

#IDEAINTERCHANGE

# MAINSTREAMING MENTAL HEALTH IN NEPAL



SEMINAR

HERD,

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# 1 STAGGERING STATS

- Mental Health is the first leading cause of Years Lived with Disability (22.9%)
- Financial burden of mental disorder globally will be \$6 trillion by 2030
- Lost economic output – 16.3 trillion (2011–2030)
- 800,000 people die due to suicide every year

## NEPAL NUMBERS

- 1 in 3 people are suffering from mental health problems
- Govt spending less than 1% of its health care budget
- 0.22 psychiatrists and 0.06 psychologists per a population of 100,000
- Over 90 percent mentally ill have no access to treatment

## 3 POLICY PERSPECTIVE

- WHO MENTAL HEALTH ACTION PLAN 2013–20
- MENTAL HEALTH POLICY drafted in 1996 but not yet endorsed in Nepal
- Mental health – one of key interventions under Output 3 (equitable distribution and utilization of health services) in National Health Sector Strategy 2015–2030 of Nepal
- No separate body under Ministry of Health

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# GROUP WORK

4

Role Play as Policy Makers and Community Leaders to mainstream Mental Health in Nepal



## 5

### POLICY GROUP SUGGESTIONS

- Allocation of more budget – at least 5 percent of total healthcare budget
- Advocacy through mass media
- Decentralization of services to peripheral level
- Create a government body responsible for overlooking all mental health issues
- National level prevalence survey of mental health
- Integration of mental health as a basic health service

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## 6 COMMUNITY GROUP SUGGESTIONS

- Raise awareness at community level – informing people mental illness as not a consequence of past sins/taboo but a health related problem
- Encourage family members to take proper care and not ignore/discriminate them
- Patient friendly services and proper counselling
- Coordinate with CSOs/NGOs/INGOS/Pressure groups
- Inclusion of mental health issues in school curriculum

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**IT'S HIGH TIME WE ARE 'MAD'  
ABOUT MAINSTREAMING MENTAL  
HEALTH !!!**



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FULL PRESENTATIONS AVAILABLE AT:

<http://www.herd.org.np/resource/session-2-%E2%80%93-mainstreaming-mental-health-nepal-context-challenges-and-critical-pathways>