## RELATIONSHIP BETWEEN SOCIAL CONNECTION & PREVALENCE OF DEPRESSION AND ANXIETY

## LEGEND

prevelance of Anxiety Disorder in 2019 (1 ring = 1%) ---

outer bold line signifies prevelance increasing over the past 30 years ---



---→ prevelance of Depressive Disorder in 2019 (1 ring = 1%)

inner bold line signifies prevelance decreasing over the past 30 years

rate of social connection: having friends/family to turn to when in need ·---

Portugal

rate of feeling very comfortable talking to friends/family about depression/anxiety

Countries below are ordered from low to high Augmented Human Development Index



New Zealand

South Korea

Canada

Germany

Norway

Sweden

Denmark

Finland

Switzerland

Australia