PHYSICAL THERAPY AND MENTAL HEALTH





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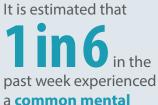


people will experience a **mental health condition** of some sort in their lifetime









a common menta health problem

Mental health problems are one of the main causes of the overall disease burden worldwide

People with severe mental disorders die on average

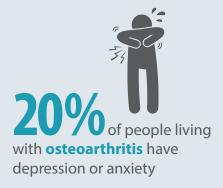
10-20 years earlier

often of **preventable non-communicable diseases** such as heart disease, particularly in low- and middle-income settings

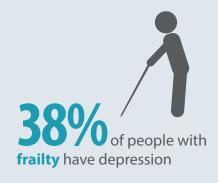


70% of **premature deaths** in mental health patients are due to poor physical health

Physical therapists work with patients who may have depression alongside long-term health issues







Exercise is an evidence-based treatment for depression



offers protection against the emergence of depression

better outcomes are achieved when exercise is delivered by a physical therapist prevents the development of mental health issues

people with depression and schizophrenia are **LESS likely to stop exercising** when supported by a physical therapist

improves the **quality of life** and **self-esteem** of people experiencing mental health issues

has a large and significant antidepressant effect in people with depression

Get active. Stay active. Talk to a physical therapist today



