

Date 17 April 2025

Essential Medicines List Secretariat
World Health Organisation
Email: emlsecretariat@who.int

Dear Members of the Expert Committee,

On behalf of the Mental Health Association Malta (MHA Malta), a national NGO representing the family members and carers of individuals living with mental health conditions, we are writing to express our strong support for the inclusion of **Methylphenidate** on the **WHO Model List of Essential Medicines** under application reference **“A.19 Methylphenidate – attention deficit hyperactivity disorder.”**

As family carers and experts by experience, we speak not only from personal and generational exposure to **ADHD**, but also from lived experience supporting individuals living with **bipolar disorder, anxiety disorders, and other complex mental health conditions**. Many of these conditions overlap, and in numerous cases, the presence of untreated or undiagnosed ADHD in childhood and adolescence contributes to more serious mental health difficulties later in life.

ADHD is a **neurodevelopmental condition with a well-established hereditary component**, often affecting multiple members of the same family. When properly managed, particularly through access to evidence-based treatments like Methylphenidate, individuals with ADHD have a significantly improved quality of life, educational outcomes, and social integration.

The ongoing **global shortage and inconsistent access to Methylphenidate** puts vulnerable children, families, and communities at a severe disadvantage.

The inclusion of Methylphenidate on the EML would be a **crucial step toward equity**, helping to ensure that those living with ADHD and related conditions are not denied access to this vital medication simply because of where they live or the limitations of their national health systems.

From our perspective as caregivers, the difference this medication can make is immeasurable. We witness how access can help stabilise families, support educational

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progress, and prevent long-term escalation into more severe mental health issues such as depression, self-harm, and substance misuse.

We sincerely hope that the Committee considers not only the scientific evidence but also the real-world impact on families, whose voices are too often unheard in these processes. Including Methylphenidate on the Essential Medicines List would send a powerful message that neurodevelopmental and mental health conditions deserve equal attention and action.

Thank you for your attention to this matter and for the opportunity to contribute our voice as family advocates.

With sincere appreciation,

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