

Symposium | Local minority : [Symposium 45] Bridges of Hope: Uniting for Mental Health Care in East and Southeast Asia

📅 Fri. Sep 26, 2025 2:50 PM - 4:20 PM JST | Fri. Sep 26, 2025 5:50 AM - 7:20 AM UTC 🏛️ Session Room 4 (Large Hall B)

## [Symposium 45] Bridges of Hope: Uniting for Mental Health Care in East and Southeast Asia

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### [SY-45-02] Current Mental Health Landscape in Indonesia (2025)

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**National Prevalence:** According to the 2023 National Health Survey (SKI), approximately 2% of Indonesians aged over 15 are experiencing mental health issues, with depression, anxiety, and schizophrenia being the most prevalent disorders.

**Youth Mental Health:** The highest prevalence of depression symptoms is observed among young individuals aged 15–24, particularly females, those with lower education levels, the unemployed, and workers in non-specialized roles.

**Treatment Gap:** Despite the prevalence, only 10.4% of young people with depression seek treatment, indicating a significant treatment gap.

**Community Health Centers (Puskesmas):** As of late 2024, only 40% of Puskesmas provide mental health services, with a target to increase this to 50% by 2025 and 70% by 2026.

However, the distribution is uneven, with 60–70% of mental health professionals concentrated in Jakarta.

**Psychiatrist Availability:** Only 13 out of 38 provinces have a psychiatrist-to-population ratio above the national average, highlighting a significant disparity in access to mental health professionals across the country.

**Training Initiatives:** The Ministry of Health is intensifying training programs for healthcare workers, aiming to train one million individuals in Psychological First Aid (P3LP) to provide basic mental health support at the community level.

**Government Initiatives and Future Plans**  
**Free Health Screening Program (PKG):** Launched in February 2025, the PKG is Indonesia's largest health initiative, aiming to provide annual free health screenings, including mental health evaluations, to all citizens on their birthdays. The program targets 100 million people in its first year, utilizing over 20,000 health centers and clinics nationwide. Screenings include assessments for depression, anxiety, and other mental health conditions.