

South Korea Mental Health Market Report by Disorder (Schizophrenia, Alcohol Use Disorders, Bipolar Disorder, Depression and Anxiety, Post-traumatic Stress Disorder, Substance Abuse Disorders, Eating Disorders, and Others), Service (Emergency Mental Health Services, Outpatient Counselling, Home-based Treatment Services, Inpatient Hospital Treatment Services, and Others), Age Group (Pediatric, Adults, Geriatric), and Region 2026-2034

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Abstracts

South Korea mental health market size reached USD 8,639.0 Million in 2025. Looking forward, IMARC Group expects the market to reach USD 9,510.4 Million by 2034, exhibiting a growth rate (CAGR) of 1.04% during 2026-2034. The integration of technology, such as telehealth services, mobile apps, and virtual reality, which has improved accessibility to mental health services, especially in remote or underserved areas, is the driving market.

SOUTH KOREA MENTAL HEALTH MARKET ANALYSIS:

Major Market Drivers: Societal awareness of mental health issues has experienced a notable upswing, catalyzed by extensive advocacy efforts and destigmatization campaigns. As a result, individuals are more inclined to seek professional help, thereby fueling the demand for mental health services.

Key Market Trends: The incorporation of artificial intelligence and machine learning in mental health interventions has enhanced personalized treatment

approaches, augmenting the overall efficacy of mental health services. Additionally, the proliferation of telehealth platforms and digital mental health tools has facilitated widespread accessibility, especially in remote or underserved areas, thereby boosting the industry's demand.

Competitive Landscape: The report has also provided a comprehensive analysis of the competitive landscape in the market. Also, detailed profiles of all major companies have been provided.

Geographical Trends: There is a strong demand for mental health services in Seoul due to the high population density and diverse demographics. Issues like stress, anxiety, and depression are prevalent, driven by factors such as work pressure, academic stress, and social isolation. Moreover, the industrial and economic activities in Yeongnam contribute to mental health issues such as job stress, economic insecurity, and social isolation, further driving the market's growth in the region.

Challenges and Opportunities: The lack of availability of mental health services and the high workload among mental health professionals is hampering the market's growth. However, there is a rising awareness of mental health issues among the younger population and through various media channels. This trend could reduce the associated stigma and increase demand for mental health services.

SOUTH KOREA MENTAL HEALTH MARKET TRENDS:

Rising Incidence of Mental Disorders

The prevalence of mental health disorders, such as anxiety, depression, and stress-related conditions, has been increasing. For instance, according to Statista, in 2023, roughly 104.2 thousand individuals in South Korea were registered with mental disabilities. Mental disabilities accounted for around 4% of all cases of people recognized as disabled that year. This rising incidence is driving the demand for mental health services and interventions. These factors are further positively influencing the South Korea mental health market forecast.

Aging Population

The aging population in South Korea is a significant driver of growth in the mental health market. For instance, according to Statista, in 2023, the population aged 65 or older in South Korea made up approximately 19% of the total population. By 2025, South Korea is anticipated to be a 'super-aged society,' with more than 20% of the population aged 65 or older. As the population ages, there is a higher incidence of age-related mental health issues, such as dementia, depression, and anxiety, among older adults. Conditions like Alzheimer's disease and other forms of cognitive decline require specialized care and support, leading to a growing demand for mental health services tailored to elderly individuals. These factors are further contributing to the South Korea mental health market share.

Technological Advancements

The rise of digital health solutions, including teletherapy, mental health apps, and online support communities, has made mental health services more accessible and convenient. Technology is also being used for innovative therapeutic approaches and data collection. For instance, in March 2024, Hyodol, a South Korean company, launched a social robot for senior citizens with dementia who are experiencing loneliness or social isolation, which can lead to major mental health issues. These factors are augmenting the market growth.

SOUTH KOREA MENTAL HEALTH MARKET SEGMENTATION

IMARC Group provides an analysis of the key trends in each segment of the market, along with forecasts at the country and regional levels for 2026-2034. Our report has categorized the market based on disorder, service, and age group.

Breakup by Disorder:

Schizophrenia

Alcohol Use Disorders

Bipolar Disorder

Depression and Anxiety

Post-traumatic Stress Disorder

Substance Abuse Disorders

Eating Disorders

Others

The report has provided a detailed breakup and analysis of the market based on the disorder. This includes schizophrenia, alcohol use disorders, bipolar disorder, depression and anxiety, post-traumatic stress disorder, substance abuse disorders, eating disorders, and others.

Schizophrenia is a severe mental disorder characterized by disruptions in thought processes, perceptions, emotional responsiveness, and social interactions. It often includes symptoms such as hallucinations (often auditory), delusions, disorganized thinking, and severe disruptions in daily functioning. Moreover, alcohol use disorders (AUD) encompass a range of problems related to excessive alcohol consumption, including alcohol dependence and alcoholism. Symptoms include a strong craving for alcohol, inability to control drinking, and continued use despite adverse consequences. Besides this, bipolar disorder is characterized by extreme mood swings that include emotional highs (mania or hypomania) and lows (depression). These mood swings can affect sleep, energy levels, behavior, and the ability to function.

Breakup by Service:

Emergency Mental Health Services

Outpatient Counselling

Home-based Treatment Services

Inpatient Hospital Treatment Services

Others

A detailed breakup and analysis of the market based on the service have also been provided in the report. This includes emergency mental health services, outpatient counselling, home-based treatment services, inpatient hospital treatment services, and

others.

According to the South Korea mental health market overview, emergency mental health services are designed for immediate intervention in crisis situations where individuals may be at risk of harming themselves or others or where there is a severe deterioration in mental health. Moreover, outpatient counseling provides ongoing therapeutic support without the need for hospitalization. It is suitable for individuals who do not require intensive care and can manage daily activities. Besides this, home-based treatment services involve mental health professionals providing care in the individual's home. This approach can be beneficial for those who have difficulty accessing traditional services or who require a more personalized treatment setting. Furthermore, inpatient hospital treatment involves staying at a hospital or psychiatric facility for intensive care and management of severe mental health conditions. This is typically for individuals who need around-the-clock supervision and care.

Breakup by Age Group:

Pediatric

Adults

Geriatric

The report has provided a detailed breakup and analysis of the market based on the age group. This includes pediatric, adults, and geriatric.

The growing recognition of mental health issues in children, such as ADHD, anxiety, and depression, has led to earlier diagnosis and intervention. Schools and pediatricians are more frequently identifying and referring children for mental health support. Moreover, high levels of stress, burnout, and mental health issues related to job demands, long hours, and job insecurity among adults contribute to the increased need for mental health services. Besides this, the aging population has a higher incidence of cognitive disorders like dementia and Alzheimer's disease, which significantly drives demand for specialized mental health services.

Breakup by Region:

Seoul Capital Area

Yeongnam (Southeastern Region)

Honam (Southwestern Region)

Hoseo (Central Region)

Others

The report has also provided a comprehensive analysis of all the major regional markets, which include Seoul Capital Area, Yeongnam (Southeastern Region), Honam (Southwestern Region), Hoseo (Central Region) and others.

According to the South Korea mental health market statistics, the Seoul Capital Area includes Seoul, Incheon, and Gyeonggi Province. This region is the most densely populated and economically developed in South Korea. The high population density and fast-paced urban environment contribute to significant stress and mental health issues, including anxiety, depression, and burnout. Moreover, Yeongnam is undergoing economic transitions, including shifts from manufacturing to service sectors. This transition can cause stress and uncertainty, impacting mental health. Besides this, Honam has traditionally been less economically developed compared to Seoul and Yeongnam. Economic development is ongoing, but there are regional disparities in access to mental health services.

COMPETITIVE LANDSCAPE:

The market research report has also provided a comprehensive analysis of the competitive landscape in the market. Competitive analysis, such as market structure, key player positioning, top winning strategies, competitive dashboard, and company evaluation quadrant, has been covered in the report. Also, detailed profiles of all major companies have been provided.

KEY QUESTIONS ANSWERED IN THIS REPORT

How has the South Korea mental health market performed so far, and how will it perform in the coming years?

What has been the impact of COVID-19 on the South Korea mental health market?

What is the breakup of the South Korea mental health market on the basis of disorder?

What is the breakup of the South Korea mental health market on the basis of service?

What is the breakup of the South Korea Mental Health market on the basis of age group?

What are the various stages in the value chain of the South Korea mental health market?

What are the key driving factors and challenges in the South Korea mental health?

What is the structure of the South Korea mental health market, and who are the key players?

What is the degree of competition in the South Korea mental health market?

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