

mhGAP Newsletter

Mental Health Gap Action Programme



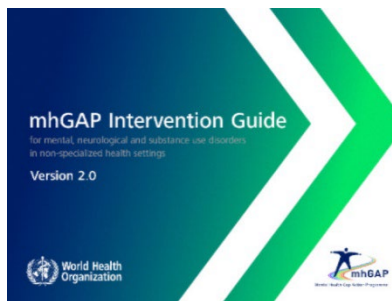
NOVEMBER 2016



World Health Day 2017 - Depression is an illness that can happen to anybody. It causes mental anguish and affects our ability to carry out everyday tasks, with sometimes devastating consequences for relationships with family and friends. At worst, it can lead to suicide. Fortunately, depression can be prevented and treated. The World Health Day campaign will last a full year, focusing on improving understanding of depression, and knowledge of what help is available for prevention and treatment.

The ultimate goal of the campaign is that more people with depression, in all countries, seek and get help. If you have any questions about the campaign, we would love to hear from you. Send us an email at whd17@who.int and we will get back to you as soon as we can. [Read more](#)

mhGAP Intervention Guide - Version 2.0 - **JUST RELEASED**

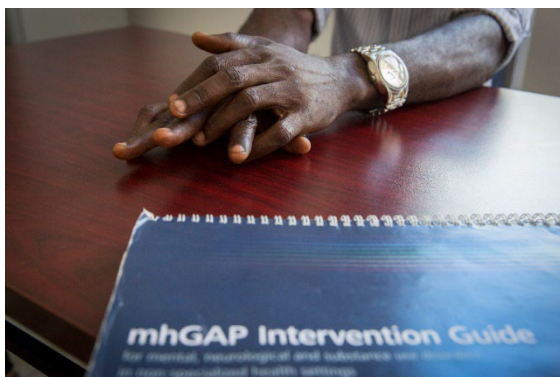


Building on the widespread uptake and success of the first edition (2010), the *mhGAP Intervention Guide for mental, neurological and substance use disorders in non-specialized health settings* Version 2.0 was launched in October 2016. Following an extensive expert and field review process, the revised version contains revised modules, updated content and, notably, has been designed with enhanced usability – to work across conventional paper, electronic and mobile platforms. It will continue to be a very valuable model and guide to providing mental health care and services around the world.

[Read more](#)

Psychological first aid on World Mental Health Day 2016

When terrible things happen, we can reach out a helping hand. Perhaps you find yourself at the scene of an accident. Perhaps you are a health-care worker talking with someone who has just witnessed the violent death of a loved one. Perhaps you are called upon as staff member in a disaster. Learning the basic principles of psychological first aid will help you to provide support to people who are very distressed, and, importantly, to know what not to say. [Read more](#)



Continuing momentum in reforming access to care in West Africa

Building on the successful mental health Leadership and Advocacy Programme run by local partners in five West African countries, CBM and the University of Ibadan, with technical assistance from WHO, are now embarking on a new phase of the project to push for further positive change. The programme focuses on capacity building

through developing “master trainers” to work with health service personnel, and advocacy for quality services and activities challenging stigmatizing attitudes to those with mental illness.

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Regional workshop on suicide prevention held in Costa Rica

Suicide prevention is a global mental health priority, as shown by the 10% reduction by 2020 target in the WHO Mental Health Action Plan 2013–2020 and in the Sustainable Development Goals. As part of efforts to reduce the suicide rate within the Region of the Americas a regional workshop, bringing together 13 countries, was held in Costa Rica in May, focusing on improving surveillance systems and the implementation of effective prevention strategies. [Read more](#)



mhGAP in Uganda – bringing treatment, dignity and real change



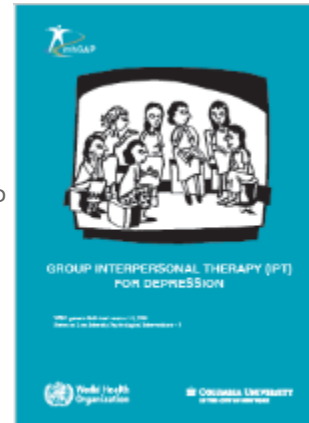
Deploying mhGAP via primary health care services can offer effective, low-cost treatment for people with mental, neurological and substance use disorders. This is evident from a pilot project by World Vision, in partnership with the Uganda Ministry of Health and WHO. Its tangible successes and the improved well-being it has delivered to people's lives is clear. Rolling out the programme more widely will be the next stage of this

successful programme. [Read more](#)

Group Interpersonal Therapy (IPT) guide launched

WHO has recommended interpersonal therapy (IPT) as a first-line treatment for depression. On 11 October 2016, a new WHO group IPT manual was launched to give guidance on the use of IPT for depression using an eight-session group protocol. The manual, which is part of WHO's mhGAP programme, describes IPT in a simplified format for use by supervised facilitators who may not have training in mental health.

[Read more](#)



Collaboration – for strengthening mental health services in Zimbabwe



Like much of Africa, a huge gap exists between mental health needs and provision in Zimbabwe, where, for example, there is only one psychiatrist per 6 million people. In efforts to address this, a new collaboration with Médecins Sans Frontières (MSF) is being established and developed. Training health professionals by MSF, facilitated by WHO, is helping to equip first-line staff with the necessary skills to make a real difference in treating people with mental disorders. [Read more](#)

Bringing mental health care to conflict-affected Ukraine

A project in Ukraine is showing the benefits of an alternative model of mobile mental health services for conflict-affected populations. The project shows a sustainable, cost-effective approach with wider, long-term advantages is possible, even in crisis settings. As well as targeting those affected by conflict the project builds capacity within the wider state system – “building back better” for all. [Read more](#)



Excessive internet use – developing policies and programmes to address a growing problem



The growing use of computers, smartphones, the internet and gaming platforms may lead to negative health outcomes. This issue is attracting increasing worldwide public health concern and calls to develop policies and strategies in response. A recent international meeting in Hong Kong SAR, China, identified the major aspects to be considered in developing policy and program responses to this very 21st-century phenomenon. [Read more](#)



