

PLAN OF ACTION ON MENTAL HEALTH

VISION

A region in which mental health is valued, promoted, and protected, mental and substance-related disorders are prevented, and persons with these disorders are able to exercise their human rights and access to both health and social care that is timely and high-quality, to attain the highest possible level of health and to contribute to the well-being of families and communities.

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IMPLEMENTATION

- Any actions taken in the implementation of the Plan of Action on Mental Health should focus on achieving mental health equity for all people.
- When putting mental health care into practice, interventions must respectfully address and integrate the following cross-cutting themes:
 - Environmental, biological, socio-economic, cultural and health system-related determinants of health
 - Gender, gender inequality, and gender-based living conditions and specific needs
 - Ethnicity, cultural and religious knowledge and beliefs, and language diversity
- Interventions must respond to the burden of mental illness within a framework of human rights and respect for human dignity.



The Pan American Health Organization (PAHO) and its Member States adopted the Plan of Action on Mental Health to guide mental health interventions in the Americas from 2015 to 2020.

Mental and substance use disorders are highly prevalent, are major contributors to morbidity, disability, injury and premature mortality, and increase the risk for other health conditions.

PLAN OF ACTION ON MENTAL HEALTH

Region of the Americas, 2015-2020

This plan provides the strategic lines of action to increase access to adequate services and to protect the human rights of people with mental disorders in low- and middle-income countries.





1 in 4

people in the Americas **experiences mental illness** and/or substance use disorder in their lifetime.



73.5%

In the Americas, among adults with severe and moderate affective, anxiety and substance use disorders, **73.5% do not receive adequate treatment.**

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Region of the Americas, 2015-2020

GOAL

Promote mental well-being, prevent mental and substance-related disorders, offer care, enhance rehabilitation, emphasize recovery, and promote human rights of persons with mental and substance use disorders, to reduce morbidity, disability and mortality.

THERE IS NO HEALTH WITHOUT MENTAL HEALTH



1% to 5%

In a majority of countries in the Americas, only 1% to 5% of **the health budget is allocated to mental health.**

88%



of funds in mental health budgets **go towards psychiatric hospitals instead of developing mental health services at the community level.** People with mental illness have the right to live and work in the community.



Only 6 countries in the region **lack mental health policies or plans**, but only 8 countries in Latin America and the Caribbean **have specific, up-to-date mental health laws.**

LINE OF ACTION 1 LEADERSHIP & GOVERNANCE

- Develop and implement national policies or plans for mental health and mental health promotion that are aligned with regional and global mental health plans.
- Draft and implement national mental health laws consistent with international human rights instruments.

LINE OF ACTION 2 COMMUNITY-BASED MENTAL HEALTH SERVICES

- Increase outpatient coverage for mental health.
- Reduce the role of psychiatric hospitals.
- Integrate a mental health component into primary care.

LINE OF ACTION 3 PROMOTION & PREVENTION

- Implement mental health promotion and prevention programs.
- Implement suicide prevention programs.

LINE OF ACTION 4 INFORMATION SYSTEMS, EVIDENCE & RESEARCH

- Strengthen information systems by integrating a basic set of mental health indicators that are systematically compiled and reported annually.