



GENERAL INFORMATION

Sri Lanka is a country with an approximate area of 66 thousand square kilometers (UNO, 2008). The population is 20,409,946 and the sex ratio (men per hundred women) is 98 (UNO, 2009). The proportion of the population under the age of 18 years is 28% and the proportion above age 60 is 8% (UNO, 2009). The literacy rate is 97% for men and 99% for women (UN Statistics, 2008). The life expectancy at birth is 71 years for males and 77 years for females (UNO, 2005-2010). The healthy life expectancy at birth is 61 years for males and 77 years for females (UNPD, 2010). The country is in the lower middle income group (based on 2010 World Bank criteria). The total expenditure on health as a percentage of gross domestic product is 3.96% and the per capita government expenditure on health (PPP int. \$) is \$81.0 (WHO, 2006). The suicide rate for males is 44.6 per 100,000 population and for females is 16.8 per 100,000 population. In Sri Lanka, neuropsychiatric disorders are estimated to contribute to 11.5% of the global burden of disease (WHO, 2008).

GOVERNANCE

An officially approved mental health policy exists and was approved in 2005. Mental health component is also specifically mentioned in the general health policy of the country.

A mental health plan exists and was most recently revised in 2010. The mental health plan components include:

- Timelines for the implementation of the mental health plan.
- 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 1956. Legal provisions concerning mental health are also covered in other laws (e.g., welfare, disability, general health legislation etc.).

Note: The National Mental Health Advisory Council is responsible for mental health services in the country and Mental Health Directorate of the Ministry of Health is responsible to execute the decision taken by the council. Mental Health legislation is currently under review and the final draft (2009 - 2010) is available for public review. Mental health plan is developed bi-annually by the directorate, NIMH and Sri Lanka College of Psychiatrist separately in accordance WHO bi-annual plans.

FINANCING

Mental health and mental hospital expenditures by the government health department/ministry are not available.

Note: Estimating the expenditure on mental health services is not possible since mental health expenditures are integrated within the general 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 but with restrictions. 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 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 exist as do referral procedures from tertiary/secondary 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	278	1.36	78	0.38
Day treatment facilities	25	0.12	1	0.005
Psychiatric beds in general hospitals	300	1.47	40	0.20
Community residential facilities	10	0.05	UN	UN
Beds/places in community residential facilities	260	1.27	UN	UN
Mental hospitals	1	0.005	0	0.0
Beds in mental hospitals	1538	7.54	20	0.10

Note: All mental health day treatments facilities have its own specific days in a given week for children and adolescents and only one facility function on daily basis.

Access to care

	Rates per 100,000 population)	Females (%)	Under age 18 (%)
Persons treated in mental health outpatient facilities	186.73	UN	UN
Persons treated in mental health day treatment facilities	UN	UN	UN
Admissions to psychiatric beds	197.61	UN	UN

Data collected in 2011

UN = information unavailable, NA = item not applicable

in general hospitals			
Persons staying in community residential facilities at the end of the year	2.64	UN	UN
Admissions to mental hospitals (NIMH)	39.34	38%	UN

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

Less than 1 year	73.5
More than 1 and less than 5 years	21.7
More than 5 years	4.8

Note: The mental hospital is now called the National Institute of Mental Health (NIMH) and consists of a training center (train public, journalist, primary health care staff, medical officer and postgraduate trainees etc.), mother-baby unit, learning disability unit, forensic unit, gender base violence unit, media unit, telephone hotline (toll free) service, several therapy units, an independent-living home and several other service units.

As of 2010, the WHO has aided the MoH both technically and financially, in developing mental health service centers in six districts.

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	0.29	0.07
Medical doctors, not specialized in psychiatry	0.75	3.92
Nurses	2.92	7.35
Psychologists	0.09	0.03
Social workers	0.33	UN
Occupational therapists	0.19	0.05
Other health workers	UN	NA

Informal human resources (Family and User Associations)

	User	Family
Present in the country	Yes	Yes
Number of members	UN	UN
Participation in the formulation/implementation of policy/plan/legislation?	not routinely	not routinely

Note: Other human resources in mental health include 131 medical officers working in the different districts are trained in mental health and designated as "Medical Officer - Mental Health". There are 58

Data collected in 2011

UN = information unavailable, NA = item not applicable

medical officers trained in psychiatry (one year diploma) and working in different districts. There are also 56 nurses (about 2 nurses/district) trained by the MoH and College of Psychiatry, who are designated as “community psychiatric nurses”. Some of the districts also have community level workers that are functioning with the help of outside (WHO, World Bank, World Vision, INGO, NGO etc.) funding and three districts with provincial ministry funding.. Users associations are very active in about 8 districts in Sri Lanka there are nearly 40 (consumer groups) associations which are clinic based and 12 registered users’ society. There are strong advocacy programme going on at present to develop more society and registering them.

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	12,073
Medicines used for bipolar disorders ²	5,960
Medicines for psychotic disorders ³	3,229
Medicines used for general anxiety ⁴	855
Medicines used for mood disorders ⁵	1,002

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	No	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	No	Yes
Contacts in mental health outpatient facilities	Yes	No	No
Persons treated in mental health day treatment facilities	No	No	No
Admissions in general hospitals with psychiatric beds	Yes	Yes	Yes

¹ N03AG01, N05A, N05B, N05C, N06A

² N03AG01, N05A, N05B, N05C, N06A

³ N05A (excluding N05AN)

⁴ N05B & N05C

⁵ N06A

Data collected in 2011

UN = information unavailable, NA = item not applicable

Admissions in mental hospitals	Yes	Yes	Yes
Days spent in mental hospitals	No	No	No
Admissions in community residential facilities	No	No	No

Note: Mental health data (either on the public system, private system or both) have been compiled for general health statistics in the last three years, but not in a specific mental health report.

OTHER INFORMATION

There are different international and local non-governmental and UN organizations including the WHO, World Bank, VSO, Basic Needs, Sahanaya, Shanthiham, Nest etc. providing resources in mental health in Sri Lanka.