

# CAMBODIA

## MENTAL HEALTH FACTS

The purpose of this document is to share a brief snapshot of the landscape of mental wellbeing / mental health in **Cambodia** with comparisons to regional and international standards. This document was produced by Firetree Philanthropy Foundation, a Singapore-based philanthropic foundation that partners with non-profit organisations working in Cambodia. We undertook some online research on mental health to build our own knowledge.

This document is an opportunity to share what we learned. Please note that we are neither research or mental health experts and are simply making available what we came across in the spirit of sharing information on mental health data and needs in order to, hopefully, save time for others who may be interested to learn more on this topic. We recognise that this data is generalised and that figures for marginalised and/or higher risk groups may be different. We welcome your feedback and any suggestions on how to make this document better. If you come across any materials or information that you think would be good to include, please do share. You can reach out to us at [resources@firetree.org](mailto:resources@firetree.org).

## MENTAL HEALTH CONDITIONS

- **'Globally, one in seven 10-19-year-olds experiences a mental disorder, accounting for 15% of the global burden of disease in this age group.'**

SOURCE: WHO, 2024. Mental Health of Adolescents - Key Facts - <https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health> (accessed 19.10.24)

- **'In the South-East Asia Region, about 13.2% of the population, meaning 1 in 7 (approximately 260 million people), live with a mental health condition.'**

SOURCE: WHO, 2023. Mental health action plan for the WHO South-East Asia Region 2023–2030 <https://www.who.int/publications/i/item/9789290210689> (page 1 accessed 19.10.24) & WHO, 2022 World mental health report: transforming mental health for all. <https://www.who.int/publications/i/item/9789240049338> (page 45. Accessed 19.10.24)

## SUICIDE

- **'Globally, more than to 720,000 people die from suicide each year.'**

SOURCE: WHO, 2024. Suicide Factsheet <https://www.who.int/news-room/fact-sheets/detail/suicide> (accessed 19.10.24)

- **Suicide rate (per 100,000)**

- **Global:** 9.2 (2019) Female 5.7 Male 12.6
- **South East Asia Region:** Not Available
- **Cambodia:** 4.8 (2019) –0.08 improving since 2018 Female 2.8 Male 7

SOURCE: WHO, 2019. Data Set as per WHO data sets by country <https://data.who.int/countries/> (accessed 19.10.24)

## SUICIDE

- 'Suicide occurs throughout the lifespan and was the third leading cause of death among 15–29-year-olds **globally** in 2021'

**The majority of deaths [globally] by suicide (73%) occur in low- and middle-income countries in 2021.**

SOURCE: WHO, 2024. Suicide Factsheet <https://www.who.int/news-room/fact-sheets/detail/suicide> (accessed 19.10.24)

- "In Cambodia, in 2022, at least 873 people died by suicide, [3] most of whom were between the ages of 15–19."

SOURCE: Asia News Network, 2023. 873 suicides this year so far: Cambodia National Police - Asia News Network (accessed 13.10.24)

**Unfortunately we found the information available in relation to mental health / mental wellbeing of people in Cambodia is very old or very limited. What we found that is available and relevant to the topic is presented in this document.**

## ANXIETY

### Prevalence of Anxiety

- **Global:** 4.4%
- **South East Asia Region:** 3.7%
- **Cambodia:** 4.7%

SOURCE: IHME, Global Burden of Disease (2024) – with major processing by Our World in Data.  
<https://ourworldindata.org/mental-health> (accessed 19.10.24)

## DEPRESSION

### Prevalence of depressive disorder

- **Global:** 4%
- **South East Asia Region:** 4.1%
- **Cambodia:** 3.4%

SOURCE: IHME, Global Burden of Disease (2024) – with major processing by Our World in Data.  
<https://ourworldindata.org/mental-health> (accessed 19.10.24)

**[Globally] Girls and women are more likely to experience an anxiety disorder than boys and men.'**

SOURCE: WHO, 2023. Anxiety Disorder Fact Sheet <https://www.who.int/news-room/fact-sheets/detail/anxiety-disorders> (accessed 19.10.24)

### ACCESS TO MENTAL HEALTH SERVICES

#### Mental health workers per 100,000

- **Global:** 13%
- **South East Asia Region:** 2.8%
- **Cambodia:** 1.34%

#### Nurses working in mental health per 100,000

- **Global:** 3.8%
- **South East Asia Region:** 0.9%
- **Cambodia:** 0.20%

#### Psychiatrists\* per 100,000

- **Global:** 1.7%
- **South East Asia Region:** 0.4%
- **Cambodia:** 0.27%

#### Psychologists\*\* per 100,000

- **Global:** 1.4%
- **South East Asia Region:** 0.3%
- **Cambodia:** 0.73%

#### NOTES:

\*Psychiatrist: A medical doctor who has had at least two years of postgraduate training in psychiatry at a recognized teaching institution. This period may include training in any subspecialty of psychiatry.

\*\*Psychologist A professional who has completed formal training in psychology at a recognized, university-level school for a diploma or degree in psychology. The Mental Health Atlas asks for information only on psychologists working in mental health care.

As per WHO definition in the WHO Mental Health Atlas (page 124. Accessed 19.10.24)

SOURCE: WHO, 2020. WHO Mental Health Atlas 2020 & WHO Mental Health Atlas 2020 Country Profile: Cambodia <https://www.who.int/publications/i/item/9789240036703> (page 61, 64. Accessed 19.10.24) & <https://www.who.int/publications/m/item/mental-health-atlas-khm-2020-country-profile> (page 2. Accessed 19.10.24)