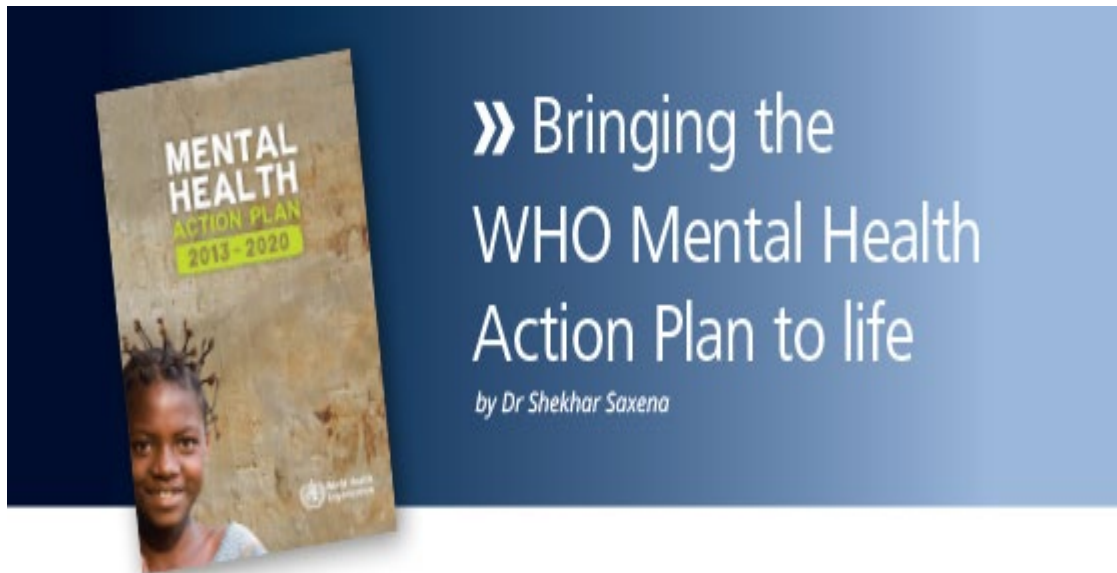


# mhGAP Newsletter

Mental Health Gap Action Programme



January 2015



*A solid policy foundation is essential to facilitate an appropriate mental health response, especially in low- and middle-income countries. The launch and adoption of the WHO Mental Health Action Plan 2013–2020 laid the foundation for implementation at global level while paving the way for regional action.* [Read more](#)



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» Responding to the Ebola mental health crisis



Ebola-affected communities in West Africa are experiencing intense fear and suffering. People are separated from loved ones due to illness or death. Health workers deal with risks to their own health. Those associated with Ebola are often victims of severe social stigma, increasing their levels of distress and isolation. In response, WHO has sent leading public mental health experts to the affected countries, and adapted and disseminated its psychological first-aid guide for Ebola and related training materials.

[Psychological First Aid \(PFA\) for Ebola Virus Disease Outbreak](#)  
[PFA Facilitation Manual](#)

## »Community: a key ingredient in mental health recovery

Somali women who are victims of domestic abuse often suffer from severe mental health issues. While clinical treatment is critical, practical strategies to help them reintegrate into their communities are equally important. Meet FMI, who slowly rebuilt her life after her husband abandoned her and their newborn daughter. [Read more](#)



## »Collaboration benefits mhGAP training in Mexico

Mexico and Spain teamed up to train primary care physicians from Mexico City and Guadalajara on how to identify and manage

mental disorders, showing once again the power of collaboration in improving lives. [Read more](#)

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## » Ethiopia's first National Mental Health Symposium calls for reform



*"Improved access to primary health care provides an excellent opportunity to also improve mental health services,"* said Dr Kesetebirhan Admasu, Minister of Health of Ethiopia, during the country's first National Mental Health Symposium in August 2014. [Read more](#)

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## » WHO's first ever Report on Suicide Prevention

Launched on World Suicide Prevention Day, 10 September 2014, WHO's first report on suicide prevention examines how and why 800,000 people die by suicide every year, and what can be done at societal and individual levels to prevent these deaths.

[Preventing Suicide: a global imperative](#)

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## » The Mental Health Innovation Network: a platform for knowledge exchange



Do you want to browse through projects, engage with other members or share ideas, resources and experiences? The Mental Health Innovation Network is a community of mental health researchers, advocates and programme experts from around the world who share new resources and ideas to promote mental health and to improve the lives of people with mental, neurological and substance use disorders. [Mental Health Innovation Network](#)



## »Living with a black dog: A 'how-to' guide to fight depression

A follow-up to ["I had a black dog: his name was depression"](#), this is a video guide for partners, carers and sufferers of depression on what to do, what not to do and where to go for help.

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## »World Mental Health Day 2014: Living with schizophrenia

For this year's World Mental Health Day, observed on 10 October, WHO called attention to steps that can be taken to help people with schizophrenia and other severe mental disorders live longer and healthier lives. [Read more](#)



## »Community management of opioid overdose

New WHO guidelines, released on 4 November 2014, aim to reduce the number of opioid-related deaths globally. The guidelines recommend countries expand naloxone access to people likely to witness an overdose in their community, such as friends, family members, partners of people who use drugs, and social workers.

[Community management of opioid overdose](#)

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## »Award for “Outstanding achievement in the field of Mental Health Care”

Mr Jagannath Lamichhane of Nepal received an award for “Outstanding achievement in the field of Mental Health Care” by the Swiss Foundation for World Health in collaboration with WHO. The award of 5000 Swiss Francs is given to a person whose efforts have led to a significant improvement in the provision of health care for people with mental illness. Jagannath Lamichhane is a mental health rights activist and the founder of the Nepal Mental Health Foundation (NMHF).



Jagannath Lamichhane

[Nepal Mental Health Foundation](#)

