



GENERAL INFORMATION

Tokelau has an approximate area of 57 thousand square kilometers (UNO, 2008). The population is 1,206. The proportion of the population under the age of 18 years and over the age of 60 is unknown. Suicide rate information is not available.

GOVERNANCE

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

A mental health plan does not exist.

Dedicated mental health legislation does not exist. However, legal provisions concerning mental health are covered in other laws (e.g., welfare, disability, general health legislation etc.).

Note: Mental health service is integrated as part of the overall Health Department's planning. A Mental Health policy in still in draft form is awaiting government endorsement. Regarding legislation, Tokelau does not have a Mental Health Act. However, in the Laws of Tokelau (reviewed 2005), under the Health Rules, a section titled "Mental illness" is contained, which focuses on criminal liability.

FINANCING

Mental health expenditures by the government health department/ministry are not available. The primary source of mental health financing is from the Health Department budget.

MENTAL HEALTH CARE DELIVERY

Primary Care

Prescription regulations authorize primary health care doctors to prescribe and/or to continue prescription of psychotherapeutic medicines. The department of health authorizes primary health care nurses to prescribe and/or to continue prescription of psychotherapeutic medicines but with restrictions. 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 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	0	0.0	NA	NA
Day treatment facilities	0	0.0	NA	NA
Psychiatric beds in general hospitals	0	0.0	NA	NA
Community residential facilities	0	0.0	NA	NA
Beds/places in community residential facilities	0	0.0	NA	NA
Mental hospitals	0	0.0	NA	NA
Beds in mental hospitals	0	0.0	NA	NA

Mental health services are part of the overall primary health system. The outpatient and inpatient mental health services are provided in the hospital on each of the 3 atolls on Tokelau. There is no specific psychiatric hospital or unit nor are there any dedicated psychiatric beds. There are 32 inpatient beds available.

Access to care

	Rates per 100,000 population)	Females (%)	Under age 18 (%)
Persons treated in mental health outpatient facilities	NA	NA	NA
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	NA	NA	NA

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

Less than 1 year	NA
More than 1 and less than 5 years	NA
More than 5 years	NA

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	0.0	0.0
Medical doctors, not specialized in psychiatry	82.92 (1 doctor)	0.0
Nurses	UN	0.0
Psychologists	0.0	0.0
Social workers	0.0	0.0
Occupational therapists	0.0	0.0
Other health workers	0.0	NA

Note: Currently, there are no specialised mental health workforces, however mental health services are provided by a small group of nurses assisted by a single doctor on each of the 3 hospitals.

Informal human resources (Family and User Associations)

	User	Family
Present in the country/region?	No	No
Number of members	NA	NA
Participation in the formulation/implementation of policy/plan/legislation?	NA	NA

MEDICINES

Expenditures for medicines for mental and behavioral disorders

Type of Medicines	Expenditures 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

Note: The following medications are generally available at the primary health care level - carbamazepine, phenytoin, chlorpromazine, diazepam, fluphenazine, carbidopa, levodopa, risperidol. Most drugs are purchased from New Zealand and emergency medicines are obtained from our neighbouring island Samoa.

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	Yes	Yes	Yes
Persons treated in mental health outpatient facilities	NA	NA	NA
Contacts in mental health outpatient facilities	NA	NA	NA
Persons treated in mental health day treatment facilities	NA	NA	NA
Admissions in general hospitals with psychiatric beds	NA	NA	NA
Admissions in mental hospitals	NA	NA	NA
Days spent in mental hospitals	NA	NA	NA
Admissions in community residential facilities	NA	NA	NA

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