

mhGAP Newsletter

Mental Health Gap Action Programme



April 2019

Country profiles of mental health resources published

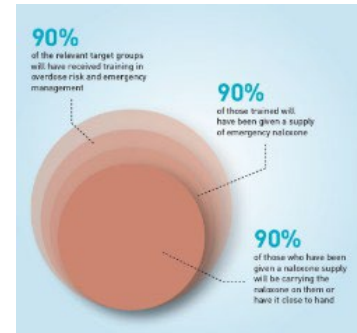


More than 150 country profiles of mental health resources have been published. The profiles, based on data provided by WHO Member States, provide a national-level snapshot of the existence of policies, plans and laws for mental health, human and financial resources available and the type of facilities providing care. The profiles are published as part of WHO's Mental Health Atlas project, and are updated every three years.

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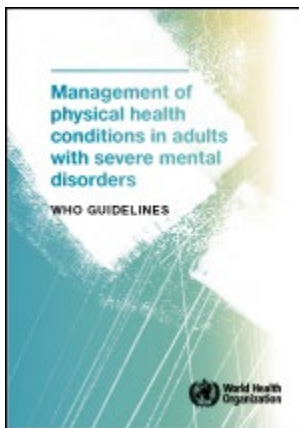
New study on community management of opioid overdose begins in Europe

This year a multisite study on community management of opioid overdose will be implemented in Kazakhstan, Kyrgyzstan, Tajikistan, and Ukraine. The study seeks to improve the ability of communities to manage opioid overdose. About 16 000 people will be trained in identification and management of opioid overdose and 40 000 kits of Take-Home-Naloxone (a drug that can prevent death among people who have overdosed) will be distributed as a part of the S-O-S Initiative (“Stop Overdose Safely”), a project managed jointly by the World Health Organization and the United Nations Office of Drugs and Crime.



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New WHO guidelines to improve the physical health of people with severe mental disorders



People with severe mental disorders – including severe depression, bipolar disorder and psychotic disorders such as schizophrenia – generally die 10-20 years earlier than the general population. The majority of these premature deaths are due to physical health conditions. Access to comprehensive health services remain out of reach for the majority of people with severe mental disorders. To help address this inequity, WHO has released, for the first time, evidence-based guidelines on the management of physical conditions in adults with severe mental disorders.

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EQUIP:

Ensuring Quality in
Psychological Support



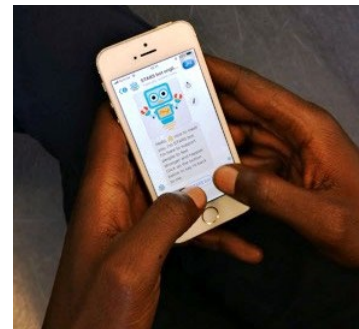
The EQUIP project aims to ensure the quality and effectiveness of brief psychological and psychosocial support interventions that are delivered by people who are not mental health specialists or have limited mental health treatment experience. This will help expand the use of these interventions in communities who need them around the world. EQUIP will ultimately become a package of tools, resources and guidance that will be freely available to all people planning to implement community-based psychological support programmes.

For more information about EQUIP contact [Dr Alison Schafer](#)

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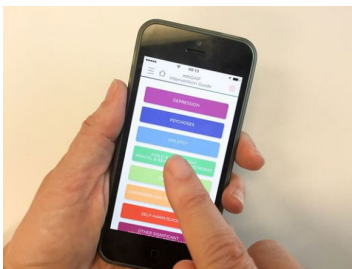
STARS – designing a new digital intervention for adolescents

STARS (Sustainable Technology for Adolescents to Reduce Stress) is a project to develop an evidence-based digital mental health intervention for adolescents aged 15-18 years worldwide. The intervention will be engaging and effective in reducing disabling distress, with design methods being used to ensure it is responsive to the needs of adolescents. Following development, the intervention will be tested in randomized controlled trials.



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mhGAP IG 2.0 app available in Spanish



WHO's mhGAP Intervention Guide 2.0 app is now available in Spanish for both iOS and Android devices. It can be downloaded free of charge. We acknowledge the support of the Pan American Health Organization in making the Spanish version available.

[mhGAP app on iOS](#)
[mhGAP app on Android](#)

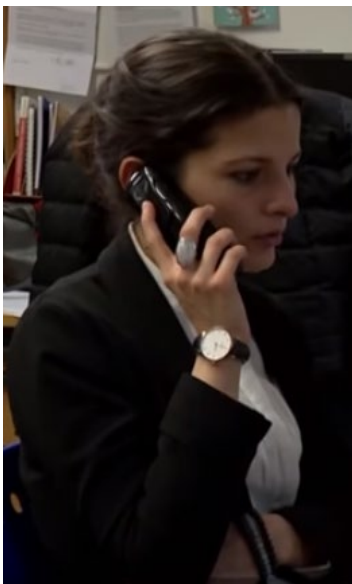
SAFER – working with partners to reduce the harmful use of alcohol

There is one death from alcohol every 10 seconds. It is time to scale up global support for action at country level to prevent and reduce alcohol-related harm. If this doesn't happen, alcohol-related targets and ambitions as formulated in the Sustainable Development Goals (SDGs) and in WHO strategies and action plans may not be achieved or advanced. SAFER is a new WHO-led initiative which outlines five high-impact, evidence-based, cost-effective interventions that can help governments to reduce the burden from harmful use of alcohol.



[Read more](#)

World Health Mental Health Day 2019: focus on suicide prevention



World Mental Health Day, observed on 10 October, is an opportunity to raise awareness of mental health issues and to mobilize efforts in support of mental health. This year, the theme is suicide prevention.

Every year close to 800 000 people take their own life and there are many more people who attempt suicide. Every suicide is a tragedy that affects families, communities and entire countries and has long-lasting effects on the people left behind. Suicide occurs throughout the lifespan and is the second leading cause of death among 15-29-year-olds globally in 2016. More information will be provided in future editions of this newsletter and on our website.

[More on World Mental Health Day 2019](#)
[More information on suicide prevention](#)

Scaling up epilepsy care in Myanmar



In Myanmar, it is estimated that around half a million people live with epilepsy, many of whom do not receive the care they require. The Myanmar Epilepsy Initiative is bringing quality treatment and care to people living with epilepsy. A collaboration between WHO and Myanmar's Ministry of Health and Sports, the Initiative is now being scaled up to provide access to quality, affordable care in five states/regions across the country.

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Integrated mental healthcare approach shows success



A district-level integrated mental health-care approach developed by the Programme for Improving Mental Healthcare (PRIME) in rural Nepal has shown success and provides lessons for sustained mental healthcare in low-resource settings.

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Mental health care accessible at the primary level in Eastern Visayas



In Eastern Visayas in the Philippines, one of the areas hardest hit by Typhoon Haiyan in 2013, the Mental Health Gap Action Programme (mhGAP) was introduced during the emergency response. As of 2018, 100% of the health facilities in the Province have trained mhGAP personnel and people in need are supported in their own community.

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St. Vincent and the Grenadines: community approach to destigmatizing mental health

In keeping with the World Health Organization's recommendation, the Government of St. Vincent and the Grenadines has been heightening its efforts towards adopting a whole-of-society approach in integrating mental health services into primary health care.

One year later, impactful results are already being achieved with minimal financial resources. Patients are being followed up in general medical clinics and several long-term residents of the mental health institution are now living with their families.



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Building capacity for mental health care in Eastern Europe and Central Asia



With support from WHO, comprehensive health system reforms are currently taking place across several countries of Eastern Europe and Central Asia, including Kazakhstan, Kyrgyzstan, Turkmenistan, Ukraine and Uzbekistan. The countries are moving towards using [WHO's mhGAP intervention guide](#) for use by non-specialists, together with its associated [training materials](#) and [operations manual](#) for successful implementation of community based mental health services.

[Read more](#)



