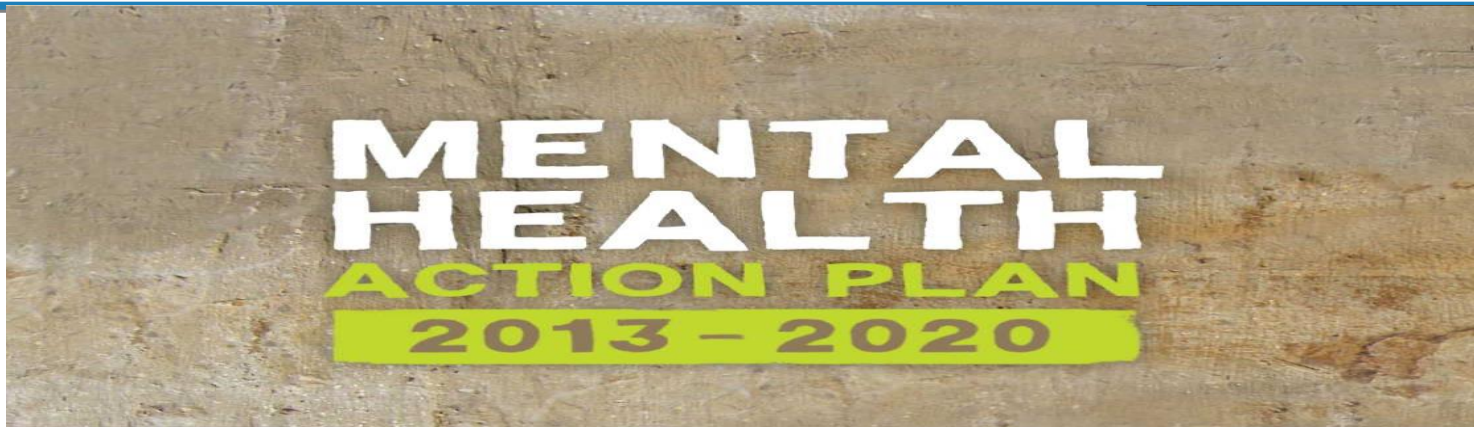


WHO COMPREHENSIVE MNH ACTION PLAN 2013-2020

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- Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.
- Good mental health enables people to: **realize their potential; cope with the normal stresses of life; work productively, and contribute to their communities**

Good Mental Health

- To archive good MNH, many unfortunate trends must be reversed
 - neglect of mental health services and care,
 - abuses of human rights
 - discrimination against people with mental disorders and psychosocial disabilities
- People with mental disorders experience disproportionately higher rates of disability and mortality.

Determinants of MNH and mental disorders include:

- Individual attributes such as the ability to manage one's thoughts, emotions, behaviours and interactions with others.
- Social, cultural, economic, political and environmental factors such as national policies, social protection, living standards, working conditions, and community social supports.
- Exposure to adversity at a young age is an established preventable risk factor for mental disorders.

The Global MNH Action Plan

- The action plan recognizes the essential role of mental health in achieving health for all people.
- It is based on a life-course approach, aims to achieve equity through universal health coverage and stresses the importance of prevention.
- The Action plan has a set vision, goal and four objectives.

The Vision :

A world in which mental health is valued and promoted, mental disorders are prevented and in which persons affected by these disorders are able to access high quality, culturally appropriate health and social care in a timely way to promote recovery and exercise the full range of human rights to attain the highest possible level of health and participate fully in society free from stigma and discrimination.

The Goal

Its overall goal is to:

Promote mental well-being, prevent mental disorders, provide care, enhance recovery, promote human rights and reduce the mortality, morbidity and disability for persons with mental disorders.



Six Cross-cutting principles of MNH Action Plan:

- **Universal access and coverage**
- **Human rights**
- **Evidence-based practice**
- **Life course approach**
- **Multisectoral approach**
- **Empowerment of persons with mental disorders and psychosocial disabilities.**

Four key objectives of the AP:

- To strengthen effective leadership and governance for mental health;
- To provide comprehensive, integrated and responsive mental health and social care services in community-based settings;
- To implement strategies for promotion and prevention in mental health;
- To strengthen information systems, evidence and research for mental health.

Objectives cont...

- Each of these objectives is supported by a number of specific actions by member states, WHO, international and national partners.
- For example, objective 2 on services involves five actions:
 - service reorganization and expanded coverage,
 - integrated and responsive care,
 - mental health in humanitarian emergencies,
 - human resource development
 - addressing disparities.
- In addition to the broad actions, a number of options for implementation are given to suit countries in very diverse situations in terms of their health systems and resource availability.

Targets of the Action Plan

- **The Plan has a set of six targets to measure global progress in its implementation.**
- **Countries are expected to develop their own national targets to contribute to the achievement of global targets.**



Six Targets by the year 2020

- 80% of countries will have introduced or updated a national plan for mental health in line with international and regional human rights instruments.
- Half of all countries will have developed or updated their mental health legislation to protect human rights.
- Service coverage for severe mental disorders will show a 20% increase.



Targets cont..

- 80% of countries will have at least two multi-sectoral programmes for the promotion of mental health and the prevention of disorders.
- The suicide rate will have gone down by 10%.
- And 80% of countries will be routinely collecting and reporting on a core set of mental health indicators.

Challenges

- Mental disorders often affect, and are affected by other diseases such as cancer, Heart disease and HIV /AIDS, and as such, require common services and resource mobilization efforts.
- Mental disorders frequently lead individuals and families into poverty.
- Health systems have not yet adequately responded to the burden of mental disorders; as a consequence, the gap between the need for treatment and its provision is large all over the world.
- The number of specialized and general health workers dealing with mental health in low and middle-income countries is grossly insufficient.

Conclusion

- The MNH Action Plan focuses international attention on a long-neglected problem.
- It does so with a welcome sense of urgency.
- It is a signal that mental health deserves much higher strategic priority.
- It is a signal with an articulate and unified voice behind it.
- Let us implement the Action Plan for betterment of our nations.

THANK YOU

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