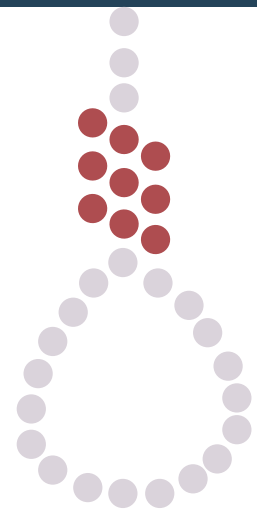


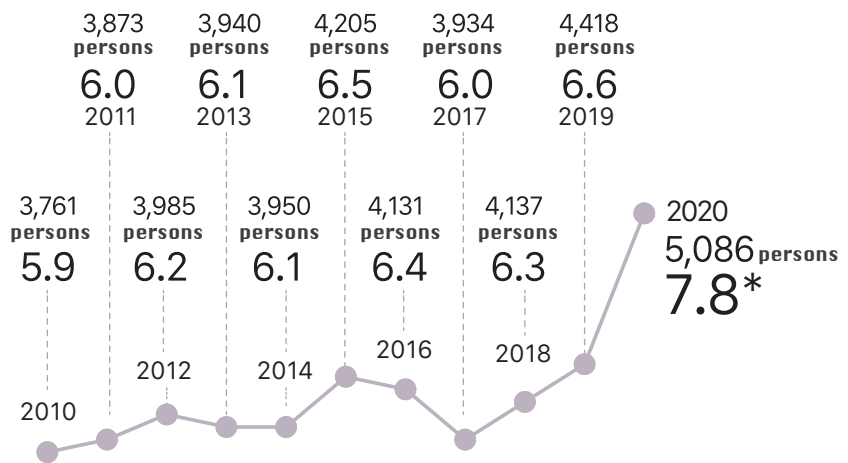
03

Mental Health



In 2020, more than 5,000 Thais committed suicide; the highest rate was in the north at 10.9 per 100,000 population.

The number and rate of completed suicide for 2010-2020 (per 100,000 population)



Note: * Year 2020 is the data reported for FY 2020 (October 1, 2019-September 30, 2020). As of January 25, 2021, the total suicide rate of the country in 2020 was 7.3 persons per 100,000 population. But there is no report on the number and rate classified by region.

Source: Suicide Rate Report 2010-2020, National Center for Suicide Prevention. Khon Kaen Rajanagarindra Psychiatric Hospital, Department of Mental Health



Suicide tends to be an increasing problem in all regions of Thailand, but the severity of the problem and the mental health situation of the population remains different in each area, as is the availability of health resources for mental health care and access to psychiatric services.



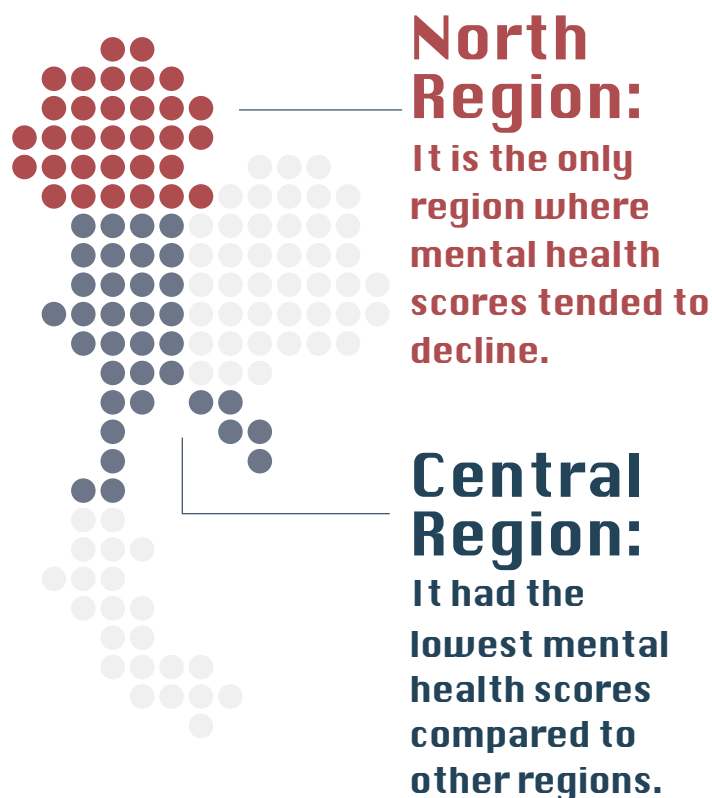
In the last decade the completed suicide rate of Thais has tended to increase, especially in 2020 during height of the COVID-19 epidemic, when the overall suicide rate of the country increased to 7.8 per 100,000 population. The region with the highest suicide rate was the north, with the top three provinces being Tak, Mae Hong Son, and Chiang Mai, where suicide rates were almost twice as high as the country overall.

Completed Suicide rate per 100,000 population: 2019-2020

	2019	2020*
Bangkok	2.6	3.0
Central	5.8	6.8
North	9.4	10.9
Northeast	7.0	8.5
South	6.1	6.6

Tak, Mae Hong Son and Chiang Mai Provinces had suicide rates that were almost twice as high as the country overall.

The mental health situation of the general Thai population is measured by the Mental Health (“Happiness”) Score, which is continuously surveyed nationwide by the National Statistical Office (NSO). The data show that people in the central region had lower mental health scores than those in other regions throughout the survey period from 2014 to 2018. The north was the only region where mental health scores tended to decline. From being the “happiest” compared to other regions in 2014, northerners suffered the second lowest score after the central region residents in 2018.

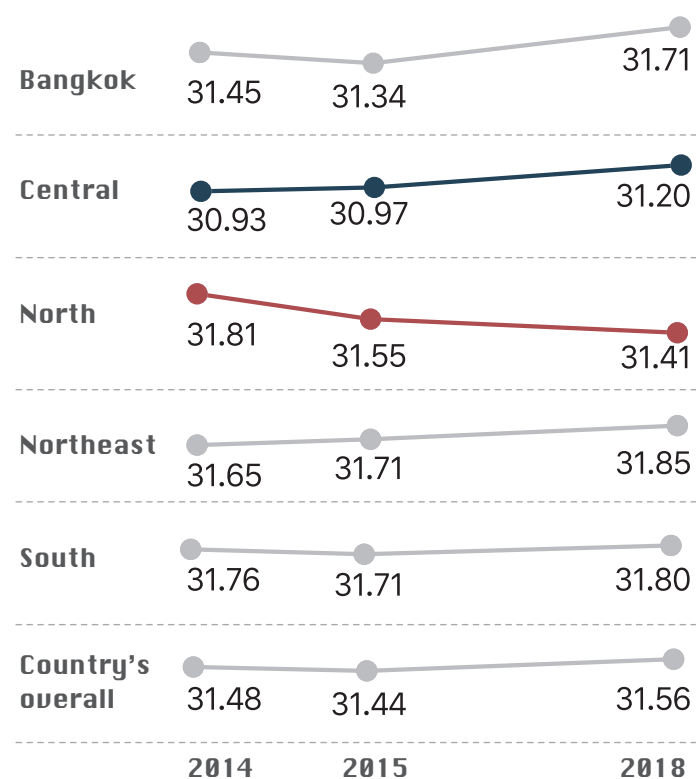


10 provinces with highest completed suicide rates in 2020 (per 100,000 population)

Tak	16.4
Mae Hong Son	15.4
Chiang Mai	14.9
Sra Kaeo	12.5
Chantaburi	12.2
Nan	12.0
Chiang Rai	11.7
Phayao	11.7
Phrae	11.5
Lampang	11.5

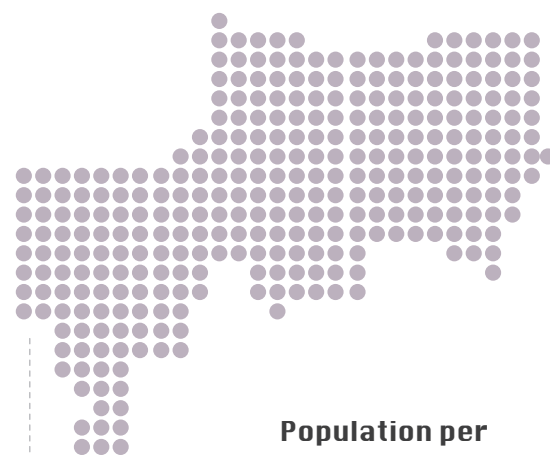
Source: Suicide rate, FY 2020, National Center for Suicide Prevention, Khon Kaen Rajanagarindra Psychiatric Hospital, Department of Mental Health

Average mental health scores of Thai people by region: 2014, 2015, and 2018



Source: Survey of Mental Health (Happiness) of Thai People 2014-2015, The 2018 Survey on Conditions of Society, and Culture and Mental Health (Thai Happiness), National Statistical Office

Regarding access to psychiatric services, considering the availability of resources and level of care, services, and mental health care personnel, Bangkok is the most prepared. Bangkok has the most psychologists per population compared to other regions, especially the northeast and north. In those two regions one psychologist had to care for the 5-6 times more population one psychologist in Bangkok. Conversely, access to psychiatric services for depression patients in Bangkok was the lowest compared to other regions and provinces in the country. Part of the cause for this anomaly may be due to the relatively higher prevalence of depression in Bangkok. It is also possible that total number of patients admitted to psychiatric services in health facilities in the provinces are under-reported. In any case, the data seem to indicate that mental health sufferers in Bangkok – not just cases of depression – are probably facing problems of access to essential mental health services.



Population per one psychologist

Bangkok

appears to be the most ready and capable to provide mental health care; the ratio of population to psychologists is lowest.

The 5 provinces with the lowest rates of access to psychiatric services for depression patients compared to the estimates of total caseload

14.5%
Bangkok

estimates prevalence rate at deprtssion
5.1%

46.6%
Samut Prakan

2.4%

47.0%
Rayong

2.4%

47.8%
Chonburi

2.4%

50.0%
Phuket

2.4%

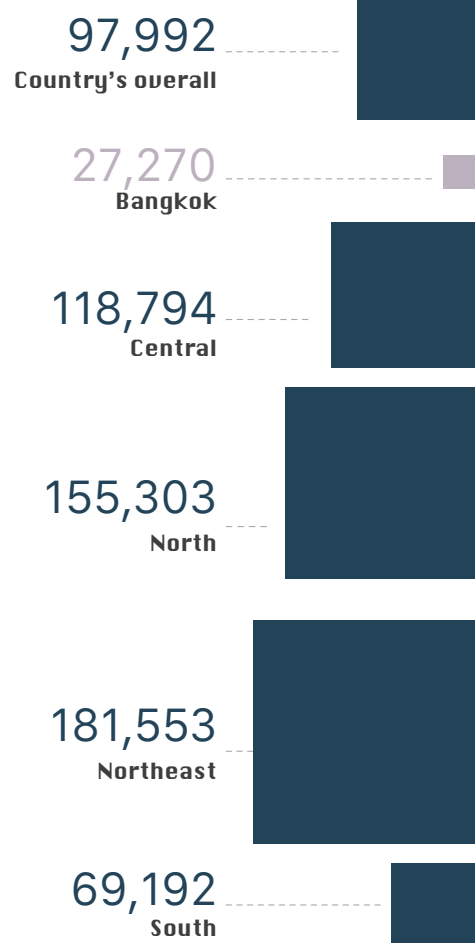
Country's overall
69.5% **2.7%**

Note: Percentage of access to services of patients diagnosed and treated for depression. (with household registration in the province) compared to the estimated caseload in each province

Source: Report on the rate of access to services for depression patients, FY 2020, HDC Dashboard, Ministry of Public Health.

Trat, Phrae, Loei, Samut Songkhram, Nongbua Lumphoo and Ang Thong are the provinces without any psychologist.

Population (person)/one psychologist



Source: Compiled by regional data from Public Health Resources Information Report for the year 2019, Strategy and Planning Division, Office of the Permanent Secretary, Ministry of Public Health