

# PARAGUAY



## KEY ACHIEVEMENTS

01

**345,000** more people for whom mental health services are available

02

**Creation of a National Directorate for Mental Health, with its own budget integrating both mental health and substance use programmes**

03

**11 Long-Stay Patients** discharged in the last quarter of 2023, which allowed the merger of two wards, and the closure of one. New halfway homes have been created and plans are underway for the creation of **Paraguay's first Community-based Mental Health Center.**

04

**Scale up on the mhGAP programme** using both the **Intervention Guide** and the **Community Toolkit**

05

**Elaboration of the Organizational Manual of the Mental Health and Addictions Network.**

## ACTIVITIES



### Capacity building

**454 new people** trained in mental health and psychosocial support

**30 specialists (20 psychiatrists and 10 psychology graduates)** participated in the Third Training Course for facilitators of the mhGAP program aimed at mental health professionals

**34 people**, including health personnel from the PHCs from the departments of Asunción and Central, as well as volunteers from the Paraguayan Red Cross and the International Agency UNICEF, participated in the First Course of the mhGAP Community Program for training of trainers



### Scaling up mental health services

The implementation of the **mhGAP Program (Guide for Non-Specialists and Community)** continued; improving access for people with mental health problems to the first level of care in the Departments of Presidente Hayes, Central and the Capital. These actions have contributed to increased access to services reporting in recent Paraguay M&E data



### Advocacy

**Strategic alliances** were established to undertake joint actions on mental health, within the Ministry of Health and with the National Institute of Health, the National Mechanism for the Prevention of Torture, and with the cooperation of other agencies: UNICEF, OHCHR and the Paraguayan Red Cross to represent civil society organisations

Strategic alliances between the National Directorate of Mental Health, the Psychiatric Hospital (HP), the National Center for the Prevention and Treatment of Addictions (CENPTRA), the Directorate of Primary Health Care (DAPS) and the National Institute of Health (INS) for the implementation of the mhGAP Program

The participatory validation of the National Mental Health Policy and Plan 2024-2030 by representatives of the Ministry of Public Health and Social Welfare and Civil Society Organizations, together with scientific societies, was undertaken during various workshops

Integration of Mental Health and Addictions - **Launch of SUMAR: National Action Plan against Drug Abuse**

Mission of the WHO Special Initiative for Mental Health – Visit to the San Francisco de Asís Substitute Home – March 20, 2023

## PRIORITIES FOR 2024

Capacity building of mhGAP programme through training of human resources in the mhGAP Guide for non-specialists in Primary Health Care under the coordination of the National Institute of Health and the National Directorate of Mental Health

Transformation process of the National Psychiatric Hospital of Asunción and opening of halfway homes for the rehabilitation and recovery of long-stay patients

Implementation of the Mental Health and Addictions Service Network through Family Health Units (FPHC), Community-based Centers for Mental Health and Addictions, General Hospitals and Specialized Hospitals

Improve the mental health information system through the creation of the National Mental Health Observatory



World Health Organization

75 HEALTH FOR ALL