



Lebanon

GENERAL INFORMATION

Lebanon is a country with an approximate area of 10 thousand square kilometers (UNO, 2008). The population is 4,254,583 and the sex ratio (men per hundred women) is 95 (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 98% for men and 99% for women (UN Statistics, 2008). The life expectancy at birth is 70 years for males and 74 years for females (UNO, 2005-2010). The healthy life expectancy at birth is 60 years for males and 74 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 8.13% and the per capita government expenditure on health (PPP int. \$) is \$381.0 (WHO, 2006). Suicide rate information is not available. In Lebanon, neuropsychiatric disorders are estimated to contribute to 14.5% of the global burden of disease (WHO, 2008).

GOVERNANCE

An officially approved mental health policy does not exist and mental health is not specifically mentioned in the general health policy.

A mental health plan does not exist.

Dedicated mental health legislation exists and was initiated, or most recently revised, in 1983. Legal provisions concerning mental health are also covered in other laws (e.g., welfare, disability, general health legislation etc.).

Note: Non-governmental organization/private initiatives surpass official governance in terms of mental health provisions in Lebanon.

FINANCING

Mental health expenditures by the government health department/ministry are 4.8% of the total health budget. Mental hospital expenditures are 54.17% of the total mental health budget.

Note: The main financing for mental health is from out-of-pocket expenses by service users.

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 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 not available in the majority of primary health care clinics. Official referral procedures for referring persons from primary care to secondary/tertiary care do not exist. Referral procedures from tertiary/secondary to primary care also do not exist.

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	10	0.24	UN	UN
Day treatment facilities	0	0.00	NA	NA
Psychiatric beds in general hospitals	47	1.10	0	0.00
Community residential facilities	7	0.16	0	0.00
Beds/places in community residential facilities	UN	UN	UN	UN
Mental hospitals	3	0.07	UN	UN
Beds in mental hospitals	1678	39.44	90	2.12

Access to care

	Rates per 100,000 population)	Females (%)	Under age 18 (%)
Persons treated in mental health outpatient facilities	UN	UN	UN
Persons treated in mental health day treatment facilities	NA	NA	NA
Admissions to psychiatric beds in general hospitals	24.21	34%	UN
Persons staying in community residential facilities at the end of the year	UN	UN	UN
Admissions to mental hospitals	39.44	38%	12%

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

Less than 1 year	19%
More than 1 and less than 5 years	14%
More than 5 years	66%

Data collected in 2011

UN = information unavailable, NA = item not applicable

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	1.41	0.12
Medical doctors, not specialized in psychiatry	0.24	0.16
Nurses	1.72	0.47
Psychologists	2.12	0.71
Social workers	0.47	0.12
Occupational therapists	1.18	0.12
Other health workers	7.05	NA

Informal human resources (Family and User Associations)

	User	Family
Present in the country?	UN	UN
Number of members	5	4
Participation in the formulation/implementation of policy/plan/legislation?	never or rarely	never or rarely

Note: Lebanon does not lack mental health human resources, but these resources are unevenly distributed in various regions/catchment areas. There is also a lack of networking between the three levels of care (no referral system), which hinders adequate mental health provisions.

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	UN
Medicines used for bipolar disorders ²	UN
Medicines for psychotic disorders ³	UN
Medicines used for general anxiety ⁴	UN

¹ N03AG01, N05A, N05B, N05C, N06A

² N03AG01, N05A, N05B, N05C, N06A

³ N05A (excluding N05AN)

Data collected in 2011

UN = information unavailable, NA = item not applicable

Medicines used for mood disorders ⁵	UN
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Note: Although exact figures are unavailable, it is known that the use of and expenditures on psychotropics are high.

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	No	No	No
Interventions (psychopharmacological and psychosocial) delivered in primary health care for people with mental disorders	No	No	No
Persons treated in mental health outpatient facilities	No	No	No
Contacts in mental health outpatient facilities	No	No	No
Persons treated in mental health day treatment facilities	No	No	No
Admissions in general hospitals with psychiatric beds	No	No	No
Admissions in mental hospitals	No	No	No
Days spent in mental hospitals	No	No	No
Admissions in community residential facilities	No	No	No

Note: There is no Department of Mental Health within the organizational structure of the Ministry of Public Health. As such, there is no system in place for collecting and recording mental health data.

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

⁴ N05B & N05C

⁵ N06A

Data collected in 2011

UN = information unavailable, NA = item not applicable

