

MENTAL HEALTH ACTION PLAN 2013-2020



World Health
Organization

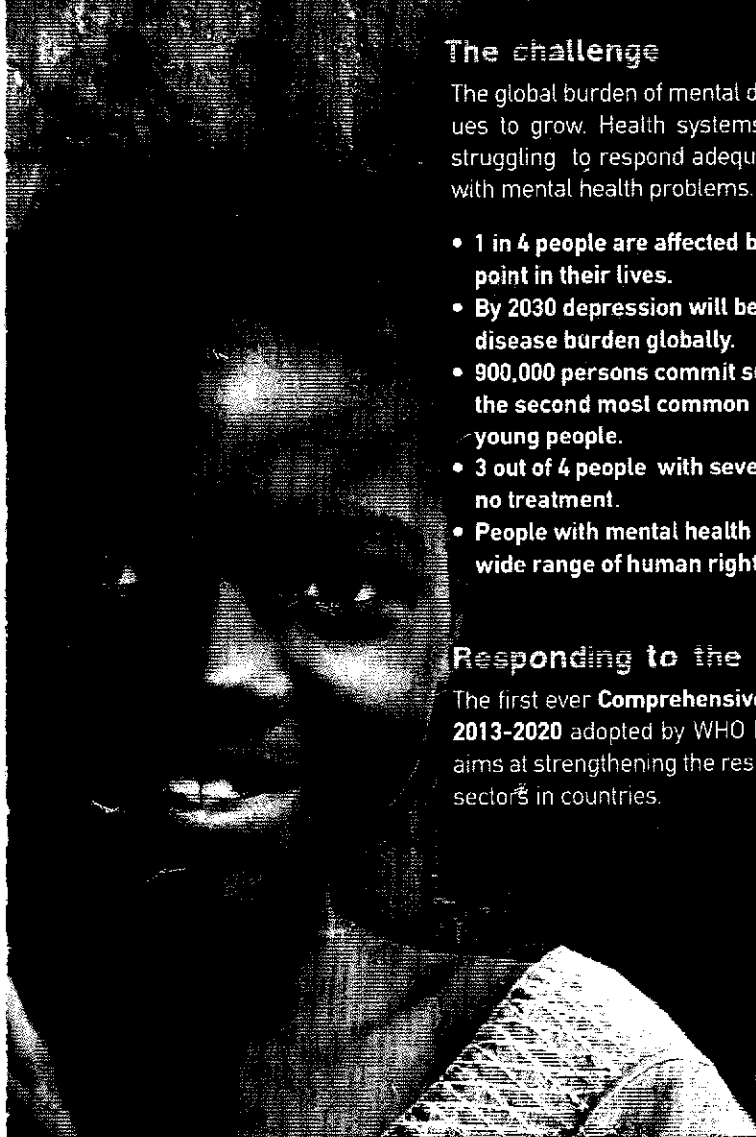
The challenge

The global burden of mental disorders is large and continues to grow. Health systems throughout the world are struggling to respond adequately to the needs of people with mental health problems.

- 1 in 4 people are affected by a mental disorder at some point in their lives.
- By 2030 depression will be the leading cause of disease burden globally.
- 900,000 persons commit suicide each year. Suicide is the second most common cause of death among young people.
- 3 out of 4 people with severe mental disorders receive no treatment.
- People with mental health disorders are exposed to a wide range of human rights violations.

Responding to the challenge

The first ever **Comprehensive Mental Health Action Plan 2013-2020** adopted by WHO Member States in May 2013, aims at strengthening the response from health and social sectors in countries.



Overview: Mental Health Action Plan 2013 - 2020

Vision

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

Cross-cutting Principles

Universal health coverage

Regardless of age, sex, socio-economic status, race, ethnicity or sexual orientation, and following the principle of equity, persons with mental disorders should be able to access, without the risk of impoverishing themselves, essential health and social services that enable them to achieve recovery and the highest attainable standard of health.

Human rights

Mental health strategies, actions and interventions for treatment, prevention and promotion must be compliant with the Convention on the Rights of Persons with Disabilities and other international and regional human rights instruments.

Evidence-based practice

Mental health strategies and interventions for treatment, prevention and promotion need to be based on scientific evidence and/or best practice, taking cultural considerations into account.

Objectives and Targets

To strengthen effective leadership and governance for mental health

Global target 1.1: 80% of countries will have developed or updated their policy/plan for mental health in line with international and regional human rights instruments (by the year 2020).

Global target 1.2: 50% of countries will have developed or updated their law for mental health in line with international and regional human rights instruments (by the year 2020).

To provide comprehensive, integrated and responsive mental health and social care services in community-based settings

Global target 2: Service coverage for severe mental disorders will have increased by 20% (by the year 2020).



Goal

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

Life course approach

Policies, plans, and services for mental health need to take account of health and social needs at all stages of the life course, including infancy, childhood, adolescence, adulthood and older age.

Multisectoral approach

A comprehensive and coordinated response for mental health requires partnership with multiple public sectors such as health, education, employment, judicial, housing, social and other relevant sectors as well as the private sector, as appropriate to the country situation.

Empowerment of persons with mental disorders and psychosocial disabilities

Persons with mental disorders and psychosocial disabilities should be empowered and involved in mental health advocacy, policy, planning, legislation, service provision, monitoring, research and evaluation.

To implement strategies for promotion and prevention in mental health

Global target 3.1: 80% of countries will have at least one functioning national multisectoral mental health promotion and prevention programmes (by the year 2020).

Global target 3.2: The rate of suicide in countries will be reduced by 10% (by the year 2020).

To strengthen information systems, evidence and research for mental health

Global target 3.3: 80% of countries will be routinely collecting and reporting at least a core set of mental health indicators every two years through their national health and social information systems (by the year 2020).



Who can get involved and how?

In order to achieve its objectives the Action Plan proposes clear actions for governments, international partners and WHO. Ministries of Health will need to take a leadership role and WHO will work with them and with international and national partners, including civil society and user groups, to implement the plan. Given the immense diversity between countries, each government will need to adapt the Action Plan to its specific national circumstances.

With effective implementation of the Action Plan persons with mental disorders will:

- **find it easier to receive mental health and social care services,**
- **be offered treatment by skilled health workers in community-based settings,**
- **participate in the reorganization, delivery and evaluation of services to make sure that care and treatment better suit their needs,**
- **gain greater access to government disability benefits, housing and livelihood programmes, and better participate in work and community life.**

To achieve the goals of the Action Plan, WHO will compile knowledge including best practices and offer technical assistance to countries in line with their particular needs. WHO will draw upon the technical expertise of WHO Collaborating Centres, NGOs, academia, and other experts in building capacity within countries.

There is No Health Without Mental Health

For more information go to www.who.int/mental_health



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