Draft Mental Health Action Plan

An Overview
Resolution on Mental Health (2012)

"Global burden of mental disorders and the need for a comprehensive, coordinated response from health and social sectors at the country level"

- WHO Executive Board Resolution EB130.R8 (20 Jan. 2012)
- World Health Assembly WHA 65.4 (25 May 2012)
WHA 65.4 requests the Director-General

To strengthen advocacy, and develop a comprehensive mental health action plan…
Process for developing the action plan

- Background paper on vulnerabilities and risks - June 2012
- Working paper on the mental health action plan - July 2012
- Regional technical consultations on Working paper/Zero draft action plan
  - April - SEARO
  - July - EMRO
  - August - AFRO
  - September - EURO
  - October - PAHO
- Web consultation with all stakeholders – 27th August to 19th October 2012
- Discussion in Regional Committees
- Face to face consultation with all stakeholders in Geneva on World Mental Health Day on 10th October 2012
- Informal Consultation with Member States (Geneva) 2nd November 2012
- Submission – 9th November 2012
Consultations with Member states and Other Partners

- Member States: 119
- WHO CCs and other academic centres: 57
- NGOs: 74
- Others: 10
Draft Mental Health Action Plan
Structure and Contents

- Introduction
- Global situation
  - Determinants and consequences of mental disorder
  - Health system resources and responses
- Vision and Cross cutting principles
- Goal and Time frame
- Objectives
- Actions for member states and secretariat (by objective)
- Actions by international and national partners
  - Appendix 1: links to other global and regional action plans and strategies
  - Appendix 2: conceptual overview of global mental health action plan
  - Appendix 3: options for the implementation of the global mental health action plan
Vision

A world in which mental health is valued, mental disorders are effectively prevented and in which persons affected by these disorders are able to access evidence-based health and social care and exercise the full range of human rights to attain the highest possible level of health and functioning free from stigma and discrimination.
Cross-cutting principles

1. Universal access and equity
2. Human rights
3. Evidence-based practice
4. Life course approach
5. Multisectoral approach
6. Empowerment of persons with mental disorders
The overall goal of the Global Mental Health Action Plan is to promote mental well-being, prevent mental disorders, and reduce the mortality and disability for persons with mental disorders.
Time frame

from 2013 to 2020

Within this period, intermediate targets are also specified.
Objectives

1. To strengthen effective leadership and governance for mental health

2. To provide comprehensive, integrated and responsive mental health and social care services in community-based settings

3. To implement strategies for mental health promotion and protection, including actions to prevent mental disorders and suicides

4. To strengthen information systems, evidence and research for mental health
Actions
(The WHATs)

Example: Resource planning

- **Member states**
  - Allocate a budget that is commensurate with identified human and other resources needed to implement agreed mental health plans and actions.

- **WHO**
  - Offer technical assistance to countries in resource planning, tracking and budgeting for mental health.
Example: Human resource development:

- **Member states**
  - Build and sustain human resource capacity to deliver mental health and social care services, especially in non-specialized care settings.

- **WHO**
  - Support countries in the formulation of a human resource strategy for mental health, including the specification of gaps and needs, training requirements and core competencies.
Actions

Example: Suicide prevention

- **Member states**
  - Develop suicide prevention programmes, with special attention to young people.

- **WHO**
  - Provide technical support to countries in strengthening their suicide prevention programmes with special attention to young people.
Example: Information systems

- **Member states**
  - Identify, collate, routinely report and use core mental health indicators (including on completed and attempted suicides).

- **WHO**
  - Provide guidance and technical assistance on surveillance/information systems to capture information on core mental health indicators, and augment the WHO global health observatory by establishing baseline data for and monitoring of the global mental health situation (including progress on reaching the targets laid out in this action plan).
Actions by International and National Partners

Examples:

- Development agencies
  - Place adequate attention on mental health in development strategies and plans

- Technical agencies
  - Support research on priority knowledge gaps in the area of mental health

- Non-governmental organizations
  - Support the creation of associations and organizations representing people with mental disorders and disabilities
Targets

Objective 1 (leadership and governance)

– 80% of countries will have updated their mental health policies and laws (within the last 10 years) by year 2016.

– 80% of countries will be allocating at least 5% of government health expenditure to mental health by year 2020.

Objective 2 (mental health and social care services)

– The number of beds used for long-term stays in mental hospitals will decrease by 20% by year 2020, with a corresponding increase in the availability of places for community-based residential care and supported housing.

– The treatment gap for severe mental disorders will be reduced by 50% by year 2020.
Targets

Objective 3 (mental health promotion and prevention)

– 80% of countries will have at least two national, multisectoral mental health promotion and protection programmes functioning by year 2016 (one universal, one targeted on vulnerable groups).

– Rates of suicide in countries will be reduced by year 2020.

Objective 4 (information, evidence and research)

– A global observatory for monitoring the mental health situation in the world will be established by year 2014.

– 80% of countries will be collecting and reporting at least a core set of mental health indicators annually by year 2020.
Options for the implementation of the global mental health action plan (The HOWs)

Examples:

• Procure and distribute essential psychotropic medicines at all health system levels and enable non-specialist health workers to prescribe medicines.

• Collaborate with universities, colleges and other relevant educational entities to incorporate a mental health component in undergraduate and postgraduate curricula.

• Develop policies and measures for the protection of vulnerable populations during financial and economic crisis.

• Develop a priority national research agenda in the area of mental health, based on consultation with all stakeholders.
# Global Mental Health Action Plan

## Vision
A world in which mental health is valued, mental disorders are effectively prevented and in which persons affected by these disorders are able to access evidence-based health and social care and exercise the full range of human rights to attain the highest possible level of health and functioning free from stigma and discrimination.

## Cross-cutting Principles

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<tr>
<th>Principle</th>
<th>Description</th>
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<tr>
<td>Universal access and equity</td>
<td>All persons with mental disorders should have equal and equitable access to health care and opportunities to achieve or recover the highest attainable standard of health, regardless of age, gender, or social position.</td>
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<td>Human rights</td>
<td>Mental health strategies, actions, and interventions for treatment, prevention and promotion must be compliant with international human rights conventions and agreements.</td>
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<td>Evidence-based practice</td>
<td>Mental health strategies and interventions for treatment, prevention and promotion need to be based on scientific evidence and good practice.</td>
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<td>Life course approach</td>
<td>Mental health policies, plans, and services need to take account of health and social needs at all stages of the life course, including children, adolescents, adults, and older adults.</td>
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<td>Multisectoral approach</td>
<td>A comprehensive and coordinated response of multiple sectors such as health, education, employment, housing, social and other relevant sectors should be utilized to achieve objectives for mental health.</td>
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<tr>
<td>Empowerment of persons</td>
<td>Persons with mental disorders should be empowered and involved in mental health policy, planning, legislation, service provision, and evaluation.</td>
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## Goal
To promote mental well-being, prevent mental disorders, and reduce the mortality and disability for persons with mental disorders

## Objectives and Targets

<table>
<thead>
<tr>
<th>Objective</th>
<th>Target</th>
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| 1. To strengthen effective leadership and governance for mental health                              | T 1.1: 80% of countries will have updated their mental health policies and laws (within the last 10 years) by year 2016.  
T 1.2: 80% of countries will be allocating at least 5% of government health expenditure to mental health by year 2020. |
| 2. To provide comprehensive, integrated and responsive mental health and social care services in community-based settings | T 2.1: The number of beds used for long-term stays in mental hospitals will decrease by 20% by year 2020, with a corresponding increase in the availability of places for community-based residential care and supported housing.  
T 2.2: The treatment gap for severe mental disorders will be reduced by 50% by year 2020. |
| 3. To implement strategies for mental health promotion and protection including actions to prevent mental disorders and suicides | T 3.1: 80% of countries will have at least two national, multisectoral mental health promotion and protection programmes functioning by year 2016 (one universal, one targeted on vulnerable groups).  
T 3.2: Rates of suicide in countries will be reduced by year 2020. |
| 4. To strengthen information systems, evidence and research for mental health                         | T 4.1: A global observatory for monitoring the mental health situation in the world will be established by year 2014.  
T 4.2: 80% of countries will be collecting and reporting at least a core set of mental health indicators annually by year 2020. |