

Mental Health Atlas 2024

Country profile

Togo

Population (in millions; UN estimate 2023) ¹ :	9.3	WHO Region ² :	AFR
---	-----	---------------------------	-----

MENTAL HEALTH INFORMATION

National mental health survey in last 10 years:	Yes	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:	Yes
(Year of policy / plan):	2024	(Year of law):	2009
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:	Partially	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:	Partially	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:	No	Specific anti-stigma strategy:	No
---------------------------------------	----	--------------------------------	----

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:	What do majority of people with mental health conditions pay towards the cost of:	
	• Psychosis and bipolar disorder	• Mental health inpatient services
	• Depression and anxiety	• Mental health outpatient services
Dedicated budget line for mental health?	Yes	• Psychotropic medicines
	No	• Psychological therapies

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

Mental Health Atlas 2024

Country profile

MENTAL HEALTH WORKFORCE

Mental health workers		Distribution of mental health workforce	
	No. per 100 000 population	- Psychiatrists (8.3%) - Mental health nurses (25.0%) - Psychologists (58.3%) - Other mental health workers (8.3%)	
• Psychiatrists	0.1		
• Mental health nurses	0.3		
• Psychologists	0.7		
• Social workers	-		
• Other mental health workers	0.1		
Total mental health workers	1.2		
Mental health workers (child and adolescent)		Training of primary care workers in mental health	
• Child and/or adolescent psychiatrists	0.1	Primary care workers receive training on management of mental health conditions:	Yes
Total child / adolescent mental health workers	1.3	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	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%		
Outpatient care (total facilities)		Outpatient care (visits per 100 000 population)	
Mental health outpatient facilities attached to a hospital	10	Visits in last year to mental health outpatient facilities attached to a hospital	7.6
Community-based mental health outpatient facilities	7	Visits in last year to community-based mental health outpatient facility	4.9
Outpatient facilities specifically for children and adolescents	17	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	1	Psychiatric hospital beds / admissions	1.6 / 7.6
Psychiatric units in general hospitals	10	General hospital psychiatric unit beds / admissions	1.0 / 135.9
Community residential facilities	2	Community residential beds / admissions	0.2 / 100.0
Inpatient facilities specifically for children and adolescents	-	Child and adolescent inpatient beds / admissions	- / -
Psychiatric hospitals		Psychiatric hospitals (length of stay)	
Total number of admissions	707	Inpatients staying less than 1 year	646
Involuntary admissions	450	Inpatients staying 1-5 years	307
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	67
		Percentage of inpatients staying less than 1 year out of total number of inpatients	63%

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.