

# Mental Health Atlas 2024

## Country profile

### Mongolia

Population (in millions; UN estimate 2023)<sup>1</sup>: 3.4 WHO Region<sup>2</sup>: WPR

#### 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

Stand-alone policy or plan for mental health: Yes (Year of policy / plan): 2024 Compliance of policy / plan with human rights (5-point checklist; 5 = fully in line)<sup>3</sup>: 5 Financial resources estimated and allocated for implementation of the policy/plan: Partially Human resources estimated and allocated for implementation of the policy/plan: Partially Specified indicators or targets against which its implementation can be monitored: Yes

Stand-alone law for mental health: Yes (Year of law): 2013 Compliance of law with human rights (5-point checklist; 5 = fully in line)<sup>4</sup>: 5 Functioning authority exists to assess compliance of mental health legislation with human rights standards: Yes Redress mechanism to address grievances and other issues related to quality standards or human rights: 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

##### 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: Yes

##### Financial protection policies for mental health

Mental health care and treatment included in publicly-funded financial protection schemes: Yes  
• Psychosis and bipolar disorder: Yes  
• Depression and anxiety: Yes

Dedicated budget line for mental health? Yes

What do majority of people with mental health conditions pay towards the cost of:  
• Mental health inpatient services: 0-5%  
• Mental health outpatient services: 0-5%  
• Psychotropic medicines: 0-5%  
• Psychological therapies: 0-5%

##### Mental health expenditure

Government mental health expenditure per capita (reported currency): 6672.6 [MNT] Government expenditure on mental health (% of total government health expenditure): 1.2%

<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 | <b>Distribution of mental health workforce</b> <ul style="list-style-type: none"> <li>■ Psychiatrists (36.8%)</li> <li>■ Mental health nurses (58.6%)</li> <li>■ Psychologists (3.0%)</li> <li>■ Social workers (0.8%)</li> <li>■ Other mental health workers (0.8%)</li> </ul> |
|------------------------------------|----------------------------|---|
| • Psychiatrists                    | 4.9                        |   |
| • Mental health nurses             | 7.8                        |   |
| • Psychologists                    | 0.4                        |   |
| • Social workers                   | 0.1                        |   |
| • Other mental health workers      | 0.1                        |   |
| <b>Total mental health workers</b> | <b>13.3</b>                |   |

| Mental health workers (child and adolescent)          | No. per 100 000 population | Training of primary care workers in mental health                                   |     |
|---|----------------------------|---|-----|
| • Child and/or adolescent psychiatrists               | 1                          | Primary care workers receive training on management of mental health conditions:    | Yes |
| <b>Total child / adolescent mental health workers</b> | <b>4.4</b>                 | 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              | 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; $\geq 4 = \text{functional integration}$ ) <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      | 31 | Visits in last year to mental health outpatient facilities attached to a hospital      | 5 822.2 |
| Community-based mental health outpatient facilities             | -  | Visits in last year to community-based mental health outpatient facility               | -       |
| Outpatient facilities specifically for children and adolescents | 1  | Visits in last year to outpatient facilities specifically for children and adolescents | 65.0    |

| Inpatient care (total facilities)                              |    | Inpatient beds / annual admissions (per 100 000 population) |              |
|--|----|---|--------------|
| Psychiatric hospitals  | 1  | Psychiatric hospital beds / admissions                      | 16.0 / 277.5 |
| Psychiatric units in general hospitals                         | 30 | General hospital psychiatric unit beds / admissions         | 10.7 / 482.5 |
| Community residential facilities                               | -  | Community residential beds / admissions                     | - / -        |
| Inpatient facilities specifically for children and adolescents | 1  | Child and adolescent inpatient beds / admissions            | 0.6 / 10.4   |

| Psychiatric hospitals   |         | Psychiatric hospitals (length of stay)  |       |
|---|---------|---|-------|
| Total number of admissions  | 9 525   | Inpatients staying less than 1 year   | 9 812 |
| Involuntary admissions  | 65      | Inpatients staying 1-5 years  | 25    |
| 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  | 44    |
|   |         | Percentage of inpatients staying less than 1 year out of total number of inpatients | 99%   |

<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.