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Calcula-se que actualmente 450 milhões de pessoas sofram de perturbações mentais ou comportamentais ou, ainda, de problemas psicossociais como os que se relacionam com o abuso de álcool e de drogas. Muitas sofrem em silêncio. Muitas sofrem sozinhas. Muitas nunca receberam qualquer espécie de tratamento. Entre o sofrimento e a procura de cuidados, encontram-se as barreiras do estigma, do preconceito, da vergonha e da exclusão.

Ao dedicar o Relatório Mundial da Saúde 2001 à saúde mental, a OMS está a fazer uma declaração inequívoca e clara: a saúde mental - negligenciada durante demasiado tempo - é crucial para o bem-estar geral dos indivíduos, das sociedades e dos países, e deve ser encarada, por todos, a uma nova luz.

Este relatório surge num momento crítico da saúde mental no mundo. Uma em cada quatro pessoas será afectada por uma perturbação mental em determinado momento da sua vida. A depressão major constitui a principal causa de incapacidade e classifica-se em quarto lugar entre as dez principais causas da morbilidade global. Se as projecções estiverem correctas, nos próximos 20 anos ficará em segundo lugar. Globalmente, 70 milhões de pessoas sofrem de dependência do álcool; cerca de 50 milhões têm epilepsia; outros 24 milhões têm esquizofrenia; 10 a 20 milhões de pessoas tentam todos os anos o suicídio, das quais, incluindo muitos jovens, morre um milhão.

Felizmente, o Relatório Mundial da Saúde 2001 proporciona uma visão portadora de uma nova esperança para os doentes mentais. Resulta do enorme acervo de conhecimentos reunidos, especialmente durante os últimos 50 anos, sobre o cérebro humano e as bases da doença mental. Contribui para a compreensão da forma como os factores genéticos, biológicos e ambientais se combinam para provocar perturbações mentais e neurológicas e doenças somáticas. Evidencia a impossibilidade de separar saúde física e saúde mental e como a sua recíproca influência é complexa e profunda. Saliêta que as perturbações mentais ocorrem em todos os países e sociedades e que, na maioria dos casos, elas podem ser tratadas eficazmente.

Este relatório constitui uma mensagem não só para os que dispõem do poder para implementar as medidas aqui preconizadas, como governos e responsáveis da saúde, educação, emprego e justiça, entre outros, mas também para os sectores público e privado e, acima de tudo, para os que têm uma perturbação mental ou comportamental e para as suas famílias.