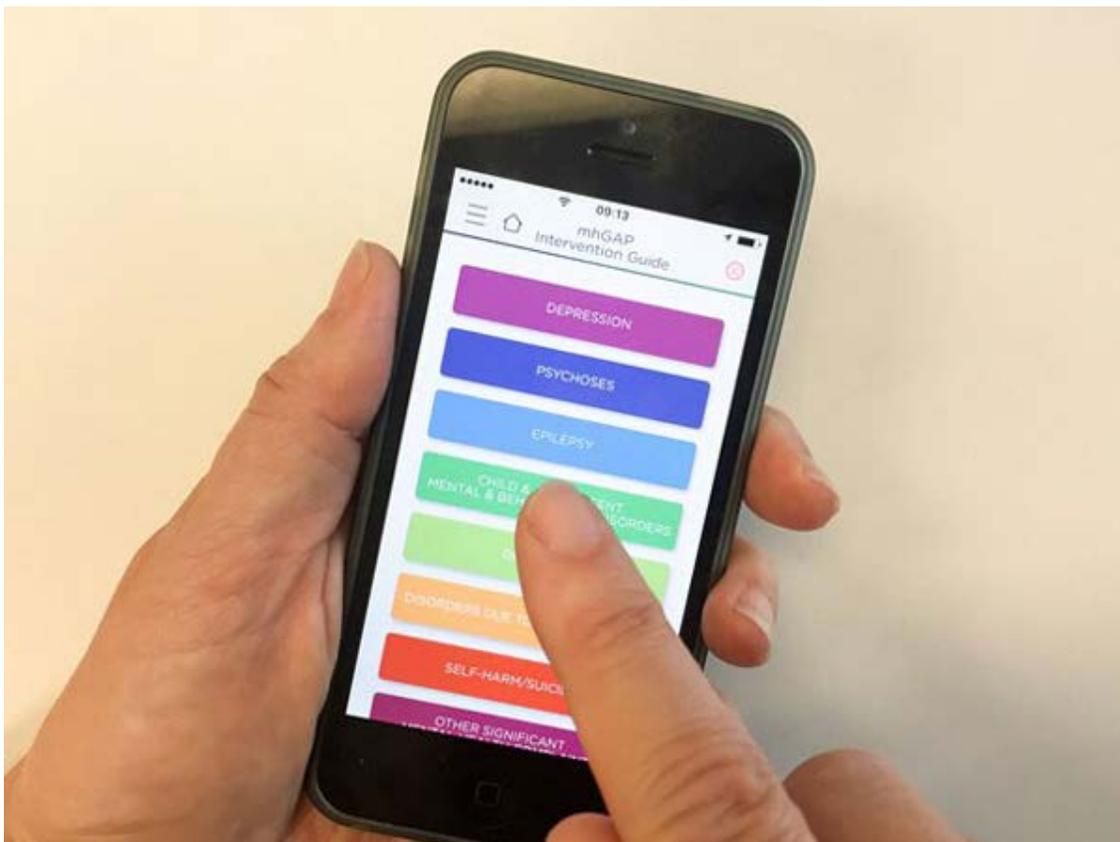# mhGAP Newsletter
Mental Health Gap Action Programme

New mhGAP tools to support scaling up mental health care

 WHO's mhGAP Intervention Guide 2.0 app, launched in October, is a tool designed for non-specialized health-care providers to manage mental, neurological and substance use (MNS) disorders including depression, epilepsy and dementia. Each module includes a description and guidance on assessment and management of priority MNS conditions. The tool can be downloaded free of charge for iOS; an Android version will be released soon. Also launched were mhGAP training manuals to help trainers and supervisors build the capacity of non-specialized health workers in providing mental health care.

Download e-mhGAP
Download e-mhGAP Training Manuals

Mentalhealth in the workplace

During our adult lives, a large proportion of our time is spent at work. Our experience in the workplace is one of the factors determining our overall wellbeing. Employers and managers who put in place workplace initiatives to promote mental health and to support employees who have mental disorders see gains not only in the health of their employees but also in their productivity at work.

Mental health in the workplace was the theme of this year's World Mental Health Day (10 October). For the occasion, we invited Sue Baker, Director of the UK charity, Time to Change; Adam Spreadbury, Co-Chair of the Mental Health Network at the Bank of England and Tine van Bortel, Senior Research Associate at the University of Campaign to join us for a panel discussion on practical steps to improving mental health at work.

Information note on mental health in the workplace

Time to change initiative to bring better mental health to the workplace

Programme in England dedicated to working with employers from all sectors; more than 700 employers are signed up and taking action on mental health and stigma in the workplace.
 For more details, contact Sue Baker at s.baker@time-to-change.org.uk

This is me; Bank of England video to help end the stigma around mental health

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QualityRights in mental health services in India

aspects of the person's life that's going to make the difference.

In the State of Gujarat in India, a WHO-designed programme QualityRights, is reforming mental health services and promoting the human rights of people with mental health conditions and psychosocial disabilities. This film highlights how the Programme works and how it is making a difference to people's lives in Gujarat.

Through the QualityRights Programme, the World Health Organization is supporting countries in assessing and improving the quality of mental health services, with respect for human rights. It is also helping to strengthen civil society movements advocating for human rights, and to promote the development of national policies and laws in line with international human rights standards.

More information on QualityRights
More information on QualityRights Gujarat

Guidance on responsible reporting on suicide

Evidence shows that media reports about suicide can enhance or weaken suicide prevention efforts. The new booklet "Preventing suicide: a resource for media professionals" provides guidance for journalists on responsible reporting on suicide.

The booklet was produced by WHO in collaboration with the International Association for Suicide Prevention.

Close to 800 000 people die by suicide every year. Suicide is the second leading cause of death among 15-29 year-olds.

Preventing suicide: a resource for media professionals

Practical resources on implementing the global plan on dementia

For World Alzheimer's Day, on 21 September, WHO released a new set of resources for different audiences on how to contribute to improving the lives of people with dementia, their carers and families.

The resources are for policy-makers, health- and social-care providers, civil society organizations and people living with dementia and their carers.

Information sheets on dementia

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