



Mexico

GENERAL INFORMATION

Mexico is a country with an approximate area of 1958 thousand square kilometers (UNO, 2008). The population is 110,645,154 and the sex ratio (men per hundred women) is 97 (UNO, 2009). The proportion of the population under the age of 18 years is 33% and the proportion above age 60 is 6% (UNO, 2009). The literacy rate is 98% for men and 98% for women (UN Statistics, 2008). The life expectancy at birth is 74 years for males and 79 years for females (UNO, 2005-2010). The healthy life expectancy at birth is 65 years for males and 79 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 6.47% and the per capita government expenditure on health (PPP int. \$) is \$344.0 (WHO, 2006). The suicide rate for males is 6.8 per 100, 000 population and for females is 1.3 per 100, 000 population. In Mexico, neuropsychiatric disorders are estimated to contribute to 19.4% of the global burden of disease (WHO, 2008).

GOVERNANCE

An officially approved mental health policy exists and was approved or most recently revised in 2007. Mental health is specifically mentioned in the general health policy.

A mental health plan exists and was approved or most recently revised in 2007. The mental health plan components include:

- Timelines for the implementation of 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 it was initiated or most recently revised in 1994. Legal provisions concerning mental health are also covered in other laws (e.g., welfare, disability, general health legislation etc.).

Note: The General Health Law establishes "Mental Health" as a basic service and as a health priority.

FINANCING

Mental health expenditures by the government health department/ministry are 0.65% of the total health budget.

MENTAL HEALTH CARE DELIVERY

Primary Care

Prescription regulations authorize primary health care doctors to prescribe psychotherapeutic medicines. The department of health does not authorize primary health care nurses to prescribe and/or to continue prescription of psychotherapeutic medicines. 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 unknown received official in-service training on mental health within the last five years. It is unknown whether the majority of primary health care 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 do not exist nor 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	28	0.03	0	0.0
Day treatment facilities	52	0.05	0	0.0
Psychiatric beds in general hospitals	93	0.08	0	0.0
Community residential facilities	UN	UN	UN	UN
Beds/places in community residential facilities	UN	UN	UN	UN
Mental hospitals	46	0.04	1	0.0
Beds in mental hospitals	4333	3.92	120	0.11

Access to care

	Rates per 100,000 population)	Females (%)	Under age 18 (%)
Persons treated in mental health outpatient facilities	119.84	50%	39%
Persons treated in mental health day treatment facilities	4.87	43%	0%
Admissions to psychiatric beds in general hospitals	7.74	34%	14%
Persons staying in community residential facilities at the end of the year	UN	UN	UN
Admissions to mental hospitals	19.87	12%	11%

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

Less than 1 year	92%
More than 1 and less than 5 years	1%
More than 5 years	7%

Data collected in 2011

UN = information unavailable, NA = item not applicable

Notes: Data on outpatient care does not include services provided in primary care and data on psychiatric hospitals only includes public psychiatric hospitals.

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	1.57	0.03
Medical doctors, not specialized in psychiatry	0.72	7.56
Nurses	2.62	3.66
Psychologists	0.55	7.05
Social workers	0.33	UN
Occupational therapists	0.12	UN
Other health workers	2.99	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

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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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	Yes	No	No
Contacts in mental health outpatient facilities	Yes	No	No
Persons treated in mental health day treatment facilities	Yes	No	No
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: 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.

⁴ N05B & N05C

⁵ N06A

Data collected in 2011

UN = information unavailable, NA = item not applicable