



# Mental health in Switzerland: Development, Promotion, Prevention & Care

## National Health Report 2025

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## Objectives of health reporting (Starke, 2019)

- Describe the population's health
- Identify areas requiring action
- Provide a "rational" basis for decision-making

**Report available** at

[www.gesundheitsbericht2025.ch](http://www.gesundheitsbericht2025.ch)

[www.rapportsante2025.ch](http://www.rapportsante2025.ch)

[www.rapportosalute2025.ch](http://www.rapportosalute2025.ch)

**Data  
Studies**  
(Inter)national

**Discussion**

**Recommendations  
for action**

## Total: 39 recommendations

1. Understanding mental health as a task for society as a whole (4)
2. Strengthen evidence-based practice through targeted data collection and the promotion of scientific studies (8)
3. Implement and evaluate prevention and health promotion measures (14)
4. Promote mental health in the workplace and ensure labor market integration (5)
5. Ensure needs-based, accessible, and high-quality care (8)



# 12 thematic chapters



## Mental health – Everyone can play an active role (1.1)

Mental health is an essential **part of everyday life** – in the family, at school, at work, among friends, and in many other areas. Accordingly, **every individual** and every member of society can **provide** social **support** and thus contribute to strengthening mental health. To do so, it remains essential to raise awareness of mental health, make support services and accessible training opportunities more visible, and promote a response to mental distress that is both informed and compassionate.

**Target audience:** Families and friends, neighborhoods, associations, actors in education and training, service providers in the health, education, and social sectors, the media, representatives of politics and administration (see also target audience for further recommendations).





- Total population in 2022:
  - > **90%** high quality of life
  - > **70%** feel happy (FSO – SGB/SILC 2022)
- **Work context:** 81% with the recognition they desire (Krieger, 2023)
- Mental **illness is widespread**. Over the course of their lives,
  - ≈ 20–40% with depression
  - ≈ 25% with anxiety disorder
  - ≈ 16% with substance-related disorder (Angst, 2005; Glaus, 2014; Preisig, 2020)



- **Caregiving relatives of people with mental illness:**  $\approx 60\%$  have actively supported relatives/people from their social circle (Sotomo, 2024)
- **Healthcare costs** for mental illness in 2022: CHF 9.5 billion, or 10% of total healthcare expenditure (Stucki et al., 2025)
- Mental health is considered as **relevant**, but **skills** are often lacking (e.g., active care, seeking professional help) (Richner et al., 2021; Ulshöfer et al., 2023)





**Strengthen vulnerable population groups with targeted measures (3.1)**

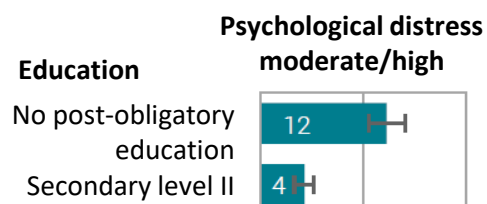
**Continue the approach of early detection and early intervention for burdened and at-risk children and adolescents (3.3)**

**Expand violence prevention across all age groups (3.6)**

# Mental health is unevenly distributed.

Risk differences for psychological problems, by social characteristics

G5.1

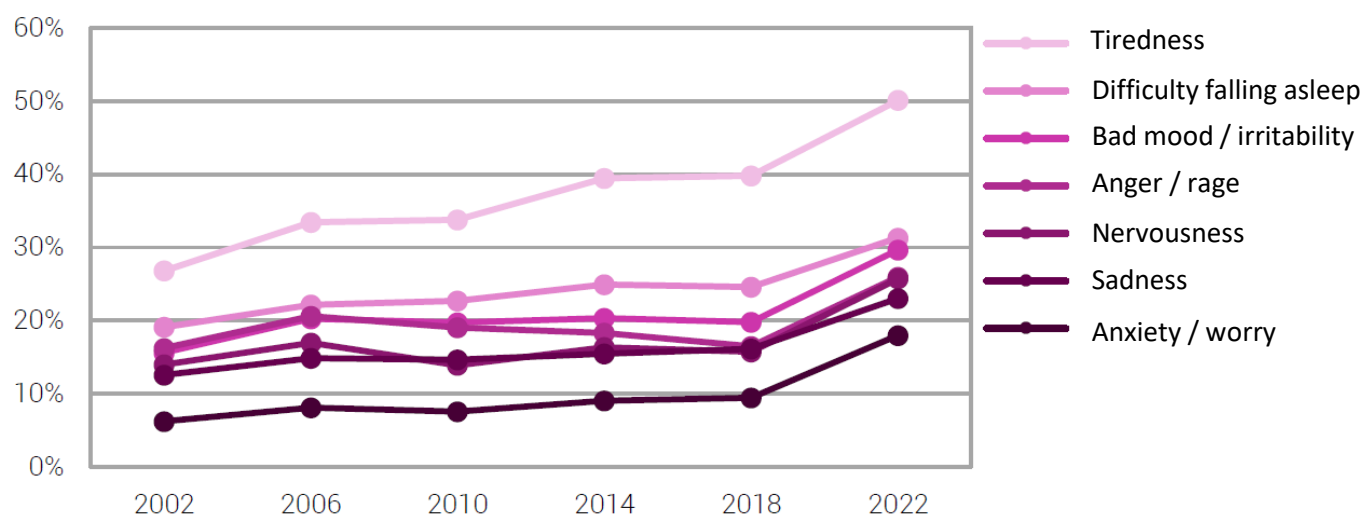


## Negative trend among younger people

### Psycho-affective symptoms among pupils (11-15 yrs)

G2.2

Percentage of population



Share of children and adolescents (in percent) with complaints occurring several times a week or daily during the past six months.

Quelle: Sucht Schweiz – HBSC

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- **Out-of-home placements of children/adolescents**

Affected by domestic violence, physical abuse, or sexual abuse.  
Three-quarters suffer from mental illness (Dölitzsch et al., 2014).

- **Violence**

- Parents: 38% occasionally use physical violence, 6% regularly  
(University of Fribourg, 2023).
- Cyberbullying: 11% of adolescents (Cosma et al., 2024).





**Further develop suicide prevention efforts (3.7)**

**Conduct evaluations and impact assessments of interventions (3.11)**

**Make knowledge more visible (3.13)**

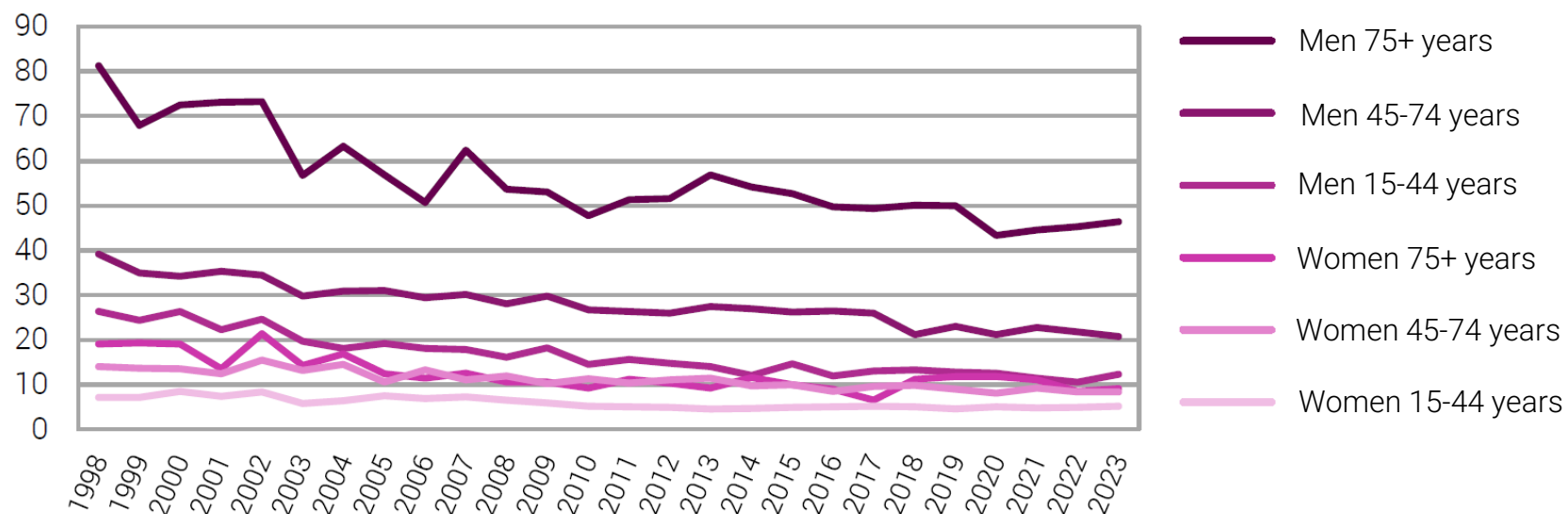
## Suicide rate (non-assisted) declines.

Measures have contributed to the reduction (Stulz et al., 2022).

### Suicide (non-assisted)

G1.6

Number of cases per 100'000 inhabitants



Quelle: BFS – CoD

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## Health promotion and prevention

- Broad support, many stakeholders
- All cantons active (cantonal action programs)
- **No overview** of all activities (data missing)
- **Evaluated projects** show positive effects (e.g., increased knowledge)
- **Evidence of effectiveness** often **lacking** (resource-intensive, expensive)

**Ensure low-threshold access and quality of care "in a broad sense" (5.1)**

**Actively address the shortage of skilled professionals (5.2)**

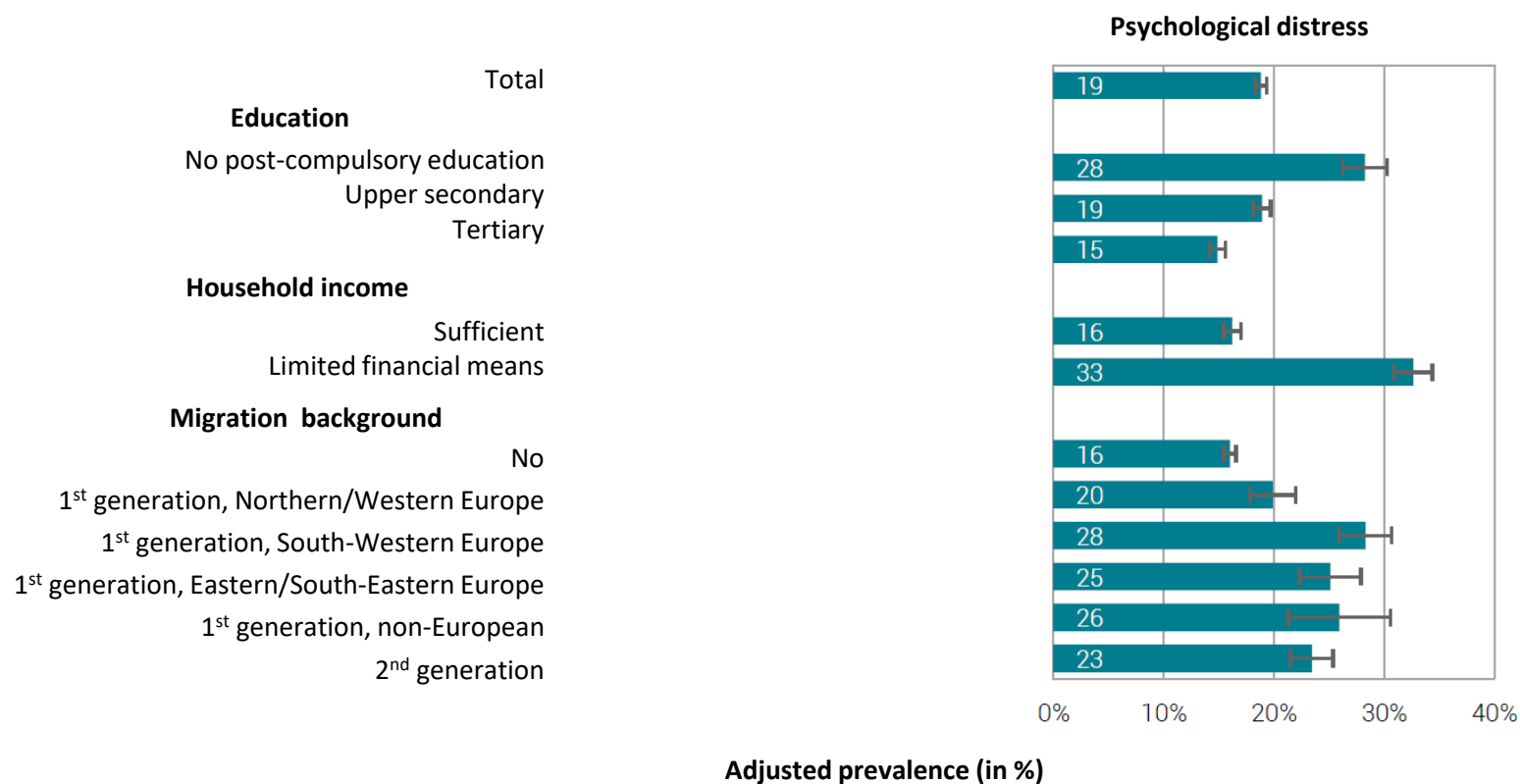
**Use digital media as an opportunity for psychiatric and psychotherapeutic care, clarify the framework conditions (5.8)**



## Higher distress, but not undergoing treatment (FSO – SHS 2022/2017).

**Psychological distress: treatment vs. prevalence, by social characteristics**

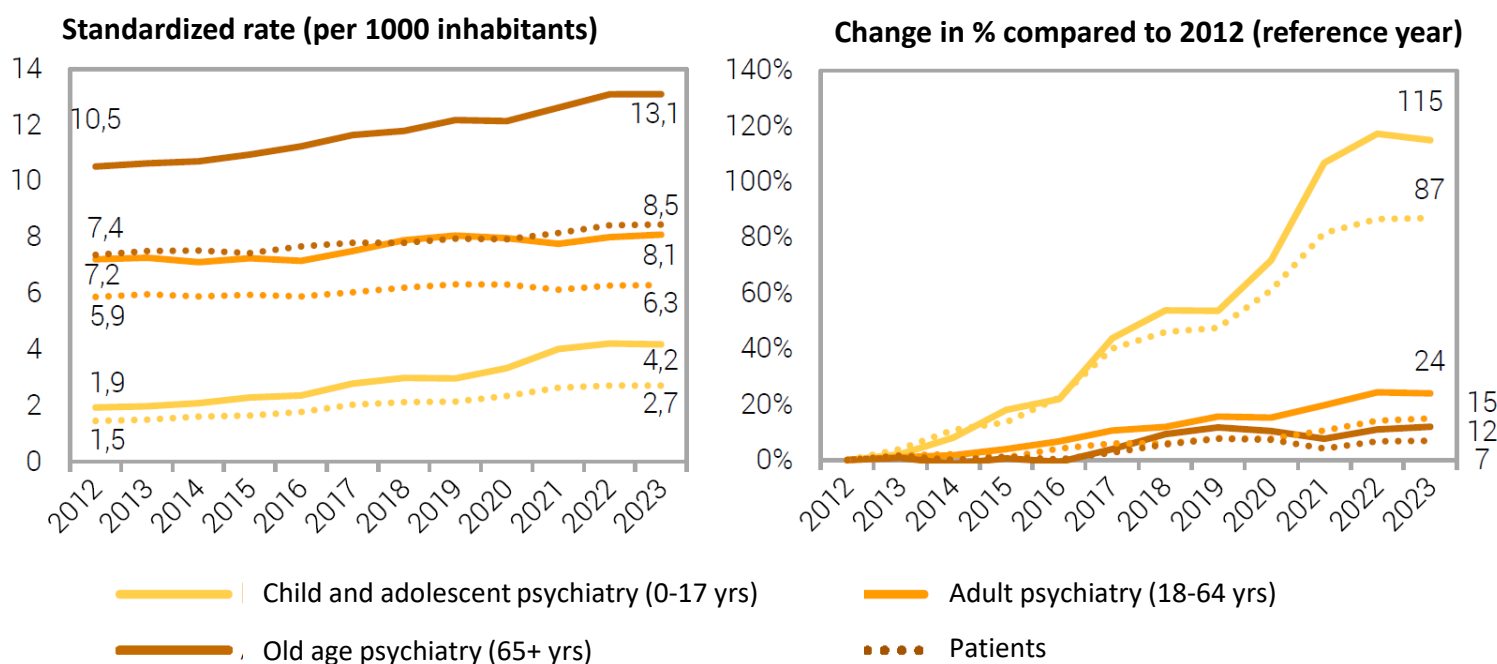
G5.2



**Use of psychiatric and psychotherapeutic services has increased**—both inpatient and outpatient.

### Psychiatric hospitalization, 2012-2023

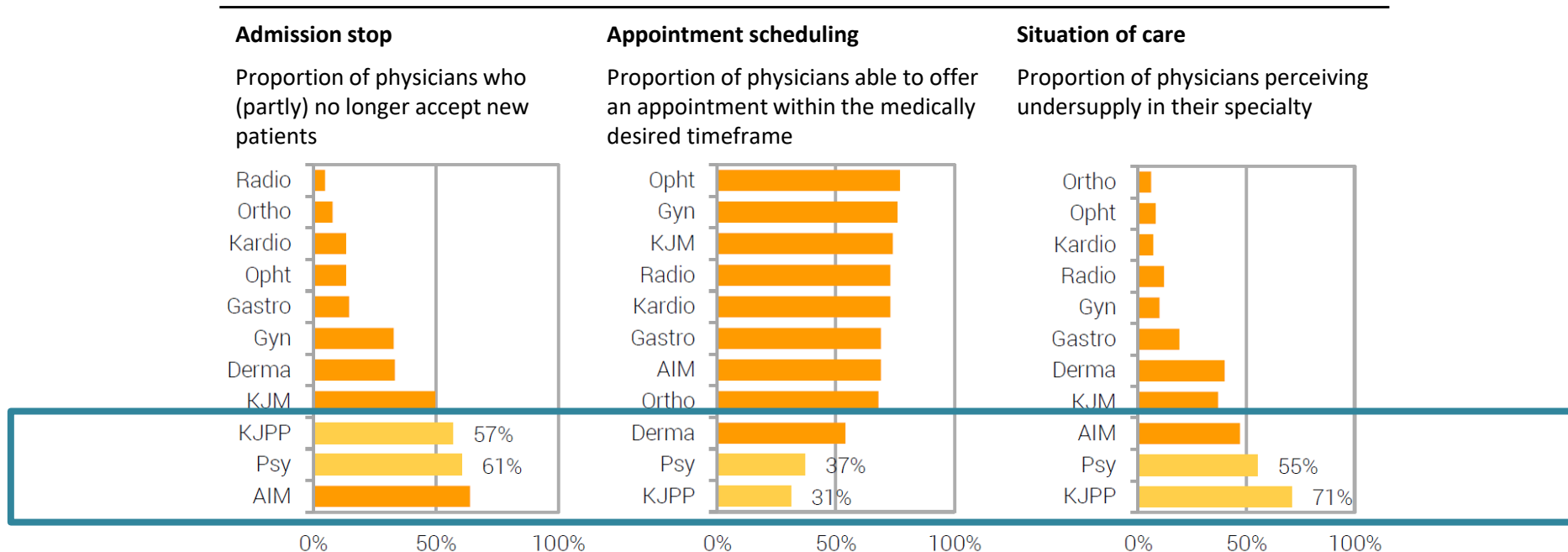
G11.2



## Staff shortages reported by the medical profession, many psychiatrists to retire by 2032 (Burla, 2022; Kaiser, 2024).

### Perceived situation of care in outpatient psychiatry, 2024

G11.16



- App- and internet-based cognitive behavioral therapy programs are effective (Etzelmueller et al., 2020; Hedman et al., 2012).
- This is particularly true for depression and generalized anxiety disorders (Sztein et al., 2018; Eilert et al., 2021).





**Anchoring mental health as a cross-cutting issue in policy (1.2)**

**Strategically embed the "mental health in all policies" approach (1.3)**

**Targeted promotion of physical activity and a healthy environment (3.8)**

**Health promotion and prevention:** implemented in a wide range of settings (education, health, social services, etc.)

## Natural and built environment

- **Stressors:** poor housing quality, rising temperatures, chemicals, or noise (e.g., Hegewald et al., 2020; Dzhambov et al., 2019; James et al., 2023)
- **Positive:** access to green spaces and exercise
- **Increasing threat:** climate change (e.g., flooding, heat, landslides).
- **Therefore:** Urban planning, housing, and climate policies are also relevant.



**Regularly assess mental health status, including indicators of positive mental health (2.1)**

**Identify data gaps and investigate them in a targeted manner (2.3)**

- **No regular monitoring** of mental health.
- **Data gaps:** children under 10 years of age, family environment, experiences of violence, mental health literacy, overview of measures and effectiveness in the field of health promotion and prevention...





Therefore

# Understand mental health as a shared societal responsibility





Schweizerisches Gesundheitsobservatorium  
Observatoire suisse de la santé  
Osservatorio svizzero della salute  
Swiss Health Observatory

# Grazie mille!