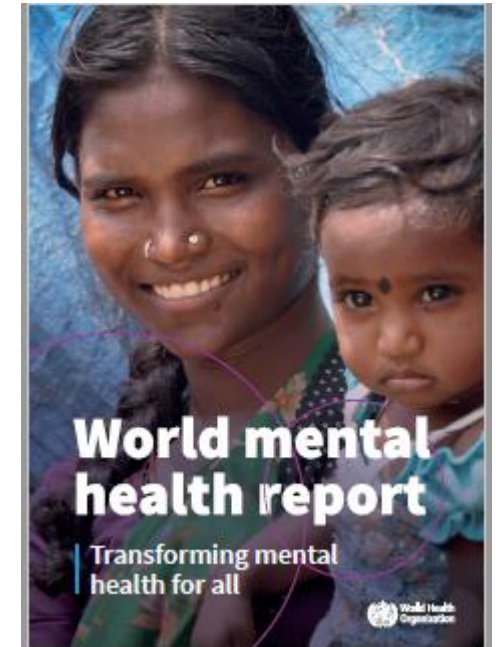


World mental health report

Transforming mental health for all

March 2022



World Health
Organization



About the report

Why are we doing it?



To enable a transformation in mental health care



To reflect

...on the state of mental health & on progress towards action plan

- Where are we now?



To influence

...stakeholders to reshape environments & reinvigorate mental health systems

- How do we do things differently?



To inform

...a deeper understanding and appreciation of mental health

- Why do we need change?



To inspire

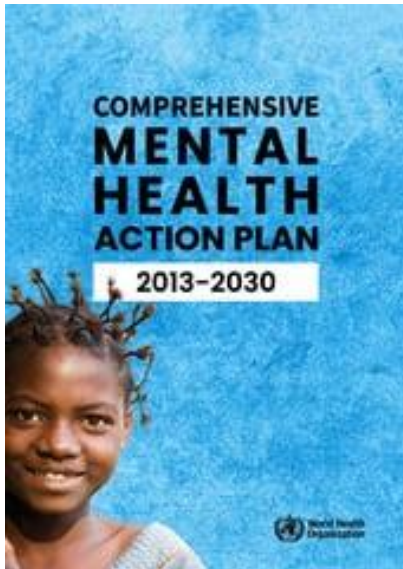
...change through global evidence and experience

- How do we know change will work?

Why are we doing it?



How does the new report add value to the global action plan?



- why they should implement the plan
- what implementing the plan looks like
- what must change to implement the plan
- what is needed beyond the plan

The action plan
articulates country
commitments as...

- Principles
- Objectives
- Targets
- Implementation options

≡ An impetus for change

Who's it for?

Ministries of Health

- policy 'movers and shakers' with power to shape a different approach
- decision-makers responsible for mental health, who can implement change

And all stakeholders



What's the story?

I understand the critical value of mental health

The basis for transformation (the NOW)

- Principles, drivers & state of the world

I want to change mental health care for the better

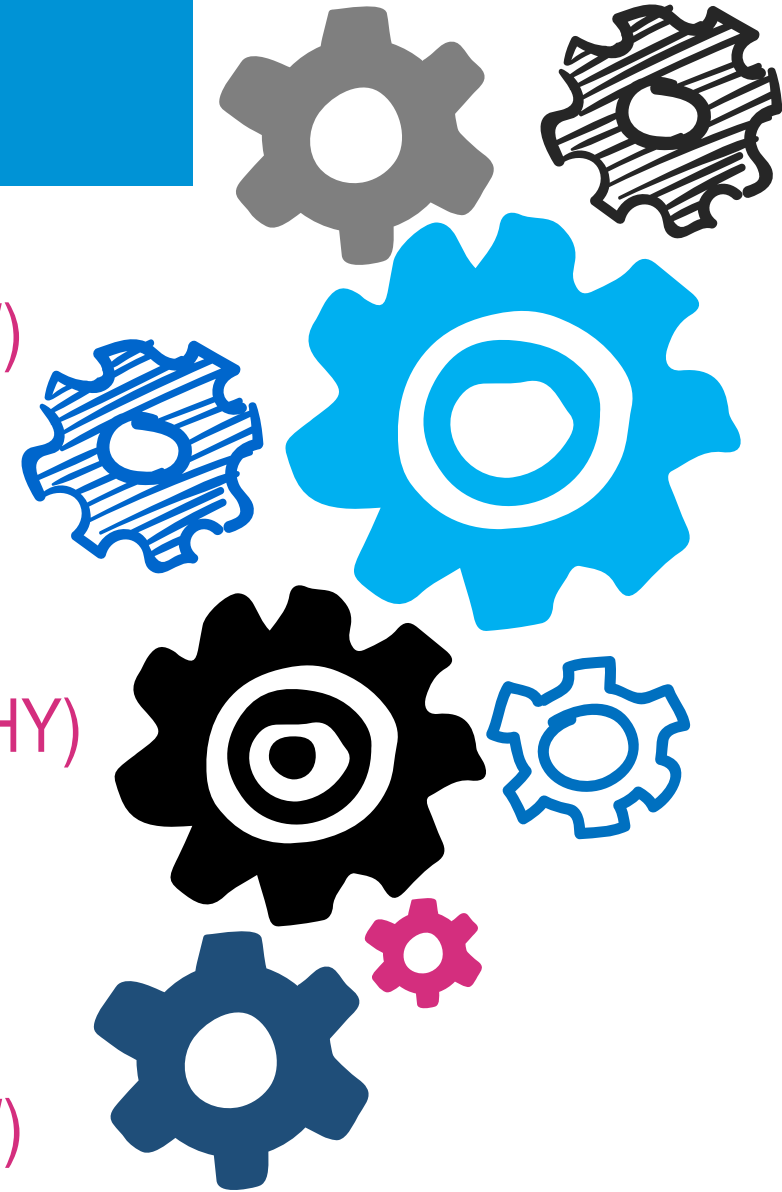
The benefits of transformation (the WHY)

- The case for investment

I know what and how to change

The route to transformation (the HOW)

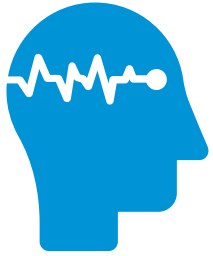
- Strategies and best practice





Content overview

Chapter outline



Chapter 2. Principles & drivers

- Core concepts in mental health
- Determinants of mental health
- Global threats to mental health

Mental health is critically important for everyone, everywhere



Chapter 3. World mental health today

- Epidemiological overview
- Economic consequences
- Gaps in public mental health
- Barriers to demand for care

Mental health needs are high but responses are insufficient and inadequate



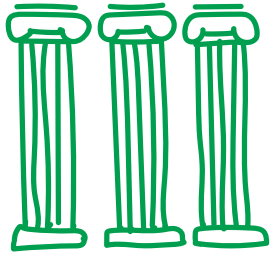
Chapter 4. The benefits of change

- Advancing public health
- Promoting & protecting human rights
- Enabling social & economic development

Committing to mental health is an investment into a better life and future for all



Chapter outline



Chapter 5. Foundations for change

- Global & national frameworks
- Understanding & commitment
- Financing for mental health
- Competencies & human resources

Transforming mental health starts with building the foundations for well-functioning mental health systems and services



Chapter 6. Promotion & prevention for change

- Promotion & universal prevention
- Selective & indicated prevention
- Priorities for action

Transforming mental health means strengthening multisectoral promotion and prevention at all stages of life



Chapter 7. Restructuring & scaling up care for impact

- Community-based care
- Mental health integrated in health services
- Community mental health services
- Services beyond the health sector

Transforming mental health means restructuring and scaling up services to strengthen community-based care for all in need



Special sections to shine a light on key topics

Ch2: COVID-19 & mental health

Ch4: Engaging and empowering people with lived experience

Ch5: Harnessing digital technologies for mental health

Ch6: Multisectoral promotion & prevention: what role for the health sector?



Lived experience narratives

Narrative boxes to give voice to people with lived experience

"I live with schizophrenia but I am mentally well"

"My country's mental health care is overwhelmed so conditions like mine are simply ignored"

"I've often thought about what I'd say to our mental health systems, if given the chance. It's three words: I feel afraid."

"Bullying was the perfect soil for my depression to grow."

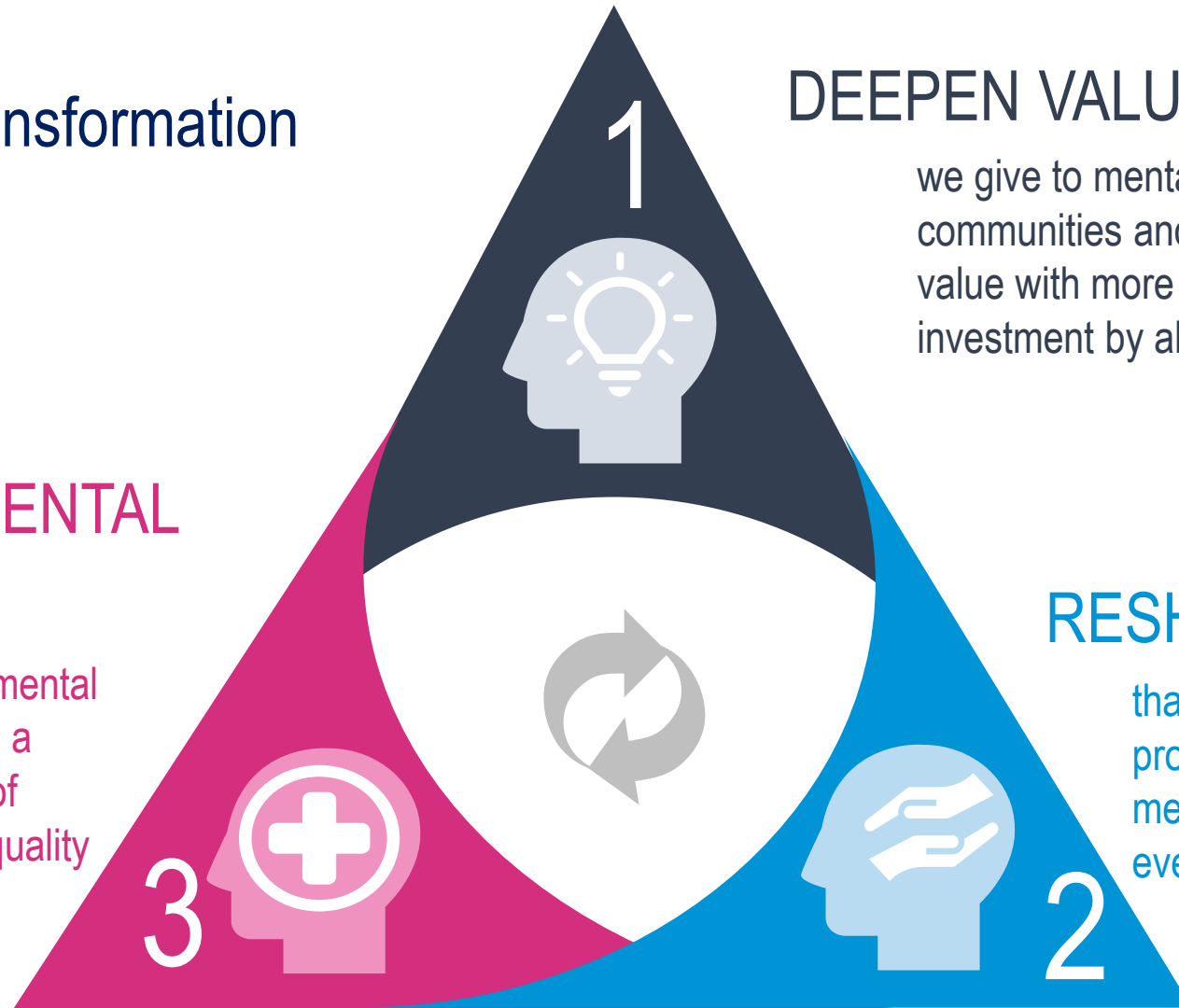


Take-home messages

Three paths to transformation

STRENGTHEN MENTAL HEALTH CARE

so that the full spectrum of mental health needs is met through a community-based network of accessible, affordable and quality services and supports



DEEPEN VALUE AND COMMITMENT

we give to mental health as as individuals, communities and governments; and match that value with more commitment, engagement and investment by all stakeholders, across all sectors

RESHAPE ENVIRONMENTS

that influence mental health to better protect mental health and prevent mental health conditions so that everyone has equal opportunity to thrive

Chapter 8: Take-home messages

PATH

1 DEEPEN VALUE & COMMITMENT

- Understand and appreciate the intrinsic value of mental health
- Include people with mental health conditions in all aspects of society
- Give mental health the same value and priority as physical health
- Intensify engagement with mental health across sectors
- Step up investments in mental health

2 RESHAPE ENVIRONMENTS

- In homes: eliminate violence and protect against hardship
- In schools: build resilience and reduce risks to mental health
- In workplaces: secure safe and decent work and working conditions
- In health care services: eliminate human rights violations
- In communities: improve social interactions and strengthen safety

3 STRENGTHEN CARE

- Build community-based networks of services that meet all needs
- Diversify and scale up care for common mental health conditions
- Make mental health accessible and affordable for all
- Deliver person-centred, human rights-based care
- Engage and empower people with lived experience

EXAMPLE ACTIONS

Take-home messages

Three paths to transformation

1 DEEPEN VALUE &
COMMITMENT

2 RESHAPE
ENVIRONMENTS

3 STRENGTHEN CARE

VISION

- Mental health is **valued, promoted and protected**
- Everyone has an **equal opportunity to thrive** and to **exercise their human rights**
- Everyone can **access the mental health care** they need



THANK YOU