Mental Health Atlas 2024

Country profile

Botswana

Population (in millions; UN estimate 2023)[1]:	2.5	WHO Region[2]:	AFR

MENTAL HEALTH INFORMATION

National mental health survey in last 10 years:	Yes	Nation-wide digital health records system:	Yes
Mental health report published in last 2 years:	Yes	Unique service user identifiers in place	Yes

MENTAL HEALTH SYSTEM GOVERNANCE AND FINANCING

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):	2003	(Year of law):	2023
Compliance of policy / plan with human rights (5-point checklist; 5 = fully in line)[3]:	5	Compliance of law with human rights (5-point checklist; 5 = fully in line)[4]:	5
FInancial resources estimated and allocated for implementation of the policy/plan:	Fully	A functioning authority exists to assess compliance of mental health legislation with human rights standards:	Yes
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:	No	A registry exists to record incidents of seclusion and restraints:	Yes

Mental health policy/plans across the life-course			
Stand-alone or integrated mental health policy or plan for children / adolescents:	Yes	Stand-alone or integrated mental health policy or plan for older adults:	Yes

Policies and plans to prevent suicide and address stigma			
Specific suicide prevention strategy:	No	Specific anti-stigma strategy:	No

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	Yes

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 biploar disorder	Yes	• Mental health inpatient services	0-5%
• Depression and anxiety	Yes	• Mental health outpatient services	0-5%
		• Psychotropic medicines	0-5%
Dedidcated budget line for mental health?	Yes	• Psychological therapies	0-5%

Mental health expenditure			
Government mental health expenditure per capita (reported currency):	22.8 [BWP]	Government expenditure on mental health (% of total government health expenditure)	0.6%

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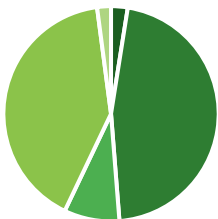
[3] **Policy/plan compliance with human rights instruments** includes 5 self-reported checklist items [5 = fully in line]: 1) community-based care; 2) protection of rights of users & at-risk groups; 3) full range of supports for independent living; 4) recovery & user-driven plans; 5) user participation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

MENTAL HEALTH WORKFORCE

Mental health workers	No. per 100 000 population
• Psychiatrists	0.6
• Mental health nurses	11.1
• Psychologists	2
• Social workers	9.8
• Other mental health workers	0.5
Total mental health workers	24.0

Distribution of mental health workforce

- Psychiatrists (2.5%)
- Mental health nurses (46.3%)
- Psychologists (8.3%)
- Social workers (40.8%)
- Other mental health workers (2.1%)

Mental health workers (child and adolescent)	No. per 100 000 population
• Child and/or adolescent psychiatrists	0.04
Total child / adolescent mental health workers	0.5

Training of primary care workers in mental health	
Primary care workers receive training on management of mental health conditions:	Yes
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; ≥ 2 = Yes)[5]	No
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; ≥ 4 = functional integration)[6]	4
Psychosocial interventions for mental health conditions available in primary care facilities	> 75%		

Outpatient care (total facilities) / Outpatient care (visits per 100 000 population)

Outpatient care (total facilities)		Outpatient care (visits per 100 000 population)	
Mental health outpatient facilities attached to a hospital	5	Visits in last year to mental health outpatient facilities attached to a hospital	18668.0
Community-based mental health outpatient facilities	3	Visits in last year to community-based mental health outpatient facility	-
Outpatient facilities specifically for children and adolescents	5	Visits in last year to outpatient facilities specifically for children and adolescents	544.0

Inpatient care (total facilities) / Inpatient beds / annual admissions (per 100 000 population)

Inpatient care (total facilities)		Inpatient beds / annual admissions (per 100 000 population)	
Psychiatric hospitals	1	Psychiatric hospital beds / admissions	12.1 / 97.7
Psychiatric units in general hospitals	4	General hospital psychiatric unit beds / admissions	4.8 / 37.8
Community residential facilities	3	Community residential beds / admissions	1.25/3.75
Inpatient facilities specifically for children and adolescents	5	Child and adolescent inpatient beds / admissions	2/0.83

Psychiatric hospitals / Psychiatric hospitals (length of stay)

Psychiatric hospitals		Psychiatric hospitals (length of stay)	
Total number of admissions	2 423	Inpatients staying less than 1 year	2324
Involuntary admissions	0	Inpatients staying 1-5 years	19
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	80
		Percentage of inpatients staying less than 1 year out of total number of inpatients	96%

[5] **Functional mental health promotion and prevention programmes** includes 3 self-reported checklist items [≥ 2 = 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 [≥4 = 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.