**Portugal**

| Total population (UN official estimates): | 10,610,303 |
| WHO Region: | EUR |
| Income group: | High income |
| Total health expenditure per person (US$, 2013): | $2,037 |
| Availability / status of mental health reporting | Mental health specific data compiled in last two years for public sector only |

### MENTAL HEALTH SYSTEM GOVERNANCE

#### Mental health policy
- Stand-alone policy or plan for mental health: Yes
- Implementation status: Available and partially implemented

#### Mental health legislation
- Stand-alone law for mental health: Yes
- Implementation status: Available and partially implemented

#### Involvement of service users and families (as reported by MoH focal point)
- INFORMATION gathered / disseminated by MoH: Partially implemented
- POLICY on participation developed / published by MoH: Partially implemented
- EARLY INVOLVEMENT in mental health policy and law: Partially implemented
- PARTICIPATION in MoH planning, policy, service development and evaluation: Partially implemented
- RESOURCES available for participation and reimbursement: Fully implemented

### RESOURCES FOR MENTAL HEALTH

#### Mental health financing
- Main source of funds for care of severe mental disorders: Government
- Inpatient / outpatient budget breakdown reported: No
- If yes, estimated mental health spending per capita (US$): Not applicable

#### Human resources for mental health
- Total reported staff (mental health inpatient care): Not reported
- Total reported staff (mental health outpatient care): Not reported
- Total mental health workers per 100,000 population: 23.3

### MENTAL HEALTH SERVICE AVAILABILITY AND UPTAKE

#### Outpatient care (total facilities)
- Mental health outpatient facility: 0
- Mental health day treatment facility: 32

#### Inpatient care (total facilities)
- Mental hospitals: 3
- Psychiatric units in general hospitals: 30
- Residential care facilities: 28

#### Mental hospitals
- Total number of inpatients: 1,336
- Admissions that are involuntary: Not reported
- Discharged inpatients followed up within one month: Not reported
- Treated prevalence (total cases): Not reported

#### Treated cases of severe mental disorder
- Treated prevalence (per 100,000 population): Not reported

### MENTAL HEALTH PROMOTION AND PREVENTION

#### Programme examples
- Project: Contigo
- Category of programme: Suicide prevention
- Target group: Adolescents / young people
- Scope: Indicated

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**Note:** Age-standardised suicide rates - computed using standard categories, definitions and methods - are reported to facilitate comparisons over time and between countries, and may not be the same as official national estimates.