



EB158

February 2-7, 2026

Lebanon Statement on Item 7: Mental Health

Mr Chair, Esteemed members of the Board, distinguished delegates,

Lebanon thanks the DG for his report and aligns itself with the regional statement delivered by Somalia.

Latest figures from Lebanon go back to just before the 2024 war and show that more than a quarter of the population suffer from clinical depression. The circumstances that followed obviously point out to a higher figure. In such circumstances, people revert to unhealthy measures to attenuate the effect of mental disorders, falling thus into the trap of increased alcohol consumption and substance abuse.

For the last decade Lebanon has been building on the momentum of the response to a cascade of humanitarian crises through a build-back-better model following the WHO global action plan on mental health. For that, Lebanon showed a successful example of health system strengthening approach during crisis.

Integrating mental health in PHC is key to achieving the UHC we all aspire to. It is especially important to focus on developing secondary care level to ensure health professionals at the primary care feel confident and supported in caring for people living with mental health conditions that need specialized care. Of equal importance is continuing the work on de-institutionalization and protecting the Human Rights of people living, sometime for all their lives, locked in prison-like institutions due to lack of appropriate mental health services.

We commend the work of WHO EMRO for the successful regional action plan integrating mental health and psychosocial support in emergencies that proved being crucial in conflicts, especially the expansion of the regional platform for live monitoring of resources, capacities and activities to cover the entire region, and we hope for the continuation of this successful initiative. Moreover, Lebanon stands as the first country to hold a policy dialogue for our regional flagship program on public health response to substance use.

Data remains the key element to ensure that MH indicators are properly measured to monitor progress. We are aware that there is a global funding scarcity, but in view of the increasing mental stressors and the escalating worldwide conflicts, we call for keeping the needed attention for mental health, especially the metrics of program performance and progress in mental health indicators.

Thank you