

# Mental Health Atlas 2024

## Country profile

### Panama

Population (in millions; UN estimate 2023) <sup>1</sup> :	4.5	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:	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) <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:	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 biploar 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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<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.

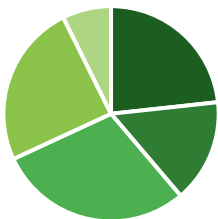
<sup>3</sup> **Policy/plan compliance with human rights instruments** includes 5 self-reported checklist items [5 = fully in line]: 1) community-based care; 2) protection of rights of users & at-risk groups; 3) full range of supports for independent living; 4) recovery & user-driven plans; 5) user participation 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
• Psychiatrists	5.4	 <ul style="list-style-type: none"> <li>■ Psychiatrists (23.3%)</li> <li>■ Mental health nurses (15.5%)</li> <li>■ Psychologists (29.3%)</li> <li>■ Social workers (24.6%)</li> <li>■ Other mental health workers (7.3%)</li> </ul>
• 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
• Child and/or adolescent psychiatrists	5.4	Primary care workers receive training on management of mental health conditions: Yes
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 (3 point checklist score; $\geq 2$ = Yes) <sup>5</sup>	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	50-75%	Functional integration of mental health into primary care (5 self-reported checklist items; $\geq 4$ = functional integration) <sup>6</sup>	3
Psychosocial interventions for mental health conditions available in primary care facilities	50-75%		

Outpatient care (total facilities)		Outpatient care (visits per 100 000 population)	
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)		Inpatient beds / annual admissions (per 100 000 population)	
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	-

<sup>5</sup> **Functional mental health promotion and prevention programmes** includes 3 self-reported checklist items [ $\geq 2$  = 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 [ $\geq 4$  = 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.