Global Mental Health

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A new revolution in mental health?

A priority on improving mental health and achieving equity in mental health care for all people worldwide.
Treatment Gap

The *treatment gap* for mental disorders:
Percentage of people who require treatment but do not receive it.

- **HIC** = 35% - 50%
- **LMIC** = 76% - 85%

## Mental Health “gap”

**WHO 2011 Mental Health Atlas**

<table>
<thead>
<tr>
<th></th>
<th>India</th>
<th>England</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>1,214,464,312</td>
<td>52,234,000</td>
</tr>
<tr>
<td>Health expenditure as % GDP</td>
<td>4.16%</td>
<td>9.36%</td>
</tr>
<tr>
<td>Spent on MH as % of total health budget</td>
<td>0.06%*</td>
<td>10.82%</td>
</tr>
<tr>
<td>Per capita expenditure health</td>
<td>$22.0</td>
<td>$2457.0</td>
</tr>
</tbody>
</table>

* Central Government only
Mental Health “gap”
WHO 2011 Mental Health Atlas

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<tbody>
<tr>
<td>Number of Psychiatrists</td>
<td>0.301/100,000 pop</td>
<td>17.65/100,000 pop</td>
</tr>
<tr>
<td>Psychiatric nurses</td>
<td>0.166/100,000</td>
<td>83.23/100,000</td>
</tr>
<tr>
<td>Psychologists</td>
<td>0.047/100,000</td>
<td>12.84/100,000</td>
</tr>
<tr>
<td>Social Workers</td>
<td>0.033/100,000</td>
<td>2.87/100,000</td>
</tr>
</tbody>
</table>
Regional and world estimates for population coverage reflect the proportion of each population for which the available data is considered representative.

Population coverage of prevalence data for common mental disorders (Baxter et al. 2013)
Regional and world estimates for population coverage reflect the proportion of each population for which the available data is considered representative.

Population coverage of prevalence data for low prevalence psychiatric disorders e.g. schizophrenia, bipolar affective disorder and eating disorders (Baxter et al. 2013)
THE GLOBALIZATION OF THE AMERICAN PSYCHE

Crazy Like Us

ETHAN WATTERS
How to bridge the treatment gap?

- Scaling up services
- Task-shifting or task-sharing
- Community development
Mental Health Action Plan 2013-2020

• The Comprehensive Mental Health Action Plan 2013–2020 calls for a change in the attitudes that perpetuate stigma and discrimination and an expansion of services in order to promote greater efficiency in the use of resources.
Mental Health Action Plan 2013-2020

• Provide comprehensive, integrated and responsive mental health and social care services in community-based settings.

• Strengthen effective leadership and governance for mental health.

• Implement strategies for promotion and prevention in mental health.

• Strengthen information systems, evidence and research for mental health.
Global Side Effects?

- The legacy of global psychiatry
- Template of institutional psychiatry
- Coercive psychiatry

Mental Health Services
One size fits all?

• How appropriate is it to implement mental health care found effective in a specific setting or culture in a different setting or amongst a different group of people?

• Are psychiatric treatments / services culturally specific?
Universal Themes

• The centrality of the protection of the human rights and fundamental freedoms of the persons affected by mental disorder

• The necessity to build a network of services that replaces the psychiatric hospital