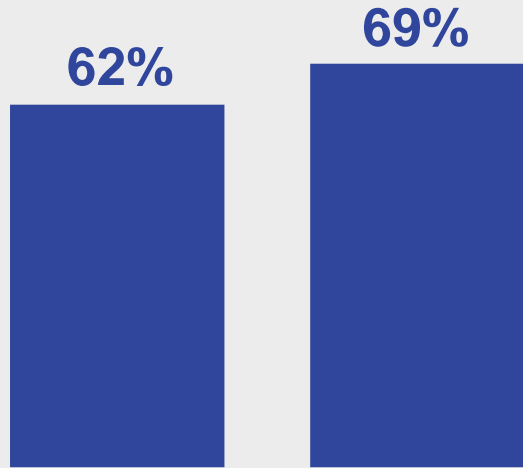
OFTEN
NOT VERY MUCH / NEVER



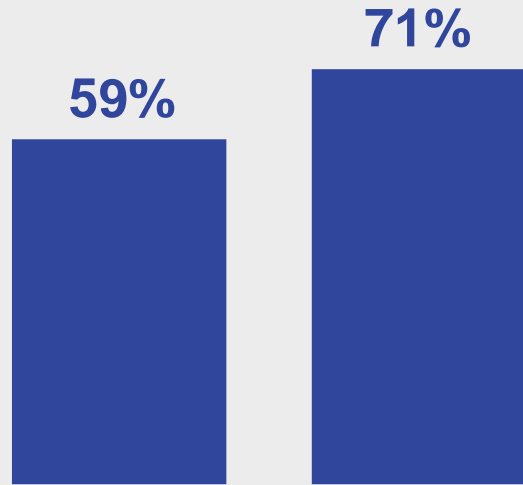
REFLECTIONS ON STRESS AND DEPRESSION

Q

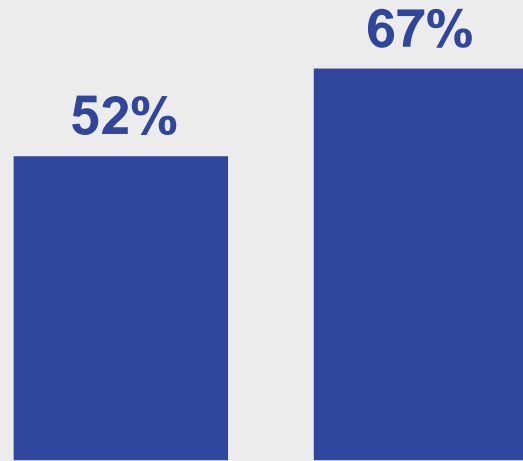
How often, if at all, would you say you think about the following things:



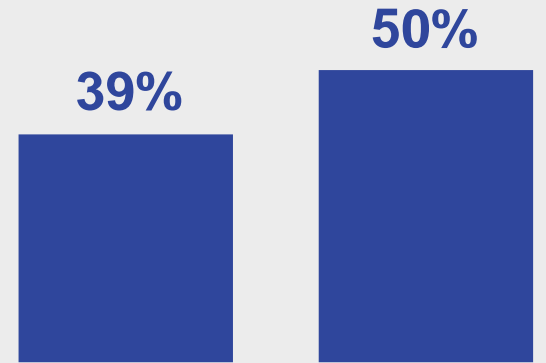
Felt stressed to the point where it had an impact on how you live your daily life



Felt stressed to the point where you felt like you could not cope/deal with things



Felt depressed to the point that you felt sad or hopeless almost every day for a couple of weeks or more



Felt stressed to the point you could not go to work for a period of time

THANK YOU

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GAME CHANGERS

