

# WHO MIND: Mental Health in Development

<http://www.who.int>



Dr Michelle Funk, Coordinator, Mental Health Policy, Department of Mental Health and Substance Abuse, World Health Organisation (WHO), was a keynote speaker at the Commonwealth Partners' Forum held in conjunction with the 2013 Commonwealth Health Ministers' meeting in Geneva in May. The theme of the Commonwealth Health Ministers' meeting was mental health.

Dr Funk shared with participants the excellent resources developed by WHO to support countries in the provision of appropriate mental healthcare.



## Mental health policy, planning and service development

Mental health policy and action plans are essential because they coordinate all programmes and services related to mental health

[http://www.who.int/mental\\_health/policy/services/en/index.html](http://www.who.int/mental_health/policy/services/en/index.html)



## Mental health human rights and legislation

Too many people with mental disability are exposed to a wide range of human rights violations both within psychiatric institutions and in the community

[http://www.who.int/mental\\_health/policy/legislation/en/index.html](http://www.who.int/mental_health/policy/legislation/en/index.html)



## Mental health poverty and development

People with mental and psychosocial disabilities can be actively excluded from development programmes

[http://www.who.int/mental\\_health/policy/development/en/index.html](http://www.who.int/mental_health/policy/development/en/index.html)

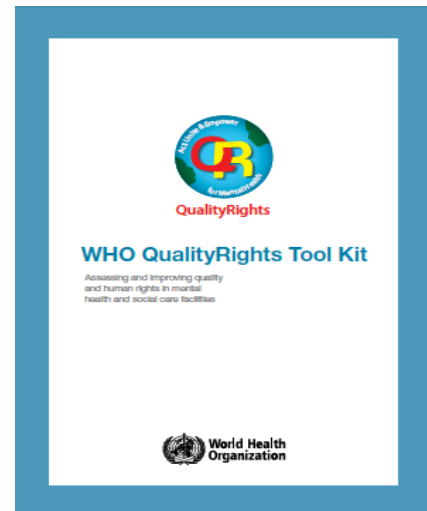


## Action in countries

Supporting countries to improve the lives of people with mental disorders

[http://www.who.int/mental\\_health/policy/country/en/index.html](http://www.who.int/mental_health/policy/country/en/index.html)

# WHO QUALITY RIGHTS TOOL KIT



The WHO *Quality Rights Tool Kit* provides countries with practical information, tools and guidance for assessing and improving the provision of mental health care from a quality and human rights perspective. WHO *Quality Rights* aims to improve the quality and human conditions in mental health and social care facilities and support countries and empower organisations to advocate for the rights of people with mental and psychosocial disabilities.

WHO point out that the care available in mental health facilities around the world is not only of poor quality but in many instances, actually hinders recovery. WHO state that it is common for people to be locked away in small prison-like cells with no human contact, or to be chained to their beds unable to move.

The objectives of *Quality Rights* are to:

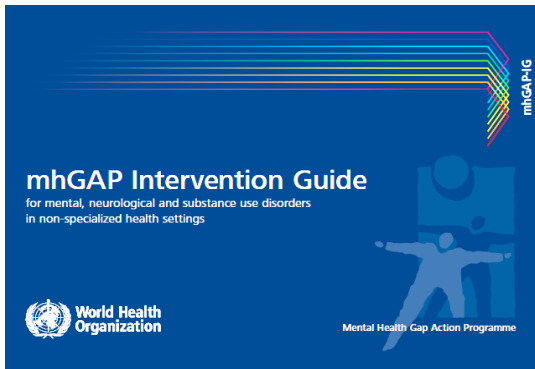
- \* Improve service quality and human rights conditions in facilities.
- \* Promote human rights and recovery from mental disabilities.
- \* Develop a movement of people with mental disabilities to provide mutual support, conduct advocacy and influence the policy making process.
- \* Reform national policies and legislation.

The WHO *Quality Rights Tool Kit* is suitable for use in low, middle and high income countries. Can be used by Governments and NGOs; supports improvements on the ground and at policy level; and promotes participation of people with suitable mental health conditions.

A copy of the WHO *Quality Rights Tool Kit* can be downloaded from:

[http://apps.who.int/iris/bitstream/10665/70927/3/9789241548410\\_eng.pdf](http://apps.who.int/iris/bitstream/10665/70927/3/9789241548410_eng.pdf)

## THE WHO MENTAL HEALTH GAP ACTION PROGRAM (mhGAP)



Mental, neurological, and substance use disorders are common in all regions of the world, affecting every community and age group across all income levels. While 14% of the global burden of disease is attributed to these disorders, most of the people affected do not have access to the treatment they need. The WHO Mental Health Gap Action Programme (mhGAP) aims at scaling up services for mental, neurological and substance use disorders. With proper care, psychosocial assistance and medication, tens of millions could be treated for depression, schizophrenia, and epilepsy, prevented from suicide and begin to lead normal lives even where resources are scarce.

The mhGAP Intervention Guide (mhGAP-IG) is a technical tool providing integrated management guidelines for priority conditions using protocols for clinical decision-making. The priority conditions included are: depression, psychosis, bipolar disorders, epilepsy, developmental and behavioural disorders in children and adolescents, dementia, alcohol use disorders, drug use disorders, self-harm/suicide and other significant emotional or medically unexplained complaints.

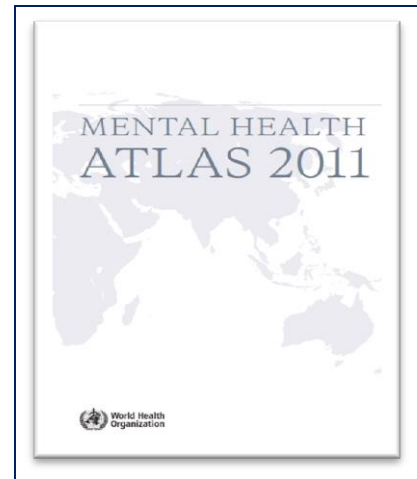
A copy of the mhGAP Intervention Guide can be downloaded from:

[http://whqlibdoc.who.int/publications/2010/9789241548069\\_eng.pdf](http://whqlibdoc.who.int/publications/2010/9789241548069_eng.pdf)

### OTHER WHO RESOURCES

- \* *WHO Guidelines on mental health and substance abuse*  
[http://www.who.int/publications/guidelines/mental\\_health/en/index.html](http://www.who.int/publications/guidelines/mental_health/en/index.html)
- \* *Mental health and psychosocial support in emergencies*  
[http://www.who.int/mental\\_health/emergencies/en/index.html](http://www.who.int/mental_health/emergencies/en/index.html)
- \* *Public health action for the prevention of suicide*  
[http://www.who.int/mental\\_health/publications/prevention\\_suicide\\_2012/en/index.html](http://www.who.int/mental_health/publications/prevention_suicide_2012/en/index.html)

## THE WHO Mental Health Atlas Project



The WHO *Mental Health Atlas Project* maps mental health resources around the world. The 2011 version represents the latest global picture of resources available for mental health. See page 9 for information on the mental health workforce. Download the *Mental Health Atlas Project* from: [http://www.who.int/mental\\_health/evidence/atlas/en/](http://www.who.int/mental_health/evidence/atlas/en/)

**The WHO MiNDbank** is a new online platform for sharing international and national level resources in mental health, health, human rights, disability and development. It will provide easy access to a range of national and international resources for mental health, disability, development and general health from across the world.

MiNDbank features extensive resources for every country (policies, plans, strategies, and legislation), in the areas of mental health, disability, general health, and human rights, along with international and regional treaties. The database will allow the sharing of key policy, strategy and technical documents, and best practices within and across countries thereby facilitating policy development, advocacy and research in each of the key areas. The database is a timely resource which will support Member States to implement the Comprehensive Global Mental Health Action Plan 2013-2020.

The MiNDbank is a collaboration between **the World Health Organization** and: the International Disability Alliance; CBM; Athena Institute, Faculty of Earth and Life Sciences, University of Amsterdam; World Network of Users and Survivors of Psychiatry; The Chester M. Pierce, M.D. Division of Global Psychiatry, Massachusetts General Hospital, Harvard Medical School; Centre for Addiction and Mental Health, Toronto; Centre for Mental Health Law and Policy, Indian Law Society (ILS), and; the European Union Agency for Fundamental Rights. MiNDbank has also been supported by the Governments of Spain and Brazil.

**Mental health workforce across the Commonwealth: psychiatrists, doctors, nurses, psychologists**  
(per 100,000 population)

Country profiles. Available from: [http://www.who.int/mental\\_health/evidence/atlas/profiles/en/index.html](http://www.who.int/mental_health/evidence/atlas/profiles/en/index.html)

Country	Psychiatrists	Doctors (not specialised)	Nurses	Psychologists	% Health burden
Antigua and Barbuda	1.13	3.39	13.55	1.13	21.5
Australia	12.76	1.56	69.54	62.48	29.4
Bahamas					
Bangladesh	0.07	0.19	0.20	0.01	11.2
Barbados	4.29	3.12	41.71	9.35	22.8
Belize	0.96	0.0	7.67	0.0	17.3
Bermuda					
Botswana	0.25	0.51	4.05	1.52	4.6
Brunei Darussalam	0.98	1.23	13.27	0.0	18.9
Cameroon	0.03	0.0	0.15	0.0	6.1
Canada	12.61	0.0	65.0	46.56	33.9
Cook Islands	15.02	0.0	10.03	0.0	15.9
Cyprus	6.82	0.0	42.17	28.99	24.2
Dominica	3.01	3.01	12.03	0.0	25.3
Fiji	0.23	0.47	4.1	0.0	13.7
Gambia	0.17	0.0	0.57	0.0	7.7
Ghana	0.07	0.01	2.47	0.04	8.8
Grenada	1.92	1.92	15.33	0.0	17.4
Guyana	0.53	0.26	0.39	0.0	12.8
India	0.30	0.0	0.17	0.05	11.6
Jamaica	1.1	0.55	5.71	0.33	20.3
Kenya	0.19	?	?	?	5.7
Kiribati	1.0	0.0	6.03	0.0	10.9
Lesotho	0.05	0.05	1.92	0.14	4.8
Malawi	0.01	0.02	0.22	0.02	4.3
Malaysia	0.83	?	3.31	0.29	16.8
Maldives	1.59	1.59	40.46	0.0	18.7
Malta	3.17	3.17	66.83	4.39	27.0
Mauritius	1.62	1.0	9.33	0.08	14.8
Montserrat					
Mozambique	0.04	0.01	0.19	0.24	5.5
Namibia	0.23	0.14	5.88	1.36	6.9
Nauru	0.0	9.75	9.75	0.0	9.6
New Zealand	9.76	?	89.32	13.78	24.8
Nigeria	0.06	0.09	0.19	0.02	6.2
Niue					
Pakistan	0.19	13.96	7.38	0.26	11.9
Papua New Guinea	0.09	0.32	2.90	0.02	9.4
Rwanda	0.05	0.06	1.30	0.07	4.8
St Kitts and Nevis	1.91	0.0	13.37	5.73	20.4
St. Lucia	1.72	1.15	17.25	3.45	22.1
St Vincent and the Grenadines	1.83	0.92	10.07	0.0	18.1
Samoa	0.56	?	1.08	0.0	12.5
Seychelles	2.36	0.0	20.09	2.36	14.4
Sierra Leone	0.02	0.02	0.09	0.0	4.1
Singapore	2.81	?	?	?	24.4
Solomon Islands	0.19	0.0	1.12	0.0	12.6
South Africa	0.27	0.43	9.72	0.31	5.9
Sri Lanka	0.29	0.75	2.92	0.09	11.5
Tanzania	0.04	0.01	?	0.01	5.3
Tonga	1.92	0.96	6.71	0.96	15.1
Trinidad and Tobago	0.67	1.86	33.34	0.67	17.1
Tuvalu					
Uganda	0.09	0.02	0.76	0.02	5.3
United Kingdom					
Vanuatu	0.0	0.81	4.88	0.81	12.8
Zambia	0.03	0.02	1.36	0.02	4.1
Zimbabwe	0.06	0.22	2.86	0.04	3.1