

Mental Health Atlas 2024

Country profile

Panama

Population (in millions; UN estimate 2023)¹: 4.5 WHO Region²: AMR

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:	No	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:	No	Stand-alone law for mental health:	Yes
(Year of policy / plan):	-	(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:	No	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:	No	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:	No

Mental health policy/plans across the life-course

Stand-alone or integrated mental health policy or plan for children / adolescents:	No	Stand-alone or integrated mental health policy or plan for older adults:	No
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Policies and plans to prevent suicide and address stigma

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

Mental health expenditure

Government mental health expenditure per capita (reported currency):	-	Government expenditure on mental health (% of total government health expenditure)	1.5%
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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				
		Psychiatrists (23.3%)	Mental health nurses (15.5%)	Psychologists (29.3%)	Social workers (24.6%)	Other mental health workers (7.3%)
• Psychiatrists	5.4					
• Mental health nurses	3.6					
• Psychologists	6.8					
• Social workers	5.7					
• Other mental health workers	1.7					
Total mental health workers	23.2					

Mental health workers (child and adolescent)	No. per 100 000 population	Training of primary care workers in mental health	
		Primary care workers receive training on management of mental health conditions:	Yes
• Child and/or adolescent psychiatrists	5.4		
Total child / adolescent mental health workers	23.3	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	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	50-75%	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	50-75%		
Outpatient care (total facilities)			
Mental health outpatient facilities attached to a hospital	9	Visits in last year to mental health outpatient facilities attached to a hospital	817.9
Community-based mental health outpatient facilities	103	Visits in last year to community-based mental health outpatient facility	1 621.3
Outpatient facilities specifically for children and adolescents	3 212	Visits in last year to outpatient facilities specifically for children and adolescents	863.4
Inpatient care (total facilities)			
Psychiatric hospitals	-	Psychiatric hospital beds / admissions	- / 19.5
Psychiatric units in general hospitals	11	General hospital psychiatric unit beds / admissions	4.0 / 267.8
Community residential facilities	-	Community residential beds / admissions	- / 0.0
Inpatient facilities specifically for children and adolescents	2	Child and adolescent inpatient beds / admissions	0.2 / 6.8
Psychiatric hospitals			
Psychiatric hospitals (length of stay)			
Total number of admissions	870	Inpatients staying less than 1 year	-
Involuntary admissions	0	Inpatients staying 1-5 years	-
Follow-up of people with mental health condition discharged from hospital in the last year (discharged persons seen within a month)	51%-75%	Inpatients staying more than 5 years	-
		Percentage of inpatients staying less than 1 year out of total number of inpatients	-

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.