

Mental Health Atlas 2024

Country profile

Barbados

Population (in millions; UN estimate 2023)¹: 0.3 WHO Region²: AMR

MENTAL HEALTH INFORMATION

National mental health survey in last 10 years: No Nation-wide digital health records system: No
Mental health report published in last 2 years: Yes Unique service user identifiers in place: -

MENTAL HEALTH SYSTEM GOVERNANCE AND FINANCING

Mental health policies and plans

Mental health policies and plans		Mental health legislation and standards	
Stand-alone policy or plan for mental health:	Yes	Stand-alone law for mental health:	Yes
(Year of policy / plan):	2023	(Year of law):	1985
Compliance of policy / plan with human rights (5-point checklist; 5 = fully in line) ³ :	3	Compliance of law with human rights (5-point checklist; 5 = fully in line) ⁴ :	4
Financial resources estimated and allocated for implementation of the policy/plan:	Partially	Functioning authority exists to assess compliance of mental health legislation with human rights standards:	No
Human resources estimated and allocated for implementation of the policy/plan:	Fully	Redress mechanism to address grievances and other issues related to quality standards or human rights:	Yes
Specified indicators or targets against which its implementation can be monitored:	Yes	A registry exists to record incidents of seclusion and restraints:	No

Mental health policy/plans across the life-course

Stand-alone or integrated mental health policy or plan for children / adolescents: No Stand-alone or integrated mental health policy or plan for older adults: No

Policies and plans to prevent suicide and address stigma

Specific suicide prevention strategy: Yes Specific anti-stigma strategy: Yes

Mental health and psychosocial support (MHPSS) in emergencies

MHPSS system exists for emergency preparedness and/or disaster risk management: Yes If yes, dedicated financial & human resources allocated for MHPSS components of emergency preparedness / disaster risk management: No

Financial protection policies for mental health

Mental health care and treatment included in publicly-funded financial protection schemes:		What do majority of people with mental health conditions pay towards the cost of:	
• Psychosis and bipolar disorder	Yes	• Mental health inpatient services	0-5%
• Depression and anxiety	Yes	• Mental health outpatient services	0-5%
Dedicated budget line for mental health?	Yes	• Psychotropic medicines	0-5%
		• Psychological therapies	0-5%

Mental health expenditure

Government mental health expenditure per capita (reported currency): - Government expenditure on mental health (% of total government health expenditure): -

¹ **Population:** UN, 2023. World Population Prospects. <https://population.un.org/wpp/>

² **WHO Regions:** AFR – African; AMR – Americas; EMR – Eastern Mediterranean; EUR – European; SEAR – South-East Asia; WPR – Western Pacific.

³ **Policy/plan compliance with human rights instruments** includes 5 self-reported checklist items [5 = fully in line]: 1) community-based care; 2) protection of rights of users & at-risk groups; 3) full range of supports for independent living; 4) recovery & user-driven plans; 5) user participation in decision-making

⁴ **Law compliance with human rights instruments** includes 5 self-reported checklist items [5 = fully in line]: 1) community-based care; 2) protection of human rights & legal capacity; 3) Informed consent; 4) ≥2 of: voluntary admission protections / prevention of seclusion-restraint / complaints procedures; 5) Regular human rights inspections

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MENTAL HEALTH WORKFORCE

Mental health workers	No. per 100 000 population	Distribution of mental health workforce
<ul style="list-style-type: none"> Psychiatrists Mental health nurses Psychologists Social workers Other mental health workers 	6.7 39.3 13.5 1.8 1.1	
Total mental health workers	62.4	<ul style="list-style-type: none"> Psychiatrists (10.7%) Mental health nurses (63.0%) Psychologists (21.6%) Social workers (2.9%) Other mental health workers (1.8%)

Mental health workers (child and adolescent)	No. per 100 000 population	Training of primary care workers in mental health	
<ul style="list-style-type: none"> Child and/or adolescent psychiatrists 	1.4	Primary care workers receive training on management of mental health conditions:	Yes
Total child / adolescent mental health workers	7.8	Mental health specialists undertake training / supervision of primary care workers:	Yes

MENTAL HEALTH PROGRAMMES AND SERVICES

Mental health promotion and protection programmes			
School-based mental health programme	Yes	At least two functioning programmes (3 point checklist score; $\geq 2 = \text{Yes}$) ⁵	Yes
Work-related mental health programme	Yes		

Integration of mental health into primary health care			
Essential medications for mental health conditions available in primary care facilities	> 75%	Functional integration of mental health into primary care (5 self-reported checklist items; $\geq 4 = \text{functional integration}$) ⁶	3
Psychosocial interventions for mental health conditions available in primary care facilities	50-75%		

Outpatient care (total facilities)		Outpatient care (visits per 100 000 population)	
Mental health outpatient facilities attached to a hospital	2	Visits in last year to mental health outpatient facilities attached to a hospital	4 779.2
Community-based mental health outpatient facilities	-	Visits in last year to community-based mental health outpatient facility	-
Outpatient facilities specifically for children and adolescents	68	Visits in last year to outpatient facilities specifically for children and adolescents	-

Inpatient care (total facilities)		Inpatient beds / annual admissions (per 100 000 population)	
Psychiatric hospitals	1	Psychiatric hospital beds / admissions	189.1 / 319.1
Psychiatric units in general hospitals	1	General hospital psychiatric unit beds / admissions	4.3 / 52.1
Community residential facilities	-	Community residential beds / admissions	- / -
Inpatient facilities specifically for children and adolescents	1	Child and adolescent inpatient beds / admissions	5.7 / 28.7

Psychiatric hospitals		Psychiatric hospitals (length of stay)	
Total number of admissions	901	Inpatients staying less than 1 year	-
Involuntary admissions	664	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)	51%-75%	Inpatients staying more than 5 years	-
		Percentage of inpatients staying less than 1 year out of total number of inpatients	-

⁵ **Functional mental health promotion and prevention programmes** includes 3 self-reported checklist items [$\geq 2 = \text{functioning programme}$]: 1) dedicated financial & human resources; 2) defined plan for implementation; 3) documented evidence of progress and/or impact.

⁶ **Integration of mental health in primary care** includes 5 self-reported checklist items [$\geq 4 = \text{functional integration}$]: 1) national guidelines adopted; 2) psychoactive medications available in primary care; 3) psychosocial care available in primary care; 4) primary care workers trained; 5) specialists support training/supervision.