Mental Health ATLAS 2017 Member State Profile

Portugal

Total population (UN official estimate): 10,418,473
WHO Region: None or not reported
Income group: High income
Total mental health expenditure per person (reported currently): Not reported
Availability / status of mental health reporting: A specific report focusing on mental health activities in the public sector only, has been published by the Health Department or any other responsible government unit in the last two years.

MENTAL HEALTH SYSTEM GOVERNANCE

Mental health policy / plan
Stand-alone policy or plan for mental health: Yes
(Year of policy / plan): 2000
The mental health policy / plan contains specified indicators or targets against which its implementation can be monitored: Yes
Policy / plan is in line with human rights covenants (self-rated 5-point checklist score; 5 = fully in line): 4
Plan or strategy for child and/or adolescent mental health (Year of policy / plan): 2000
Multistakeholder Collaboration
There is ongoing collaboration in the area of mental health with Service users and family or caregiver advocacy groups: Yes

RESOURCES FOR MENTAL HEALTH

Mental health financing
The care and treatment of persons with major mental disorders (psychosis, bipolar disorder, depression) included in national health insurance or reimbursement schemes in your country: None or not reported
How the majority of persons with mental disorders pay for mental health services: None or not reported
The government's total expenditure on mental health as % of total government health expenditure: None or not reported

Human resources for mental health
Total number of mental health professionals (gov. and non-gov.): None or not reported
Total mental health workers per 100,000 population: None or not reported
Total number of child psychiatrists (gov. and non-gov.): None or not reported

MENTAL HEALTH SERVICE AVAILABILITY AND UPTAKE

Outpatient care (total facilities)
Mental health outpatient facilities attached to a hospital: 3
"Community-based / non-hospital" mental health outpatient facility: 38
Other outpatient facility (e.g. Mental health day care or treatment facility): 33
Outpatient facility specifically for children and adolescents (including services for developmental disorders): 32
Other outpatient services for children and adolescents (e.g. day care): 21

Inpatient care (total facilities)
Mental hospitals: 2
Psychiatric units in general hospitals: 10
Forensic inpatient units: 1
Residential care facilities: 2

Inpatient care specifically for children and adolescents:
Total number of inpatients: None or not reported

Mental hospitals (length of stay)
Inpatients staying less than 1 year: None or not reported
Inpatients staying 1-5 years: None or not reported
Inpatients staying more than 5 years: None or not reported

Treated prevalence (total cases)
Treated cases of severe mental disorder: None or not reported

MENTAL HEALTH PROMOTION AND PREVENTION

Existence of at least two functioning programmes: No (or not reported)
Existence of a suicide prevention strategy (i.e. as a stand-alone document or as an integrated element of the national policy/plan adopted by government): Yes

Programme examples
Suicide prevention: None or not reported
Scope of programmes: Not reported
Programme management: Not reported

Note: Suicide mortality rates - computed using standard categories, definitions and methods - are reported to facilitate comparisons over time and between countries, and may not be the same as official national estimates.

a) UN World Population Prospects, 2015 (http://esa.un.org/unpd/wpp/)
c) WHO, 2018: World Health Statistics data visualization dashboard; http://apps.who.int/gho/data/