Zambia

Total population (UN official estimates): a 15,021,004
WHO Region: AFR
Income group: Lower middle-income $93
Total health expenditure per person (US$, 2013) b
Availability / status of mental health reporting

MENTAL HEALTH SYSTEM GOVERNANCE

Mental health policy
Stand-alone policy or plan for mental health: Yes
(Year of policy / plan): 2005
Implementation status: Available and fully implemented
Policy / plan is in line with human rights covenants (self-rated 5-point checklist score; 5 = fully in line) 5

Mental health legislation
Stand-alone law for mental health:
(Year of policy / plan):
Implementation status:
Policy / plan is in line with human rights covenants
(law is in line with human rights covenants
(self-rated 5-point checklist score; 5 = fully in line)

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

a. INFORMATION gathered / disseminated by MoH Fully implemented
b. POLICY on participation developed / published by MoH Fully implemented
c. EARLY INVOLVEMENT in mental health policy and law Partially implemented
d. PARTICIPATION in MoH planning, policy, service development and evaluation Partially implemented
e. RESOURCES available for participation and reimbursement Not implemented

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) 304
Total reported staff (mental health outpatient care) 16
Total mental health workers per 100,000 population 2.1

MENTAL HEALTH SERVICE AVAILABILITY AND UPTAKE

Outpatient care (total facilities)
Mental health outpatient facility
Mental health day treatment facility

Inpatient care (total facilities)
Mental hospitals
Psychiatric units in general hospitals
Residential care facilities

Mental hospitals
Total number of inpatients 3,476
Admissions that are involuntary 17%
Discharged inpatients followed up within one month Not reported

Treated prevalence (total cases)
Treated cases of severe mental disorder Not reported

MENTAL HEALTH PROMOTION AND PREVENTION

Existence of at least two functioning programmes Yes
Existence of a suicide prevention strategy No

Programme examples
Commemoration of World Mental Health Day
Radio Programmes / Ministry of Health sponsors specific radio programmes to inform / public on mental health problems

Category of programme Mental health awareness/prevention/anti-stigma
Target group All ages
Scope Indicated

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.