

## Overview

[The Global Health Education and Learning Incubator at Harvard University](#) (GHELI) supports interdisciplinary education about world health through the production, curation, and dissemination of educational public goods. This exemplar work was a final project for “World Health: Challenges and Opportunities,” a General Education course at Harvard College taught by GHELI Faculty Director Sue J. Goldie. For this creative assessment designed with support from GHELI, students systematically analyze a societal health challenge they care about and create a “real world” product intended to influence policy or motivate change.

## Abstract

Infographics shining a light on mental health and suicide in Paraguay.

## Artist

Bianca Cordazzo (2019)

## Caption

Paraguay is the country where I was born and where I lived until I left for college. Finding the statistics about depression and suicidal behavior in teenagers and young adults in my country was shocking for me, since I have never experienced anything similar in my family or close circle of friends. In Paraguay, anxiety and depressive disorders are among the top five health-related causes of disability according to the Institute for Health Metrics and Evaluation. In 2016, there was a 13% increase in the number of doctor’s appointments for mental health issues, and out of the total number of visits, 35% were linked to depression. Suicide has also been on the rise in the past few years in Paraguay, reaching a peak of 420 cases in 2014, which is equivalent to 1.15 deaths per day.

## Artist Lens

In my infographic, I first provided general statistics on suicide – number of cases worldwide and in Paraguay – in order to highlight the magnitude of the issue. Then, I shared results from the 2017 Global School-based Health Survey (GSHS) in Paraguay related to depression and suicidal behaviors. Although it has been two years since the survey took place, the results connected to depression and suicidal behaviors were never published in any of the most popular Paraguayan newspapers or magazines. Thus, most of the population is unaware of this issue.

I hope to raise awareness about the prevalence of depression and suicide in high school students and inspire action from the authorities, NGOs, and other social groups. I used icons from The Noun Project to make the infographic more engaging, compelling, and easier to remember, as well as black and red colors to highlight the statistics and catch the reader’s attention. Finally, I translated and reused the hashtag #Hablemos (#Let’sTalk) from a campaign made by the Pan American Health Organization (PAHO) for World Health Day—I believe it is short yet powerful.

[Watch Bianca Cordazzo Reflection](#)

# Media

Digital

DEPRESSION AND SUICIDE  
#LET'S TALK

## DID YOU KNOW?

800,000

People commit suicide every year

IN PARAGUAY  
SUICIDE IS THE 2ND CAUSE OF DEATH  
AMONG 15-29 YEAR-OLDS

According to the  
2017 Global School-Based Health Survey (GSHS)

11.1%

Of high-school students have  
(almost) always felt alone  
in the past 12 months



16.8%

Have felt intimidated or humiliated  
in the past 30 days

15.4%

Were physically attacked at least  
once in their lives



13.8%

Considered committing suicide  
in the past 12 months

11.2%

TRIED

#LET'S TALK