

# Mental Health Atlas 2024

## Country profile

### Cuba

Population (in millions; UN estimate 2023) <sup>1</sup> :	11	WHO Region <sup>2</sup> :	AMR
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#### 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 legislation and standards	
Stand-alone policy or plan for mental health:	Yes	Stand-alone law for mental health:	No
(Year of policy / plan):	1995	(Year of law):	2019
Compliance of policy / plan with human rights (5-point checklist; 5 = fully in line) <sup>3</sup> :	5	Compliance of law with human rights (5-point checklist; 5 = fully in line) <sup>4</sup> :	5
Financial resources estimated and allocated for implementation of the policy/plan:	Fully	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:	Yes	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
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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	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)	-
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<sup>1</sup> **Population:** UN, 2023. World Population Prospects. <https://population.un.org/wpp/>

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

<sup>3</sup> **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

<sup>4</sup> **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"> <li>Psychiatrists</li> <li>Mental health nurses</li> <li>Psychologists</li> <li>Social workers</li> <li>Other mental health workers</li> </ul>	9.3 8.9 22.7 1.7 5.2	
Total mental health workers	47.8	<ul style="list-style-type: none"> <li>Psychiatrists (19.5%)</li> <li>Mental health nurses (18.6%)</li> <li>Psychologists (47.5%)</li> <li>Social workers (3.6%)</li> <li>Other mental health workers (10.9%)</li> </ul>

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"> <li>Child and/or adolescent psychiatrists</li> </ul>	4	Primary care workers receive training on management of mental health conditions:	Yes
Total child / adolescent mental health workers	11	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; $\geq 2 = \text{Yes}$ ) <sup>5</sup>	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; $\geq 4 = \text{functional integration}$ ) <sup>6</sup>	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	14	Visits in last year to mental health outpatient facilities attached to a hospital	29.2
Community-based mental health outpatient facilities	175	Visits in last year to community-based mental health outpatient facility	6 502.9
Outpatient facilities specifically for children and adolescents	11 406	Visits in last year to outpatient facilities specifically for children and adolescents	211.3

Inpatient care (total facilities)		Inpatient beds / annual admissions (per 100 000 population)	
Psychiatric hospitals	19	Psychiatric hospital beds / admissions	52.0 / 97.7
Psychiatric units in general hospitals	17	General hospital psychiatric unit beds / admissions	4.1 / 67.8
Community residential facilities	-	Community residential beds / admissions	- / -
Inpatient facilities specifically for children and adolescents	17	Child and adolescent inpatient beds / admissions	1.5 / 22.4

Psychiatric hospitals		Psychiatric hospitals (length of stay)	
Total number of admissions	10 765	Inpatients staying less than 1 year	9 520
Involuntary admissions	227	Inpatients staying 1-5 years	483
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	762
		Percentage of inpatients staying less than 1 year out of total number of inpatients	88%

<sup>5</sup> **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.

<sup>6</sup> **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.