



Brazil

GENERAL INFORMATION

Brazil is a country with an approximate area of 8547 thousand square kilometers (UNO, 2008). The population is 195,423,252 and the sex ratio (men per hundred women) is 97 (UNO, 2009). The proportion of the population under the age of 18 years is 31% and the proportion above age 60 is 7% (UNO, 2009). The literacy rate is 97% for men and 99% for women (UN Statistics, 2008). The life expectancy at birth is 69 years for males and 76 years for females (UNO, 2005-2010). The healthy life expectancy at birth is 62 years for males and 76 years for females (UNPD, 2010). The country is in the upper middle income group (based on 2010 World Bank criteria). The total expenditure on health as a percentage of gross domestic product is 9.05% and the per capita government expenditure on health (PPP int. \$) is \$323.0 (WHO, 2006). The suicide rate for males is 7.3 per 100,000 population and for females is 1.9 per 100,000 population. In Brazil, neuropsychiatric disorders are estimated to contribute to 20.3% of the global burden of disease (WHO, 2008).

GOVERNANCE

An officially approved mental health policy exists and was approved, or most recently revised, in 2002. Mental health is also specifically mentioned in the general health policy.

A mental health plan exists and was approved, or most recently revised, in 2004. The mental health plan components include:

- Funding allocation for the implementation of half or more of the items in the mental health plan.
- Shift of services and resources from mental hospitals to community mental health facilities.
- Integration of mental health services into primary care.

Dedicated mental health legislation exists and was initiated, or most recently revised, in 2001. Legal provisions concerning mental health are also covered in other laws (e.g. welfare, disability, general health legislation etc.).

Note: On July 31, 2003 Brazil adopted additional mental health legislation (Law 10.708).

FINANCING

Mental health expenditures by the government health department/ministry are 2.38% of the total health budget. Mental hospital expenditures are 32.29% of the total mental health budget.

MENTAL HEALTH CARE DELIVERY

Primary Care

Prescription regulations authorize primary health care doctors to prescribe and/or to continue prescription of psychotherapeutic medicines. In contrast, the department of health does not authorize primary health care nurses to prescribe and/or to continue prescription of psychotherapeutic medicines. Similarly, official

Data collected in 2011

UN = information unavailable, NA = item not applicable

policy does not permit primary health care nurses to independently diagnose and treat mental disorders within the primary care system.

The majority of primary health care doctors and nurses have not received official in-service training on mental health within the last five years. Officially approved manuals on the management and treatment of mental disorders are available in the majority of primary health care clinics. Official referral procedures for referring persons from primary care to secondary/tertiary care exist, as do referral procedures from tertiary/secondary care to primary care.

Mental Health Services

Availability of mental health facilities

	Total number of facilities/beds	Rate per 100,000 population	Number of facilities/beds reserved for children and adolescents only	Rate per 100,000 population
Mental health outpatient facilities	860	0.44	86	0.04
Day treatment facilities	1541	0.79	122	0.06
Psychiatric beds in general hospitals	2568	1.31	120	0.06
Community residential facilities	564	0.29	3	0.002
Beds/places in community residential facilities	4512	2.31	24	0.01
Mental hospitals	208	0.11	1	0.0005
Beds in mental hospitals	35426	18.13	350	0.18

Access to care

	Rates per 100,000 population)	Females (%)	Under age 18 (%)
Persons treated in mental health outpatient facilities	176.03	47%	10%
Persons treated in mental health day treatment facilities	354.85	47%	9%
Admissions to psychiatric beds in general hospitals	30.99	35%	5%
Persons staying in community residential facilities at the end of the year	1.57	47%	1%
Admissions to mental hospitals	88.92	35%	5%

Long term care in mental hospitals (% of persons staying):

Less than 1 year	69%
More than 1 and less than 5 years	21%

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More than 5 years	11%
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HUMAN RESOURCES

Workforce and training

	Health professionals working in the mental health sector Rate per 100,000	Training of health professions in educational institutions Rate per 100,000
Psychiatrists	3.07	0.08
Medical doctors, not specialized in psychiatry	0.54	4.97
Nurses	1.60	0.74
Psychologists	9.60	8.44
Social workers	1.02	UN
Occupational therapists	1.84	0.48
Other health workers	UN	NA

Informal human resources (Family and User Associations)

	User	Family
Present in the country?	Yes	Yes
Number of members	5400	600
Participation in the formulation/implementation of policy/plan/legislation?	frequently	frequently

Notes: All organizations are combined. The numbers reported above are the best estimates for the number of participants (users and their families) of 108 associations.

In 2010, the fourth National Conference on Mental Health was held. This was an intersectoral meeting involving extensive discussions on Mental Health Policy in Brazil. The conference involved approximately 46,000 participants, including service users and their families.

MEDICINES

Expenditures for medicines for mental and behavioral disorders at country level

Type of Medicines	Expenditures at country level per year and per 100,000 population (in USD)
All the psychotherapeutic medicines ¹	108,468

¹ N03AG01, N05A, N05B, N05C, N06A

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Medicines used for bipolar disorders ²	UN
Medicines for psychotic disorders ³	93,788
Medicines used for general anxiety ⁴	UN
Medicines used for mood disorders ⁵	UN

INFORMATION SYSTEMS

	Data on number of people/ activities are collected and reported	Data on age and gender are collected and reported	Data on patient's diagnosis are collected and reported
Persons with mental disorders treated in primary health care	Yes	Yes	Yes
Interventions (psychopharmacological and psychosocial) delivered in primary health care for people with mental disorders	No	No	No
Persons treated in mental health outpatient facilities	Yes	Yes	Yes
Contacts in mental health outpatient facilities	Yes	Yes	Yes
Persons treated in mental health day treatment facilities	Yes	Yes	Yes
Admissions in general hospitals with psychiatric beds	Yes	Yes	Yes
Admissions in mental hospitals	Yes	Yes	Yes
Days spent in mental hospitals	Yes	Yes	Yes
Admissions in community residential facilities	Yes	Yes	Yes

Note: A specific report focusing on mental health activities has been published by the Health Department or any other responsible government unit in the last three years.

² N03AG01, N05A, N05B, N05C, N06A

³ N05A (excluding N05AN).

⁴ N05B & N05C

⁵ N06A

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