Trinidad and Tobago

Total population (UN official estimates): 1,344,234

Burden of mental disorders (WHO official estimates):
- Disability-adjusted life years (per 100,000 population): 3,585
- Suicide (age-standardized rate per 100,000 population): 13.0

WHO Region: AMR

Income group: High income

Total health expenditure per person (US$, 2013): $965

Mental health data compiled only for general health statistics

MENTAL HEALTH SYSTEM GOVERNANCE

**Mental health policy**
- Stand-alone policy or plan for mental health: Yes (2012)
- Implementation status: Available and partially implemented

**Mental health legislation**
- Stand-alone law for mental health: Yes (1975)
- Implementation status: Available and fully implemented

Policy / plan in line with human rights covenants:
- (self-rated 5-point checklist score; 5 = fully in line)
  - 5

Involvement of service users and families (as reported by MoH focal point)

<table>
<thead>
<tr>
<th>Service Category</th>
<th>Implementation Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. INFORMATION gathered / disseminated by MoH</td>
<td>Partially implemented</td>
</tr>
<tr>
<td>b. POLICY on participation developed / published by MoH</td>
<td>Not implemented</td>
</tr>
<tr>
<td>c. EARLY INVOLVEMENT in mental health policy and law</td>
<td>Partially implemented</td>
</tr>
<tr>
<td>d. PARTICIPATION in MoH planning, policy, service development and evaluation</td>
<td>Partially implemented</td>
</tr>
<tr>
<td>e. RESOURCES available for participation and reimbursement</td>
<td>Not implemented</td>
</tr>
</tbody>
</table>

RESOURCES FOR MENTAL HEALTH

**Mental health financing**
- Main source of funds for care of severe mental disorders: Not reported
- 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): 1,174
- Total reported staff (mental health outpatient care): 68
- Total mental health workers per 100,000 population: 104.2

MENTAL HEALTH SERVICE AVAILABILITY AND UPTAKE

**Outpatient care (total facilities)**
- Mental health outpatient facility: 43
- Mental health day treatment facility: 1

**Mental health workforce (rate per 100,000 population)**

<table>
<thead>
<tr>
<th>Category of Programme</th>
<th>Target Group</th>
<th>Scope</th>
</tr>
</thead>
<tbody>
<tr>
<td>Violence prevention</td>
<td>Adults</td>
<td>Universal</td>
</tr>
<tr>
<td>Not reported</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Inpatient care (total facilities)**
- Mental hospitals: 1
- Psychiatric units in general hospitals: 5
- Residential care facilities: 5

**Mental hospitals**
- Total number of inpatients: 740
- Admissions that are involuntary: Not reported
- Discharged inpatients followed up within one month: Not reported

**Treated prevalence (total cases)**
- Treated cases of severe mental disorder: 5,826

MENTAL HEALTH PROMOTION AND PREVENTION

**Existence of at least two functioning programmes**
- Yes

**Existence of a suicide prevention strategy**
- No

**Programme examples**

<table>
<thead>
<tr>
<th>Programme examples</th>
<th>Category of programme</th>
<th>Target group</th>
<th>Scope</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Prevention and Management of Agression and Violence</td>
<td>Violence prevention</td>
<td>Adults</td>
<td>Universal</td>
</tr>
<tr>
<td>Not reported</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Notes:
- WHO Global Health Expenditure Database; http://apps.who.int/nha/database

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.