

# Mental Health ATLAS 2017 Member State Profile

## Nicaragua

|                                                                |                               |                                                                      |          |
|----------------------------------------------------------------|-------------------------------|----------------------------------------------------------------------|----------|
| Total population ( <i>UN official estimate</i> ): <sup>a</sup> | 6,082,035                     | <i>Burden of mental disorders (WHO official estimates)</i>           |          |
| WHO Region:                                                    | AMR                           | Disability-adjusted life years (per 100,000 population) <sup>c</sup> | 3,067.90 |
| Income group: <sup>b</sup>                                     | Lower middle-income           | Suicide mortality rate (per 100,000 population) <sup>d</sup>         | 12.2     |
| Total mental health expenditure per person (reported currency) | 29.95 NIO                     |                                                                      |          |
| Availability / status of mental health reporting               | Not reported or not available |                                                                      |          |

### MENTAL HEALTH SYSTEM GOVERNANCE

|                                                                                                                            |              |                                                                                                                                              |                      |
|----------------------------------------------------------------------------------------------------------------------------|--------------|----------------------------------------------------------------------------------------------------------------------------------------------|----------------------|
| <b>Mental health policy / plan</b>                                                                                         |              | <b>Mental health legislation</b>                                                                                                             |                      |
| Stand-alone policy or plan for mental health:                                                                              | Yes          | Stand-alone law for mental health:                                                                                                           | Yes                  |
| (Year of policy / plan):                                                                                                   | 2016         | (Year of law):                                                                                                                               | 2008                 |
| The mental health policy / plan contains specified indicators or targets against which its implementation can be monitored | Yes          | The existence of a dedicated authority or independent body to assess compliance of mental health legislation with international human rights | Does not exist       |
| Policy / plan is in line with human rights covenants (self-rated 5-point checklist score; 5 = fully in line)               | 3            | Law is in line with human rights covenants (self-rated 5-point checklist score; 5 = fully in line)                                           | None or not reported |
| Plan or strategy for child and/or adolescent mental health                                                                 | No           |                                                                                                                                              |                      |
| (Year of policy / plan):                                                                                                   | Not reported |                                                                                                                                              |                      |

### Multisectoral Collaboration

|                                                                                                                        |     |
|------------------------------------------------------------------------------------------------------------------------|-----|
| There is ongoing collaboration in the area of mental health with Service users and family or caregiver advocacy groups | Yes |
|------------------------------------------------------------------------------------------------------------------------|-----|

### RESOURCES FOR MENTAL HEALTH

|                                                                                                                                                                                        |                                                                 |                                                              |                      |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|--------------------------------------------------------------|----------------------|
| <b>Mental health financing</b>                                                                                                                                                         |                                                                 | <b>Mental health workforce (rate per 100'000 population)</b> |                      |
| The care and treatment of persons with major mental disorders (psychosis, bipolar disorder, depression) included in national health insurance or reimbursement schemes in your country | Yes                                                             | Psychiatrists                                                | 0.69                 |
| How the majority of persons with mental disorders pay for mental health services                                                                                                       | Persons pay nothing at the point of service use (fully insured) | Child psychiatrists                                          | 0.03                 |
| The government's total expenditure on mental health as % of total government health expenditure                                                                                        | None or not reported                                            | Other specialist doctors                                     | 0.02                 |
|                                                                                                                                                                                        |                                                                 | Mental health nurses                                         | None or not reported |
|                                                                                                                                                                                        |                                                                 | Psychologists                                                | 1.79                 |
|                                                                                                                                                                                        |                                                                 | Social workers                                               | 3.57                 |
|                                                                                                                                                                                        |                                                                 | Occupational therapists                                      | None or not reported |
|                                                                                                                                                                                        |                                                                 | Speech therapists                                            | None or not reported |
|                                                                                                                                                                                        |                                                                 | Other paid mental health workers                             | 3.90                 |
| <b>Human resources for mental health</b>                                                                                                                                               |                                                                 |                                                              |                      |
| Total number of mental health professionals (gov. and non-gov.)                                                                                                                        | 608                                                             |                                                              |                      |
| Total mental health workers per 100,000 population                                                                                                                                     | 10.00                                                           |                                                              |                      |
| Total number of child psychiatrist (gov. and non-gov.)                                                                                                                                 | 2                                                               |                                                              |                      |

In case a mental health workforce appears as 0.0, it has either not been reported by the Member State or is zero.

### MENTAL HEALTH SERVICE AVAILABILITY AND UPTAKE

|                                                                                                                |                                                                                         |                                                                                                                                                                           |                                             |
|----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------|
| <b>Outpatient care (total facilities)</b>                                                                      |                                                                                         | <b>Outpatient care (per 100,000 population)</b>                                                                                                                           |                                             |
| Mental health outpatient facilities attached to a hospital                                                     | 9                                                                                       | Number of visits made by service users in the last year in mental health outpatient facilities attached to a hospital                                                     | 120.8                                       |
| "Community-based / non-hospital" mental health outpatient facility                                             | 31                                                                                      | Number of visits made by service users in the last year in "Community-based / non-hospital" mental health outpatient facility                                             | 2,227.0                                     |
| Other outpatient facility (e.g. Mental health day care or treatment facility)                                  | None or not reported                                                                    | Number of visits made by service users in the last year in other outpatient facility (e.g. Mental health day care or treatment facility)                                  | Not Reported                                |
| Outpatient facility specifically for children and adolescents (including services for developmental disorders) | 2                                                                                       | Number of visits made by service users in the last year in outpatient facility specifically for children and adolescents (including services for developmental disorders) | Not Reported                                |
| Other outpatient services for children and adolescents (e.g. day care)                                         | None or not reported                                                                    | Number of visits made by service users in the last year in other outpatient services specifically for children and adolescents (e.g. day care)                            | None or not reported                        |
| <b>Inpatient care (total facilities)</b>                                                                       |                                                                                         | <b>Inpatient care (per 100,000 population)</b>                                                                                                                            |                                             |
| Mental hospitals                                                                                               | 1                                                                                       | Mental hospital beds / annual admissions                                                                                                                                  | 3.17 / 16.69                                |
| Psychiatric units in general hospitals                                                                         | 1                                                                                       | General hospital psychiatric unit beds / annual admissions                                                                                                                | 0.16 / 2.47                                 |
| Forensic inpatient units                                                                                       | None or not reported                                                                    | Forensic inpatient unit beds / annual admissions                                                                                                                          | None or not reported / None or not reported |
| Residential care facilities                                                                                    | 2                                                                                       | Residential care beds / annual admissions                                                                                                                                 | 0.28 / 0.66                                 |
| Inpatient facility specifically for children and adolescents                                                   | 1                                                                                       | Child and adolescent specific inpatient beds / annual admissions                                                                                                          | 0.05 / 0.16                                 |
| <b>Mental hospitals</b>                                                                                        |                                                                                         | <b>Mental hospitals (length of stay)</b>                                                                                                                                  |                                             |
| Total number of inpatients                                                                                     | 135                                                                                     | Inpatients staying less than 1 year                                                                                                                                       | 18.5%                                       |
| Admissions that are involuntary                                                                                | 1115                                                                                    | Inpatients staying 1-5 years                                                                                                                                              | 7.4%                                        |
| Follow-up of people with mental disorder discharged from hospital in the last year                             | 26%-50% of discharged inpatients received a follow-up outpatient visit within one month | Inpatients staying more than 5 years                                                                                                                                      | 74.1%                                       |
| <b>Treated prevalence (total cases)</b>                                                                        |                                                                                         | <b>Treated prevalence (per 100,000 population)</b>                                                                                                                        |                                             |
| Treated cases of severe mental disorder                                                                        | 28,004                                                                                  | Treated cases of severe mental disorder                                                                                                                                   | 460.44                                      |

### MENTAL HEALTH PROMOTION AND PREVENTION

|                                                  |     |                                                                                                                                                           |     |
|--------------------------------------------------|-----|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| Existence of at least two functioning programmes | Yes | Existence of a suicide prevention strategy [i.e. as a stand-alone document or as an integrated element of the national policy/plan adopted by government] | Yes |
|--------------------------------------------------|-----|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-----|

| Programme examples       | Category of programme                          | Scope of programme | Programme Management |
|--------------------------|------------------------------------------------|--------------------|----------------------|
| Todos Con Voz            | Mental health awareness/prevention/anti-stigma | National           | Government           |
| salud mental comunitario | Mental health awareness/prevention/anti-stigma | National           | Government           |

<sup>a</sup> UN World Population Prospects, 2015; <http://esa.un.org/unpd/wpp/>

<sup>c</sup> WHO Global Health Estimates; [http://www.who.int/healthinfo/global\\_burden\\_disease/en/](http://www.who.int/healthinfo/global_burden_disease/en/)

Note: Suicide mortality rates - computed using standard categories, definitions and methods - are reported to facilitate comparisons over time and between countries, and may not be the same as official national estimates.

<sup>b</sup> World Bank Income Groups, 2016 (<http://databank.worldbank.org/>)

<sup>d</sup> WHO, 2018: World Health Statistics data visualisation dashboard; <http://apps.who.int/gho/data/>