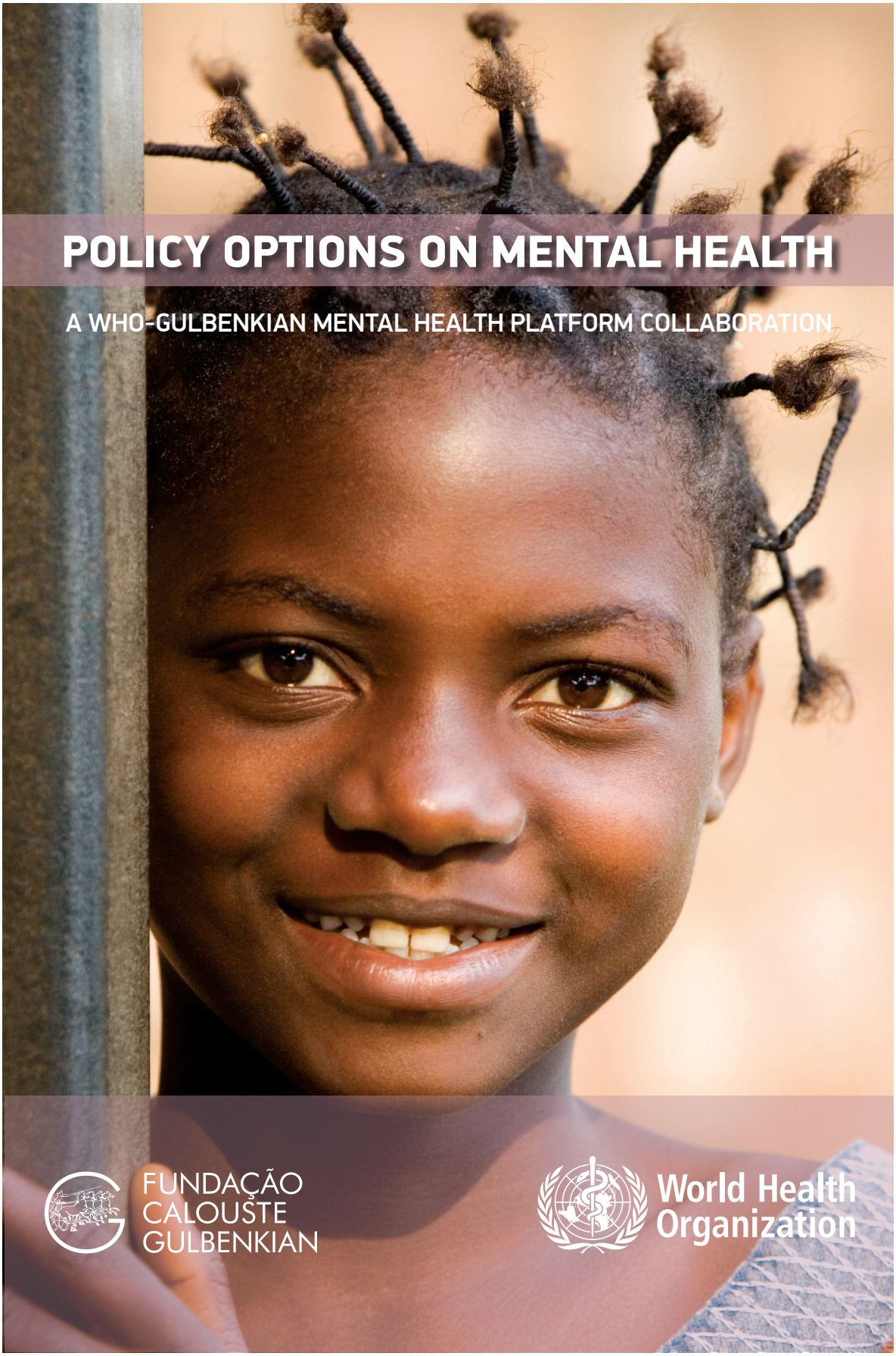
POLICY OPTIONS ON MENTAL HEALTH

A WHO-GULBENKIAN MENTAL HEALTH PLATFORM COLLABORATION



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Policy options on mental health: a WHO-Gulbenkian Mental Health Platform collaboration

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This report is the final one of a series of thematic papers, co-produced by the World Health Organization and the Calouste Gulbenkian Foundation's Global Mental Health Platform. The series covers the following topics:

- Social determinants of mental health
- Innovation in deinstitutionalization: A WHO expert survey
- Integrating the response to mental disorders and other chronic diseases in health care systems
- Promoting rights and community living for children with psychosocial disabilities
- Improving access to and appropriate use of medicines for mental disorders
- Policy options on mental health: A WHO-Gulbenkian Mental Health Platform collaboration.

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FOREWORD

This is the final report of the six-year collaboration between the WHO Department of Mental Health and Substance Abuse and the Gulbenkian Global Mental Health Platform, an initiative of the Calouste Gulbenkian Foundation aimed at reducing the global burden of mental health through the development and application of evidence and good practices to global mental health.

The Gulbenkian Mental Health Platform and the World Health Organization have collaborated to generate a series of thematic papers on pressing mental health issues of our time. Topics were identified by the Platform's advisory and steering committees, and prioritized according to the issues' potential significance in making a substantial improvement in the global mental health situation. It is perhaps not surprising, therefore, that the topics of the thematic papers are highly consistent with the six principles and four key objectives of WHO's Mental Health Action Plan (MHAP) 2013–2020.

Thematic papers in this series address important topics:

- Population-based strategies that can be implemented through health and non-health sectors to promote mental health and prevent mental disorders.
- Health-system based strategies to organize and deliver integrated care for mental disorders and other chronic health conditions.
- Innovative methodologies for shifting from institutional to community-based mental health care.
- Promoting rights and community living for children with psychosocial disabilities.
- Improving access to and appropriate use of medicines for mental disorders.

This final report constitutes a comprehensive and practical source of information and inspiration for national policy and decision-makers, legislators, justices, opinion shapers, and professional, formal and informal mental health workers willing to contribute to strengthening the response of all sectors to the still largely unmet needs of people with mental disorders, through the implementation of the WHO Mental Health Action Plan at national level. The report cross references the evidence assembled under the five key areas that were identified and prioritized by WHO and the Gulbenkian Mental Health Platform and the experience generated by country workshops conducted in Brazil, Cabo Verde, Georgia, India and Portugal. This report identifies 32 policy options to promote and strengthen the implementation of the WHO MHAP.