



Seychelles

GENERAL INFORMATION

Seychelles is a country with an approximate area of 0.45 thousand square kilometers (UNO, 2008) and a population of 84,600 (UNO, 2009). The proportion of the population under the age of 18 years is 50% (UNO, 2009). The proportion of the population above age 60 is unknown. The literacy rate is 99% for men and for women (UN Statistics, 2008). 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 4.04% and the per capita government expenditure on health (PPP int. \$) is \$699.0 (WHO, 2006). The suicide rate for males is 9.1 per 100,000 population and for females is 0.0 per 100,000 population. In Seychelles, neuropsychiatric disorders are estimated to contribute to 14.4% 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 2002. Legal provisions concerning mental health are not covered in other laws (e.g., welfare, disability, general health legislation etc.).

FINANCING

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

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. Official referral procedures for referring persons from primary care to secondary/tertiary care exist. It is unknown whether referral procedures from tertiary/secondary care to primary care 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	1	1.18	0	0.00
Day treatment facilities	0	0.00	NA	NA
Psychiatric beds in general hospitals	UN	UN	UN	UN
Community residential facilities	0	0.00	NA	NA
Beds/places in community residential facilities	0	0.00	NA	NA
Mental hospitals	1	1.18	0	0.00
Beds in mental hospitals	40	47.28	0	0.00

Access to care

	Rates per 100,000 population)	Females (%)	Under age 18 (%)
Persons treated in mental health outpatient facilities	1570.92	UN	UN
Persons treated in mental health day treatment facilities	NA	NA	NA
Admissions to psychiatric beds in general hospitals	UN	UN	UN
Persons staying in community residential facilities at the end of the year	NA	NA	NA
Admissions to mental hospitals	UN	UN	UN

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

Less than 1 year	5%
More than 1 and less than 5 years	0%
More than 5 years	95%

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	2.36	0.0
Medical doctors, not specialized in psychiatry	0.0	UN
Nurses	20.09	16.55
Psychologists	2.36	0.0
Social workers	1.18	0.0
Occupational therapists	1.18	0.0
Other health workers	21.28	NA

Informal human resources (Family and User Associations)

	User	Family
Present in the country?	UN	UN
Number of members	UN	UN
Participation in the formulation/implementation of policy/plan/legislation?	UN	UN

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
Medicines used for mood disorders ⁵	UN

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

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

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