### Tanzania, United Republic of

#### MENTAL HEALTH SYSTEM GOVERNANCE

<table>
<thead>
<tr>
<th>Mental health policy / plan</th>
<th>Mental health legislation</th>
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<tbody>
<tr>
<td>Stand-alone policy or plan for mental health:</td>
<td>Stand-alone law for mental health:</td>
</tr>
<tr>
<td>(Year of policy / plan):</td>
<td>(Year of law):</td>
</tr>
<tr>
<td>Yes</td>
<td>Yes</td>
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<tr>
<td>2016</td>
<td>2018</td>
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<tr>
<td>The mental health policy / plan contains specified indicators or targets against which its implementation can be monitored</td>
<td>The existence of a dedicated authority or independent body to assess compliance of mental health legislation with international human rights</td>
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<tr>
<td>Yes</td>
<td>Yes</td>
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<tr>
<td>Policy / plan is in line with human rights covenants (self-rated 5-point checklist score: 5 = fully in line)</td>
<td>Law is in line with human rights covenants (self-rated 5-point checklist score: 5 = fully in line)</td>
</tr>
<tr>
<td>None</td>
<td>5</td>
</tr>
<tr>
<td>Plan or strategy for child and/or adolescent mental health</td>
<td>Untied and provides regular inspections of facilities and reports at least annually</td>
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<tr>
<td>(Year of policy / plan):</td>
<td></td>
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<tr>
<td>Not reported</td>
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#### Multisectoral Collaboration

There is ongoing collaboration in the area of mental health with Service users and family or caregiver advocacy groups

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<td></td>
<td>No</td>
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#### 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: No
- How the majority of persons with mental disorders pay for mental health services: Persons pay out-of-pocket at the point of service use (fully insured)
- The government’s total expenditure on mental health as % of total government health expenditure: 6.00%

**Human resources for mental health**
- Total number of mental health professionals (gov. and non-gov.) per 100,000 population: 278
- Total number of child psychiatrist (gov. and non-gov.) per 100,000 population: 0.52
- Total number of child psychiatrists per 100,000 population: None or not reported
- Other paid mental health workers: None or not reported

**Mental health workforce (data per 100,000 population)**
- Psychiatrists: 0.06
- Child psychiatrists: None or not reported
- Other specialist doctors: None or not reported
- Mental health nurses: 0.36
- Psychologists: 0.01
- Social workers: 0.06
- Occupational therapists: 0.02
- Speech therapists: None or not reported

#### MENTAL HEALTH SERVICE AVAILABILITY AND UPTAKE

**Outpatient care (total facilities)**
- Mental health outpatient facilities attached to a hospital: None or not reported
- “Community-based / non-hospital” mental health outpatient facilities: None or not reported
- Other outpatient facility (e.g. Mental health day care or treatment facility): None or not reported
- Outpatient facility specifically for children and adolescents (including services for developmental disorders): None or not reported
- Other outpatient services for children and adolescents (e.g. day care): None or not reported

**Outpatient care (per 100,000 population)**
- Number of visits made by service users in the last year in mental health outpatient facilities attached to a hospital: 3.6
- Number of visits made by service users in the last year in “Community-based / non-hospital” mental health outpatient facility: None or not reported
- Number of visits made by service users in the last year in other outpatient facility (e.g. Mental health day care or treatment facility): None or not reported
- Number of visits made by service users in the last year in outpatient facility specifically for children and adolescents: None or not reported
- Other outpatient services for children and adolescents (e.g. day care): None or not reported

**Inpatient care (total facilities)**
- Mental hospitals: 2
- Psychiatric units in general hospitals: 5
- Forensic inpatient units: 1
- Residential care facilities: 4

**Inpatient care (per 100,000 population)**
- Number of inpatients in mental hospitals: 126.9
- Number of inpatients in psychiatric units in general hospitals: None or not reported
- Number of inpatients in forensic inpatient units: None or not reported
- Number of inpatients in residential care facilities: None or not reported

**Inpatient facility specifically for children and adolescents**
- Child and adolescent specific inpatient beds / annual admissions: None or not reported

**Mental hospitals (length of stay)**
- Inpatients staying less than 1 year: 87%
- Inpatients staying 5-3 years: 6.7%
- Inpatients staying more than 5 years: None or not reported

**Treated prevalence (total cases)**
- Treated cases of severe mental disorder: 0.04

**Treated prevalence (per 100,000 population)**
- Treated prevalence of severe mental disorder: 311.80

#### MENTAL HEALTH PROMOTION AND PREVENTION

**Existence of at least two functioning programmes**
- No (or not reported)

**Programme examples**
- Awareness Fragrance
- Mental health awareness/prevention/anti-stigma
- Community
- NGO

**Programme Management**
- Not reported

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Note: Each mental health indicator has been compiled from the relevant WHO and UN sources, and these data are used to compute the overall mental health index. The index is calculated based on a weighted average of all indicators, with weights determined by their relative importance. The index ranges from 0 to 1, with 1 being the highest possible score.