

Mental Health Atlas 2024

Country profile

Myanmar

Population (in millions; UN estimate 2023) ¹ :	54.1	WHO Region ² :	SEAR
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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):	2020	(Year of law):	1948
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 :	0
Financial resources estimated and allocated for implementation of the policy/plan:	-	A 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:	-	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:	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	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
• Psychiatrists	0.3	 <ul style="list-style-type: none"> ■ Psychiatrists (50.0%) ■ Mental health nurses (33.3%) ■ Social workers (16.7%)
• Mental health nurses	0.2	
• Psychologists	-	
• Social workers	0.1	
• Other mental health workers	-	
Total mental health workers	0.6	

Mental health workers (child and adolescent)	No. per 100 000 population	Training of primary care workers in mental health
• Child and/or adolescent psychiatrists	0.004	Primary care workers receive training on management of mental health conditions: Yes
Total child / adolescent mental health workers	0.004	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	No
Work-related mental health programme	No	(3 point checklist score; ≥ 2 = Yes) ⁵	

Integration of mental health into primary health care			
Essential medications for mental health conditions available in primary care facilities	< 10%	Functional integration of mental health into primary care (5 self-reported checklist items; ≥ 4 = functional integration) ⁶	3
Psychosocial interventions for mental health conditions available in primary care facilities	10-50%		

Outpatient care (total facilities)		Outpatient care (visits per 100 000 population)	
Mental health outpatient facilities attached to a hospital	24	Visits in last year to mental health outpatient facilities attached to a hospital	99.2
Community-based mental health outpatient facilities	-	Visits in last year to community-based mental health outpatient facility	-
Outpatient facilities specifically for children and adolescents	-	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	2	Psychiatric hospital beds / admissions	2.6 / 7.0
Psychiatric units in general hospitals	20	General hospital psychiatric unit beds / admissions	- / -
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	3 789	Inpatients staying less than 1 year	3145
Involuntary admissions	24	Inpatients staying 1-5 years	152
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	472
		Percentage of inpatients staying less than 1 year out of total number of inpatients	83%

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.