

Mental Health Atlas 2024

Country profile

Costa Rica

Population (in millions; UN estimate 2023) ¹ :	5.1	WHO Region ² :	AMR
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MENTAL HEALTH INFORMATION

National mental health survey in last 10 years:	No	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):	2024	(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:	Partially	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:	Partially	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:	-

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
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Policies and plans to prevent suicide and address stigma

Specific suicide prevention strategy:	Yes	Specific anti-stigma strategy:	Yes
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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
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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	21-50%
• Depression and anxiety	Yes	• Mental health outpatient services	21-50%
Dedicated budget line for mental health?	No	• Psychotropic medicines	21-50%
		• Psychological therapies	21-50%

Mental health expenditure

Government mental health expenditure per capita (reported currency):	23.8 [CRC]	Government expenditure on mental health (% of total government health expenditure)	5.6%
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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 	4.9 11.3 176.5 100.5 6.6	
Total mental health workers	299.8	<ul style="list-style-type: none"> Psychiatrists (1.6%) Mental health nurses (3.8%) Psychologists (58.9%) Social workers (33.5%) Other mental health workers (2.2%)

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 	0.3	Primary care workers receive training on management of mental health conditions:	Yes
Total child / adolescent mental health workers	1.2	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	No	At least two functioning programmes (3 point checklist score; $\geq 2 = \text{Yes}$) ⁵	No
Work-related mental health programme	No		

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	5
Psychosocial interventions for mental health conditions available in primary care facilities	> 75%		

Outpatient care (total facilities)		Outpatient care (visits per 100 000 population)	
Mental health outpatient facilities attached to a hospital	28	Visits in last year to mental health outpatient facilities attached to a hospital	2 278.9
Community-based mental health outpatient facilities	-	Visits in last year to community-based mental health outpatient facility	-
Outpatient facilities specifically for children and adolescents	1	Visits in last year to outpatient facilities specifically for children and adolescents	70.6

Inpatient care (total facilities)		Inpatient beds / annual admissions (per 100 000 population)	
Psychiatric hospitals	2	Psychiatric hospital beds / admissions	9.4 / 83.7
Psychiatric units in general hospitals	2	General hospital psychiatric unit beds / admissions	0.6 / 13.8
Community residential facilities	-	Community residential beds / admissions	- / -
Inpatient facilities specifically for children and adolescents	-	Child and adolescent inpatient beds / admissions	- / -

Psychiatric hospitals		Psychiatric hospitals (length of stay)	
Total number of admissions	4 271	Inpatients staying less than 1 year	3 479
Involuntary admissions	-	Inpatients staying 1-5 years	36
Follow-up of people with mental health condition discharged from hospital in the last year (discharged persons seen within a month)	26%-50%	Inpatients staying more than 5 years	0
		Percentage of inpatients staying less than 1 year out of total number of inpatients	99%

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.