[South Africa]

Total population (UN official estimate): 58 558 267
Total mental health expenditure per person (reported currency): 10.5 [US Dollars]
WHO Region: AFRO
Income Group: Upper-middle

Burden of mental disorders (WHO official estimates)

Disability-adjusted life years (per 100 000 population): 1 330.9
Age-standardized suicide mortality rate (per 100 000 population): 23.49

Mental health research and reporting

Number of published research articles on mental health: 165
Percentage of mental health research output in total research output within country: 6.89%
Percentage of mental health research output of the country in total mental health research output in the region: 27.6%

MENTAL HEALTH SYSTEM GOVERNANCE

Mental health policy / plan

Stand-alone policy or plan for mental health: Yes
(Year of policy / plan): 2013
Policy / plan is in line with human rights covenants (self-rated 5-points checklist score; 5 = fully in line): 5
Human resources are estimated and allocated for implementation of the mental health policy / plan: No
Financial resources are estimated and allocated for implementation of the mental health policy / plan: No
The mental health policy / plan contains specified indicators or targets against which its implementation can be monitored: No

Mental health legislation

Stand-alone law for mental health: Yes
(Year of law): 2002
Law is in line with human rights covenants (self-rated 5-points checklist score; 5 = fully in line): 5
The existence of a dedicated authority or independent body to assess compliance of mental health legislation with international human rights: A dedicated authority undertakes regular inspections, responds to complaints, and reports its findings at least once a year

Child and/ or adolescent mental health policy / plan

Stand-alone or integrated policy or plan for child mental health: Yes
(Year of child mental health policy / plan): 2003
Suicide prevention strategy / policy / plan
Stand-alone or integrated strategy / policy / plan for suicide prevention: Yes
(Year of strategy / policy / plan): 2013

RESOURCES FOR MENTAL HEALTH

Mental health financing

The government’s total expenditure on mental health as % of total government health expenditure: 5.0%
The government’s total expenditure on mental hospitals as % of total government mental health expenditure: 46.8%
MENTAL HEALTH ATLAS 2020

Member State Profile

Insurance for mental health

How the majority of persons with mental health conditions pay for mental health services

Persons pay nothing at the point of service use (fully insured)

How the majority of persons with mental health conditions pay for psychotropic medicines

Persons pay nothing at the point of service use (fully insured)

The care and treatment of persons with mental health conditions (psychosis, bipolar disorder, depression) is included in national health insurance or reimbursement schemes in your country

Yes

Mental health workforce

<table>
<thead>
<tr>
<th>Total Number (gov. and non-gov.)</th>
<th>No. per 100,000 population</th>
</tr>
</thead>
<tbody>
<tr>
<td>Psychiatrists</td>
<td>930</td>
</tr>
<tr>
<td>Mental health nurses</td>
<td>142,074</td>
</tr>
<tr>
<td>Psychologists</td>
<td>8,996</td>
</tr>
<tr>
<td>Social workers</td>
<td>50,494</td>
</tr>
<tr>
<td>Other specialized mental health workers (e.g. Occupational Therapists)</td>
<td>8,628</td>
</tr>
<tr>
<td>Total mental health professionals</td>
<td>211,122</td>
</tr>
</tbody>
</table>

Mental health workers in child and/or adolescent mental health services:

Child and/or adolescent psychiatrists 23 (0.11) Total mental health workers in child and adolescent mental health services 143 (0.66)

MENTAL HEALTH SERVICE AVAILABILITY AND UPTAKE

(Mental health services include care for mental health, neurological and substance use disorders)

Integration of mental health into primary care health care

Integration of mental health into primary care is considered functional integration

(self-rated 5 points checklist score; ≥ 4 = functional integration) 5

Outpatient care (total facilities)

Outpatient care (visits per 100,000 population)

Mental health outpatient facilities attached to a hospital - Number of visits made by service users in the last year in mental health outpatient facilities attached to a hospital -

"Community-based / non-hospital" mental health outpatient facility 4,939 Number of visits made by service users in the last year in "Community-based / non-hospital" mental health outpatient facility 2,221.96

Other outpatient facility (e.g. Mental health day care or treatment facility) - Number of visits made by service users in the last year in other outpatient facility (e.g. Mental health day care or treatment facility) -

Total number of outpatient facilities specifically for children and adolescents 652 Number of visits made by service users in the last year in outpatient facility specifically for children and adolescents 771.73

Inpatient care (total facilities)

Inpatient care (beds/admissions per 100,000 population)

Mental hospitals 89 Mental hospital beds / annual admissions 26.74 / 79.61

Psychiatric units in general hospitals - General hospital psychiatric unit beds / annual admissions 6.99 / 109.08

Community residential facilities 259 Community residential beds / annual admissions 17.99 / -

Inpatient facilities specifically for children and adolescents 80 Child and adolescent specific inpatient beds / annual admissions 11.97 / 9.73

Mental hospitals

Mental hospitals (length of stay)

Total number of admissions 46,618 Inpatients staying less than 1 year -

Admissions that are involuntary 8,870 Inpatients staying 1-5 years -

Follow-up of people with mental health condition discharged from hospital in the last year (discharged persons seen within a month) More than 75% Inpatients staying more than 5 years -

Percentage of inpatients staying less than 1 year in the total number of inpatients -

Inpatients receiving timely diagnosis, treatment and follow-up for physical health conditions (e.g. cancer, diabetes or TB) More than 75%

Community based mental health services

Total number of community-based mental health facilities 5,198 Number of community-based mental health facilities per 100,000 population 8.88

Treated prevalence of psychosis and by sex

<table>
<thead>
<tr>
<th>Total cases</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>

Treated cases of psychosis (inpatient and outpatient)
Endnotes


4 WHO, 2019. Global Health Observatory. http://www.who.int/gho/en/. Suicide mortality rates are 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.

5 Output of research on mental health: The annual published research output in peer-reviewed and indexed journals is used as a proxy for the amount (and quality) of mental health research that is being conducted or is related to a given country.

6 Policy/plan compliance with human rights instruments self-rated 5 points checklist items: 1) Policy/plan promotes transition towards mental health services based in the community (including mental health care integrated into general hospitals and primary care); 2) Policy/plan pays explicit attention to respect of the rights of people with mental health conditions and psychosocial disabilities as well as at-risk populations; 3) Policy/plan promotes a full range of services and supports to enable people to live independently and be included in the community (including rehabilitation services, social services, educational, vocational and employment opportunities, housing services and supports, etc.); 4) Policy/plan promotes a recovery approach to mental health care, which emphasizes support for individuals to achieve their aspirations and goals, with mental health service users driving the development of their treatment and recovery plans; 5) Policy/plan promotes the participation of persons with mental health conditions and psychosocial disabilities in decision-making processes about issues affecting them (e.g. policies, laws, service reform, service delivery). (≥ 5 = fully in line)

7 Law compliance with human rights instruments self-rated 5 points checklist items: 1) Law promotes transition towards community-based mental health services (including mental health integrated into general hospitals and primary care); 2) Law promotes the rights of people with mental health conditions and psychosocial disabilities to exercise their legal capacity; 3) Law promotes alternatives to coercive practice; 4) Law provides for procedures to enable people with mental health conditions and psychosocial disabilities to protect their rights and file appeals and complaints to an independent legal body; 5) Law provides for procedures to enable people to live independently and be included in the community (including rehabilitation services, social services, educational, vocational and employment opportunities, housing services and supports, etc.); 6) Law provides for procedures to enable people to live independently and be included in the community (including rehabilitation services, social services, educational, vocational and employment opportunities, housing services and supports, etc.). (≥ 5 = fully in line)

8 Integration of mental health in primary care self-rated 5 points checklist items: 1) guidelines for mental health integration into primary health care are available and adopted at the national level; 2) Pharmacological interventions for mental health conditions are available and provided at the primary care level; 3) Psychosocial interventions for mental health conditions are available and provided at the primary care level; 4) Health workers at primary care level receive training on the management of mental health conditions; 5) Mental health specialists are involved in the training and supervision of primary care professionals. (≥ 4 = functional integration)

9 Community-based mental health services are defined as services that are provided in the community, outside a hospital setting. Data for this indicator include countries’ reported number of community-based outpatient facilities (e.g. community mental health centres), other outpatient services (e.g. day treatment facilities) and mental health community residential facilities for adults.

10 Functional mental health promotion and prevention programmes self-rated 3 points checklist items: 1) Dedicated financial & human resources; 2) A defined plan of implementation; and 3) Documented evidence of progress and/or impact. (≥ 2 = functioning programme)