KEY ACHIEVEMENTS

01
In 2023, nearly 200,000 individuals in Nepal gained access to mental health services.

02
10 district hospitals provide referral care services on mental health and support primary care team.

ACTIVITIES

Capacity building
More than 1,500 newly trained health workers and indigenous practitioners

Integrated NCDs/MH policy dialogues were held in 6 districts implementing special initiatives (also NCDs program). Six different workshops have been organized to orient local level government and to build the ownership on existing programs on NCDs and Mental Health. In total, 57 municipalities 548 official representing multiple sectors participated in these discussions.

A Training of Trainers workshop on WHO Quality Rights has been organized with 28 participants from diverse sectors (clinicians, public health, nurses, social work, lawyers, human right activists, disability rights activist etc) trained as trainer on WHO quality Rights toolkit in Nepal.

Scaling up mental health services
Mental health services provided to more than 13,500 new cases

Psychosocial support provided to 24,000 people

District supervision system has been initiated in 10 (of 14) special initiative districts

Scope of work has been expanded to cover the entire spectrum of MNS needs: dementia, maternal mental health, Epilepsy, Substance Use disorder.

Advocacy
An additional allocation of more than 80 million rupees (approx. USD 600,000) from the federal government to the districts for mental health services. District / Municipal level budgets for mental health have also increased in some areas.

WCO has mobilized about 120,000 additional funds for SIMH related work in Nepal linked to Emergencies and is implementing work in additional districts and provinces. With these new funds WCO is also implementing actions which are not the focus of SIMH and hence are complementary and supportive.

PRIORITIES FOR 2024

Complete mhGAP trainings
Follow up policy discussion on mental health in special initiative districts
Institutionalize district supervision in 10 districts and expand to remaining districts
Integrate mental health into other public health programs such as maternal health, school health, ageing etc.