



## Press release

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National Health Report 2025:  
Comprehensive overview and recommendations for Switzerland

### Focus on mental health: A shared responsibility for society

04.09.2025 - The majority of the population in Switzerland is in good mental health. At the same time, mental health disorders are widespread, create significant difficulties for those affected and their relatives and incur high costs. Comorbidity is common and often involves a combination of different mental health disorders or of mental health and physical conditions. The social and work-related environment, health literacy, digital media, the environment and the healthcare system all play an important role in mental health. The National Health Report 2025 published by the Swiss Health Observatory (Obsan) provides a comprehensive overview of the scientific literature and concrete recommendations.

You can find further information on:

[www.gesundheitsbericht2025.ch](http://www.gesundheitsbericht2025.ch) (in German) or [www.rapportsante2025.ch](http://www.rapportsante2025.ch) (in French)  
and [www.obsan.admin.ch](http://www.obsan.admin.ch)

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#### Information

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The **Swiss Health Observatory (Obsan)** is a common institution of the Confederation and the cantons. Obsan analyses the information available on health in Switzerland. It supports the federal government, cantons and other institutions involved in public health with their planning, decision making and implementation.



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