Mental health in Europe

≈1 in 6



Around one in six people lives with a mental health condition.

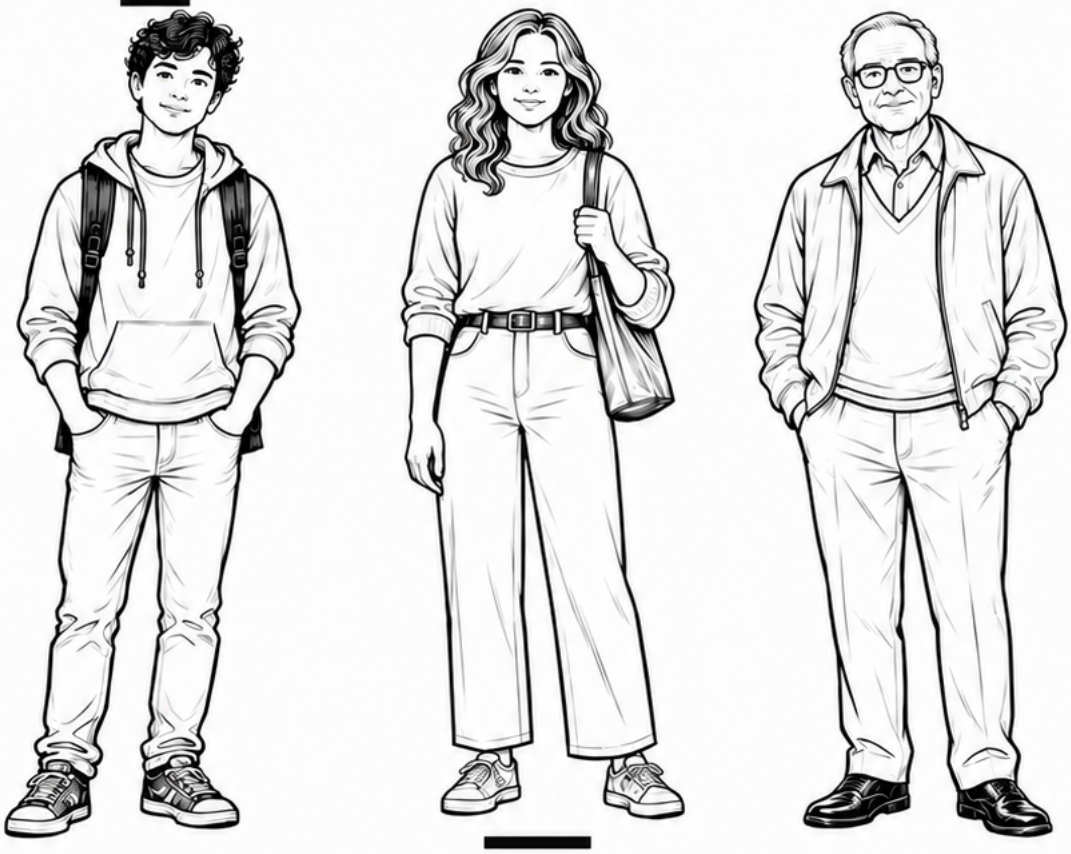
WHO European Region. People of all ages.

The marking is illustrative: mental health cannot be judged by appearance.

Source: WHO, Mental health, 8 January 2026.

Mental health: access to treatment

Up to 1 in 3



Among people living with mental health conditions, up to one-third do not receive the treatment they need.

WHO European Region. Not a proportion of the entire population.

The marking is illustrative: you cannot tell by appearance who is not receiving treatment.

Source: WHO, Mental health, 8 January 2026.

Mental health of children and adolescents

≈1 in 7



Around one in seven children or adolescents lives with a mental health condition.

WHO European Region. Ages 0–19.

The marking is illustrative: mental health cannot be judged by appearance.

Source: WHO, Child and youth mental health, 2025.