
World Mental Health Report

Transforming mental health for all

Member States Information Session

24 October 14:00-15:00





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**About the
report**

What's the story?

Transforming better mental health for all.

WHAT



The **basis** for transformation

- ▶ Principles, drivers and data

CHAPTERS 1 – 3

WHY

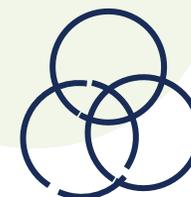


The **benefits** of transformation

- ▶ Case for investment

CHAPTER 4

HOW



The **routes** to transformation

- Strategies and best practice

CHAPTERS 5 – 8

Special features

CASE STUDIES

Examples of best practices in transforming mental health



Most are from low- and middle-income countries

NARRATIVES

Voices of people with lived experience of mental health conditions



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Principles and drivers in public mental health

KEY PRINCIPLES
DETERMINANTS
STRUCTURAL DRIVERS



Key principles

Mental health is critically important for everyone, everywhere.

- Mental health is integral to our general well-being.
- Everyone has a right to mental health.
- Mental health is relevant to many sectors and stakeholders.

Mental health is important to:

CONNECT



FUNCTION



COPE



THRIVE



COVID-19 and mental health

Mental health has been widely affected.

New mental health stressors

- + Potential health impacts
- + Public health and social measures

Service disruptions

44% countries reported disruptions to mental health care in early 2022

Widespread distress

28%

rise in major depressive disorders

26%

rise in anxiety disorders





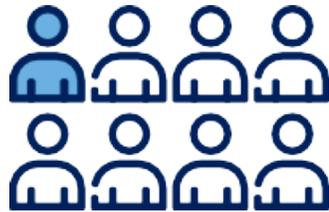
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World mental health today

EPIDEMIOLOGY
ECONOMIC COSTS
KEY GAPS
DEMAND FOR CARE

Epidemiology

Mental health needs are high.



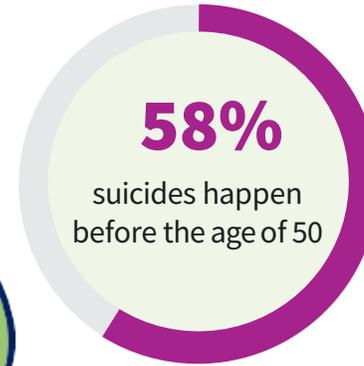
1 in 8

people live with a mental disorder



1 in 100

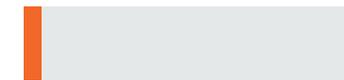
deaths are suicides



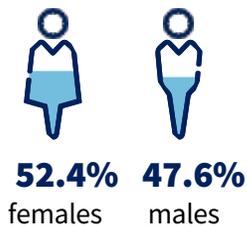
1 in 6

years lived with disability are attributable to mental disorders

Mental disorders account for **129 million** DALYs



or **5.1%** of the global burden



14% of the world's adolescents



People with severe mental health conditions die

10 to 20 years

earlier than the general population

Key gaps

Responses are insufficient and inadequate.

INFORMATION GAP



- Data and research on mental health are **lacking**

GOVERNANCE GAP



- Few countries' implement plans that comply with **human rights**

RESOURCES GAP



- On average 2% of countries' **health budgets** goes to mental health

SERVICES GAP



- Most people with mental health conditions go **untreated**



Barriers to demand

All too often people are reluctant or unable to seek help.

POOR SUPPLY

- Unavailable
- Inaccessible
- Unaffordable
- Low quality

LOW MENTAL HEALTH LITERACY

- Lack of knowledge and understanding
- Prevailing beliefs and attitudes

STIGMA

- Stereotyped views
- Fear, shame and contempt
- Human rights violations
- Discrimination and exclusion

3%

treatment for depression in LMICs is minimally adequate

NARRATIVE

Stigma stifled my recovery

Odireleng's experience

My healing only began when I overcame the stigma and realized there is no shame in asking for help.



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Benefits of change

PUBLIC HEALTH
HUMAN RIGHTS
SOCIAL AND ECONOMIC DEVELOPMENT

Advancing public health

Good mental health is fundamental to any individual's health and well-being.

Reduced suffering

- Evidence for investment exists for all resource contexts

Improved physical health

- Comorbidity is the rule rather than the exception

US\$ 1

per capita
annually

Evidence-
based care
for priority
conditions

5 000

fewer YLDs
per million

Human rights

Preventing human rights violations.

Action against stigma, discrimination and abuse

- Strategies to shift attitudes, strengthen rights and reshape care environments

Autonomy in decision-making

- Supporting people to exercise their own choices

Social contact

with people with lived experience is the **most effective** anti-stigma strategy

Supported decision-making

can help reduce involuntary admission and coercive treatment

QUALITYRIGHTS

- Capacity-building to combat stigma
- Creating rights-based services
- Supporting civil society movements
- Reforming laws and policies

e-Training in Ghana

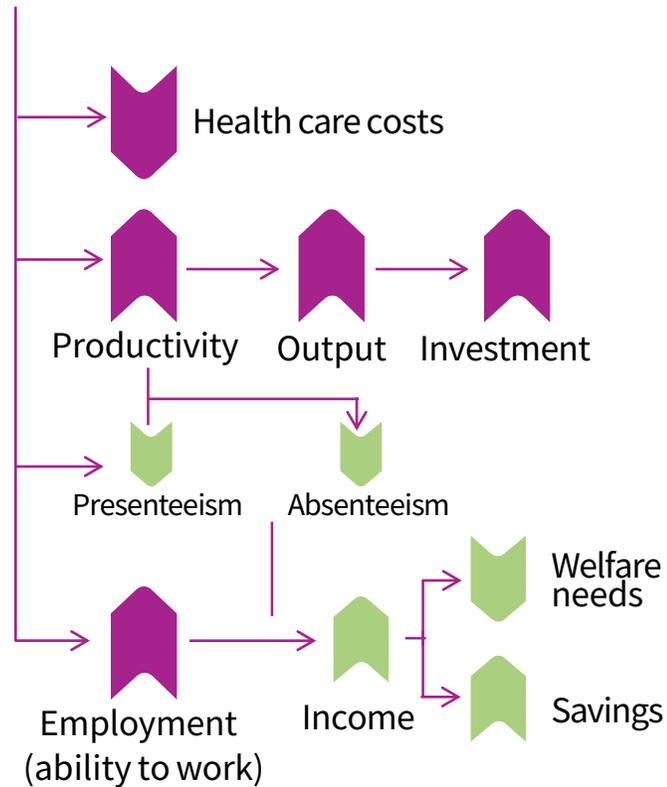
21 000 people trained

Social and economic development

When people are mentally well they can work productively and realize their potential.

Economic benefits

- For individuals, businesses and the economy





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Foundations for change

FRAMEWORKS
KNOWLEDGE AND COMMITMENT
FINANCE
COMPETENCIES

Knowledge and commitment

Three types of commitment are needed to drive the mental health agenda.

EXPRESSED

Public expressions of support

INSTITUTIONAL

Policies, plans and programmes to realize stated intent

BUDGETARY

Sufficient resources allocated for implementation



Sri Lanka



2004 Asian tsunami sparks political **interest**

2005 National policy focuses on **decentralizing** care

2022 Every district in the country has **services infrastructure**

- Very basic or no services
- Basic services
- Comprehensive services



Competencies

Task-sharing can improve health and social outcomes.



Building competencies

Different strategies for different levels of tiered care.

Expand specialist workforce

- Training programmes
- New cadres of mental health professionals

Train and support health care workers

- Pre-service education and in-service training
- Clinical management, psychosocial approaches

Equip community providers

- Psychological interventions and human rights

Strengthen skills for self-care

- In-school life skills training
- Evidence-based self-help materials

Liberia

2010 Six-month trainings in mental health for primary health care workers

2014 306 graduates, known as Mental Health Clinicians

166
general health
care workers

140
child and
adolescent mental
health care
workers

Harnessing digital technologies for mental health

Digital technologies help improve mental health in different ways.

Inform and educate

- + For the general public
WHO website

Train health care workers

- + In clinical management, rights-based care and psychological interventions
EMPOWER

Tele-mental health

- + Evaluate, provide therapy, prescribe medication, educate, support
Counselling through chat

Self-help

- + Through tried and tested online tools
Step-by-Step

Advantages

Flexible

Anonymous

Effective

Low-cost



Lebanon, self-help, 2020

- Culturally adapted version of Step-by-Step
- Effective in reducing symptoms of **depression** and improving **functioning** and **well-being**



Promotion and prevention for change

PROMOTION
PREVENTION
PRIORITIES FOR ACTION

Enabling multisectoral promotion and prevention

The health sector can contribute significantly.

Embed promotion and prevention within health services

Provide support in non-health settings

Schools

Prisons

Shelters

Advocate for and advise on determinants

Establish mechanisms for collaboration

COVID-19 MHPSS GROUPS

23

54

2020

2022

Suicide prevention

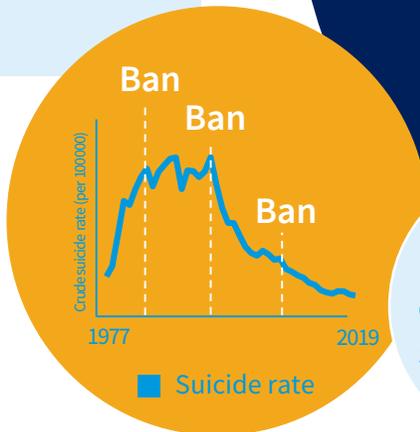
LIVE LIFE focuses on four key prevention interventions with proven efficacy.

LIVE LIFE APPROACH

- L**imit access to means
- I**nteract with media for responsible reporting
- F**oster social and emotional learning
- E**arly intervention



Pesticides account for
1 in 5 suicides



Sri Lanka



1980 Pesticide poisoning accounts for more than 67% of all suicides

1984 National pesticide ban

1994 Supportive policies introduced

1995-2011
36 highly hazardous pesticides banned

93 000
lives saved

70%
drop in annual suicide rate by 2016

US\$ 43
cost to government per life saved

Children and adolescents

Nurturing care and supportive learning environments are key.

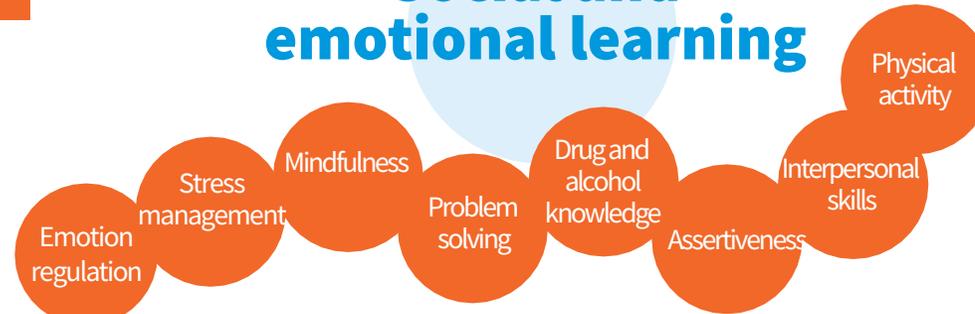
HELPING ADOLESCENTS THRIVE

- 1 Develop and enforce policies and laws
- 2 Support caregivers to provide nurturing care
- 3 Implement **school-based programmes**
- 4 Improve community and digital environments

Learning goals

Outcomes

Social and emotional learning



- well-being
- social functioning
- academic performance



- depression, anxiety risk
- risk of suicide
- harmful substance use
- antisocial behaviour

The Philippines, 2021



14.8 return on investment of universal school-based social and emotional learning programmes over 20 years
to 1

Mental health at work

Workplaces can be places of both opportunity and risk for mental health.

WHO GUIDELINE

- 1 Supportive legislation and regulations
- 2 Organizational interventions
- 3 Manager mental health training
- 4 Interventions for workers

Reduce **risks** at work

- Job content
- Workload and work pace
- Work schedule
- Job control
- Environment and equipment
- Organizational culture
- Interpersonal relationships
- Discrimination
- Roles in organization
- Career development
- Home-work interface

Enable **flexible** working

Involve workers in decision-making

Modify **workloads** or work schedules

Support **access** to work



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Restructuring and scaling up care for impact

COMMUNITY-BASED CARE
INTEGRATED SERVICES
COMMUNITY MENTAL HEALTH SERVICES
SERVICES BEYOND THE HEALTH SECTOR

Putting people first

- People-centred care
- Recovery-oriented care
- Human rights-based care

A mix of services and supports

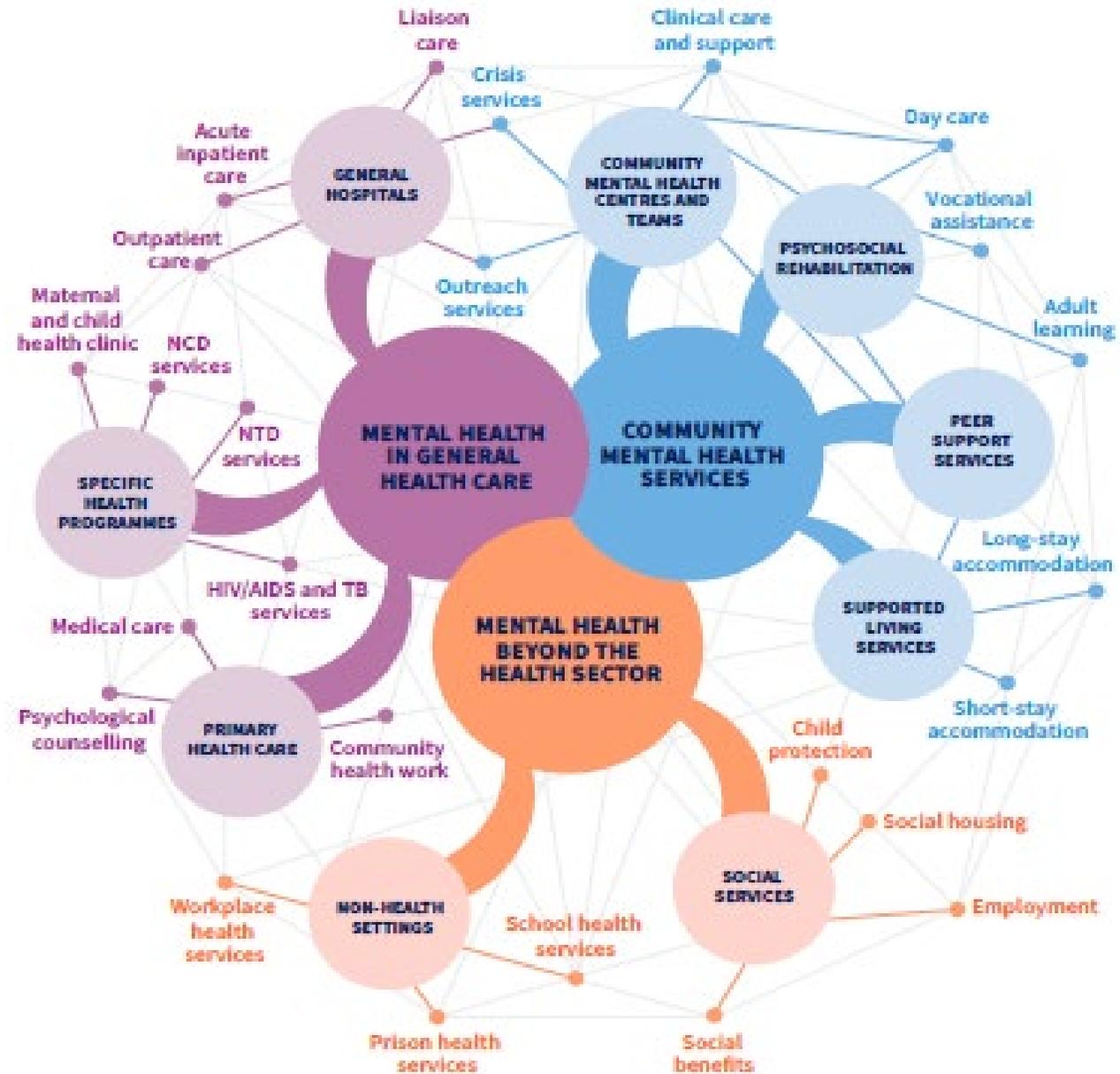
Catering to the full spectrum of mental health needs.

MENTAL HEALTH
SERVICES IN GENERAL
HEALTH CARE

COMMUNITY
MENTAL HEALTH
SERVICES

SERVICES
BEYOND THE
HEALTH SECTOR

INFORMAL
COMMUNITY
SUPPORTS



Integrated services

Integrated care is feasible, affordable and cost-effective.

**PRIMARY
HEALTH CARE**

**GENERAL
HOSPITALS**

Integrate
mental health
into HIV care

APPROACHES

- **Task-sharing** with general health care workers
- **Adding** dedicated mental health staff to non-specialist settings

**Reduce
infection**
rate for HIV by
up to 10–17%

Beyond the health sector

Other sectors have a role in complementing health care with social services.

NON-HEALTH SETTINGS

- Early detection and intervention in **schools**
- Mental health care in the **justice system**

70%

adolescents in the juvenile justice system have at least one mental health condition

KEY SOCIAL SERVICES

- **Child protection**
- **Education** and training
- Supported **housing**
- Access to **employment**
- **Social benefits** including for maternity, disabilities, unemployment and pensions



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protected homes

Peru, 2021

Protected homes complement community mental health centres and specialized units in general hospitals

NARRATIVE

The home gives me confidence

Alejandra's experience

Together we form a family, which gives us encouragement and confidence. For me, the home provided a base of support and emotional security on which to rebuild my life healthily.



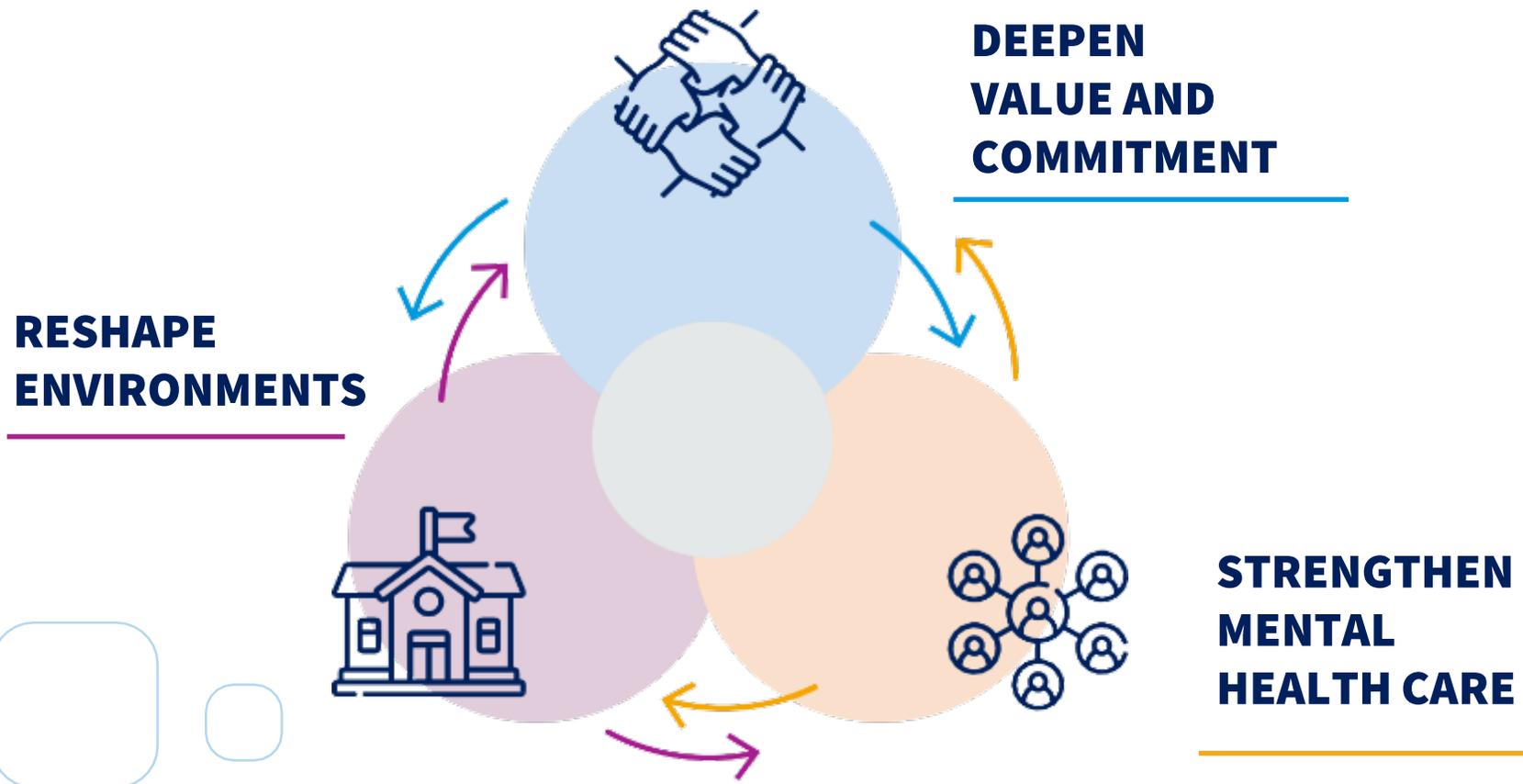
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Paths to transformation

DEEPEN VALUE AND COMMITMENT
RESHAPE ENVIRONMENTS
STRENGTHEN MENTAL HEALTH CARE

Paths to transformation

A summary of recommendations and lessons learnt throughout the report.





How to make the change?

DEEPEN VALUE AND COMMITMENT



- Promote social inclusion
- Give mental and physical health equal priority
- Intensify engagement across sectors
- Step up investment in mental health

RESHAPE ENVIRONMENTS



- Reshape environments for mental health, including:
 - homes schools workplaces
 - health care services communities
 - natural environments

STRENGTHEN MENTAL HEALTH CARE



- Build community-based networks of services
- Make mental health affordable and accessible for all
- Promote person-centred, human rights-based care
- Engage and empower people with lived experience

FIG. 8.2

Key shifts to transform mental health for all

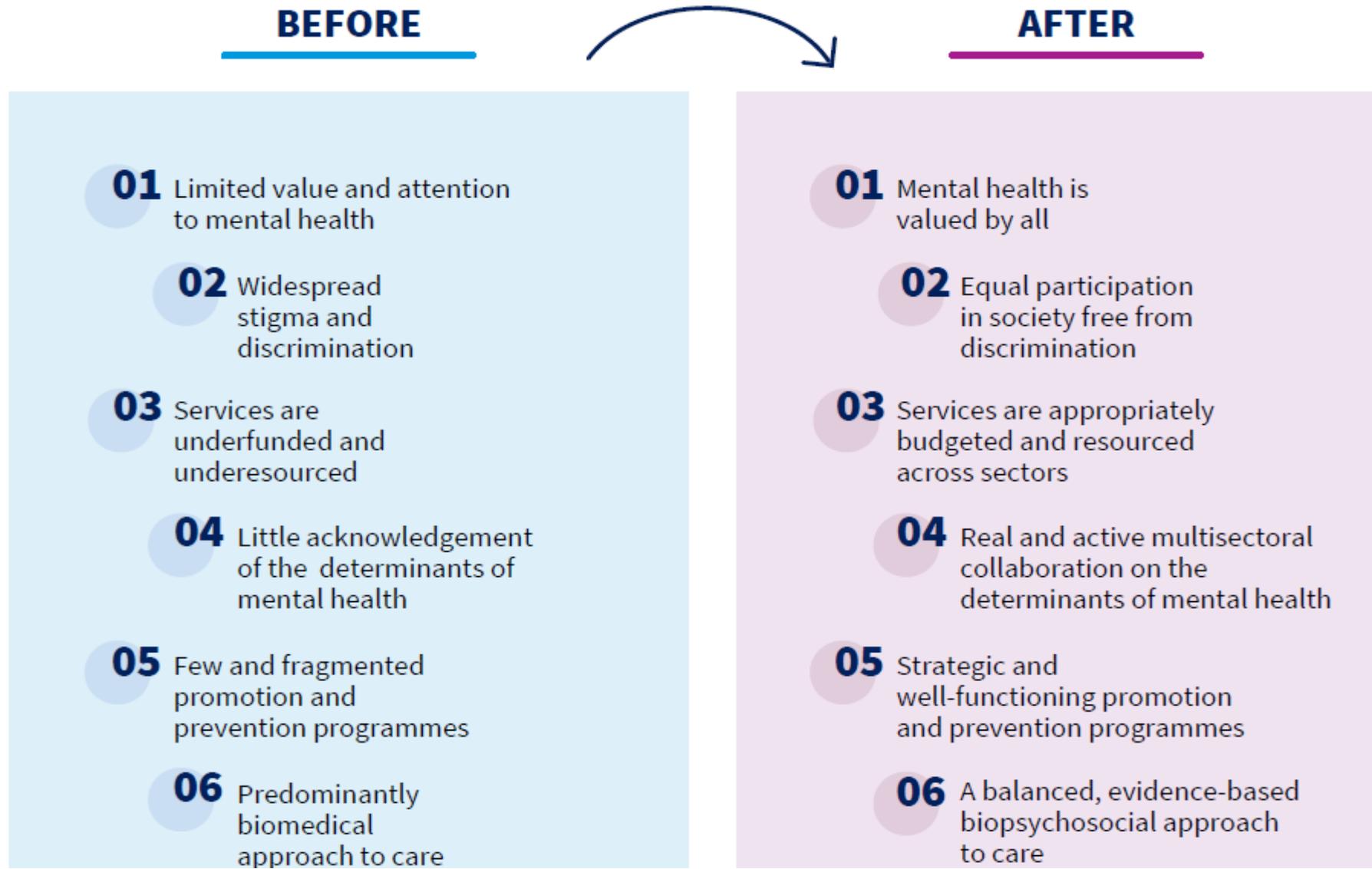
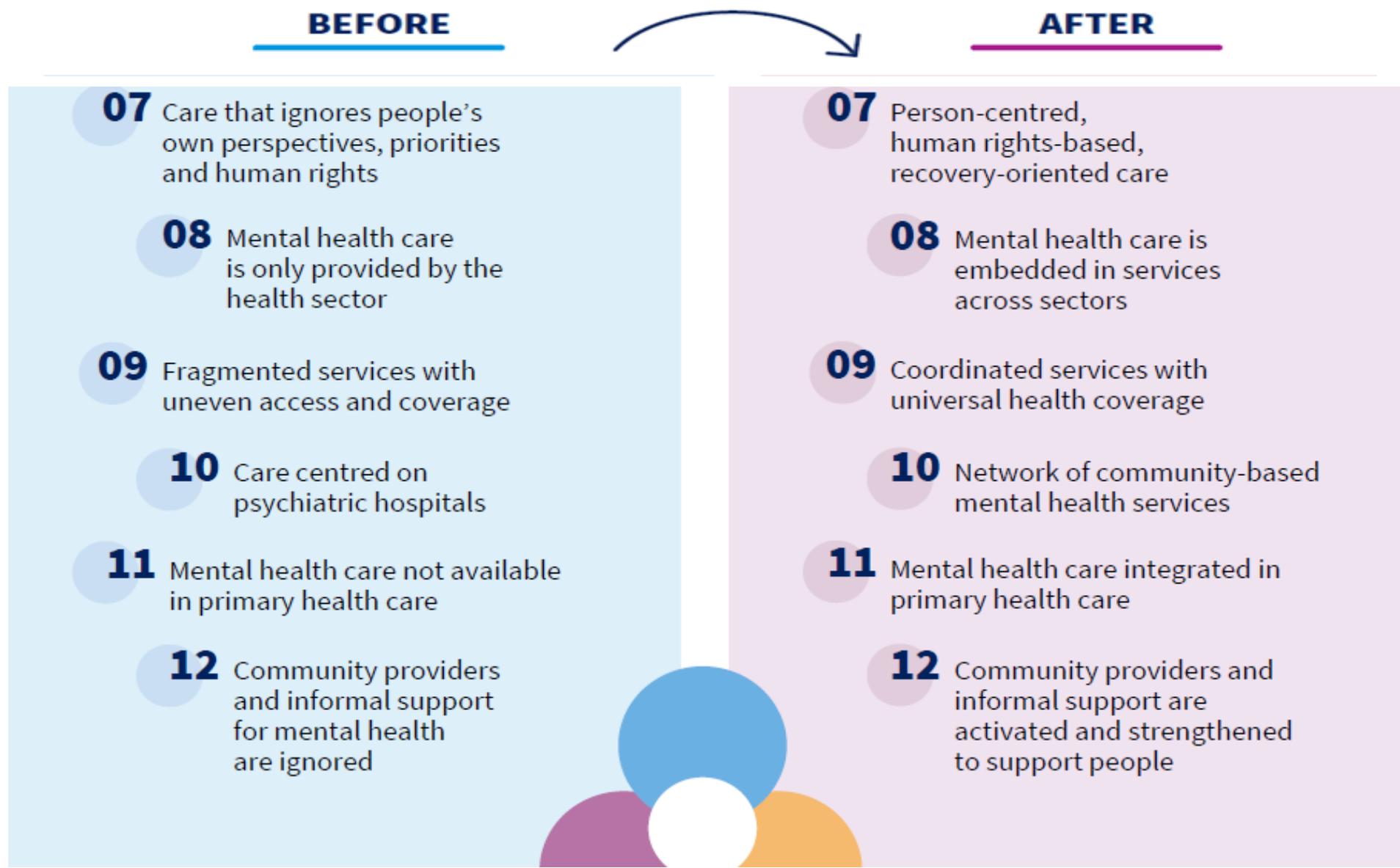


FIG. 8.2

Key shifts to transform mental health for all



For more information, please contact:
Dévora Kestel
Director, Department of Mental Health and
Substance Use, WHO
kesteld@who.int



www.who.int/teams/mental-health-and-substance-use/world-mental-health-report