UKRAINE

KEY ACHIEVEMENTS 2024

01

8.7 million more people with access to mental health services in primary and specialised healthcare settings, and 543,000 children and adults received mental health services for the first time.

02

The draft Law on Mental Health System passed its first reading in Ukrainian parliament, laying a foundation for comprehensive inter-sectoral mental health system development.

03

To facilitate the development of a mental health services network and referral system, community-level coordinators were introduced in 132 hromadas (communities) by the Coordination Center for Mental Health of the Cabinet of Ministers of Ukraine.



The Target Model of the Mental Health and Psychosocial Support System and the National Mental Health Action Plan (2024–2026) were endorsed by the Cabinet of Ministers of Ukraine.

05

Launch of the QualityRights initiative to promote recovery-oriented and human rights-based approaches in mental health care provision in various sectors.

06

A new Community Mental Health Centres (CMHC) service model was introduced by the Ministry of Health of Ukraine in general hospitals based on the Community Mental Health Teams (CMHTs) service model supported by WHO since 2016.



ADVOCACY

- Continued engagement of the First Lady of Ukraine Olena Zelenska empowered further development of the mental health care system of Ukraine under the All-Ukrainian Mental Health Programme, and mental health awareness of the population was raised via the "How Are You?" campaign.
- A three-day Mental Health Forum "Human Resilience System Resilience" held in Kyiv brought together over **1,400 participants** in person and online to share experiences and views on the further development of the mental health system and services in Ukraine.
- Mental health professionals, people with lived experience, representatives of the social protection sector, government agencies, NGOs, advocacy groups, and civil society (41 participants in total) were trained in QualityRights to promote recovery-oriented and human rights-based approaches in mental health care provision.
- The Lancet Psychiatry Commission on mental health in Ukraine was launched to outline a plan to inform the development of the Ukrainian mental health system on a scientific basis.
- Under the umbrella of the Pan-European Mental Health Coalition, Ukraine contributed to efforts in WHO's European Region by strengthening mental health policies and development of community-based services.



CAPACITY BUILDING

- Over **2,200 primary health care (PHC) workers trained** in mhGAP in 2024, reaching over **7,600 PHC workers** trained since 2019. The total number of PHC workers who passed the online mhGAP course exceeded **53,000** in 2024.
- 167 new mhGAP trainers were trained, totalling 459 trainers to support PHC mental health expansion; and 63 university lecturers were trained as trainers for mhGAP to embed mental health training in medical curricula.
- More than **140 mental health care providers** were trained to provide recovery-oriented and person-centred care for individuals with severe mental health conditions in community settings.
- Over **500 counsellors** trained in Problem Management Plus (PM+) to assist adults exposed to adversity in managing emotional and practical challenges.
- More than **300 social care providers** trained in Self-Help Plus (SH+) to help adults master self-help strategies while receiving social services.



SCALING UP MENTAL HEALTH SERVICES

- 1,090 primary health care centres were contracted by the National Health Service of Ukraine to provide mental health services.
- Over **543,000** children and adults received mental health services in primary health care facilities, most for the first time.
- 30 facilities are transitioning to opening Community Mental Health Centres within general hospitals.
- Almost **6,000 individuals**joined stress management
 groups at Resilience Centres
 providing social services.



ORITIES FOR 2025:

- Continued support to further develop the national inter-sectoral coordination for mental health services.
- Embed the mhGAP training programme into the curricula of medical universities.
- Develop the capacity of staff working in the newly created Mental Health Centres.
- Facilitate the integration of evidence-based psychological interventions into mental health care provision.
- Evaluate and research newly introduced service models.





