

# Mental Health: A Human Rights Perspective

Public Mental Health in Nepal: Training of District Public Health Officers

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# International conventions and guidelines

- International Conference on Primary Health Care, Alma-Ata, USSR, 6-12 September 1978
- Calls for primary care for all by 2000
- 8 components of primary care include promotion of mental health

# Convention on Rights of People living with Disabilities (2006)

Rights include:

- Full inclusion and participation in community life
- Equal rights to work and gain a living
- Access to quality health care services as close as possible to people's own communities

# World Psychiatric Association Bill of Rights for Persons with Mental Illness

Rights includes:

- Right to accessible and affordable mental and physical health care
- Right to independent community living (need/plan/policy)
- Right and opportunities to work
- Right to vote and be elected into public office
- Right to be free from cruel, inhuman, degrading treatment and punishment
- Right to education and training available to other citizens
- Right to marry, have and adopt children

# WHO Global Mental Health Action Plan 2013-2020

The action plan has the following objectives:

1. to strengthen effective leadership and governance for mental health;
2. to provide comprehensive, integrated and responsive mental health and social care services in community-based settings;
3. to implement strategies for promotion and prevention in mental health;
4. to strengthen information systems, evidence and research for mental health.

# Global Target 1

- Global target 1.1: 80% of countries will have developed or updated their policies/plans for mental health in line with international and regional human rights instruments (by the year 2020).
- Global target 1.2: 50% of countries will have developed or updated their laws for mental health in line with international and regional human rights instruments (by the year 2020).

# Global Target 1

Proposed actions for Member States:

- Policy and law
- Resource planning
- Stakeholder collaboration
- Strengthening and empowerment of people with mental disorders and psychosocial disabilities and their organizations

# Global Target 2

- Global target 2: Service coverage for severe mental disorders will have increased by 20% {by the year 2020}.

## Proposed actions for Member States

- Service reorganization and expanded coverage
- Integrated and responsive care
- Mental health in humanitarian emergencies {including isolated, repeated or continuing conflict, violence and disasters}
- Human resource development
- Address disparities



# Global Target 3

- Global target 3.1: 80% of countries will have at least two functioning national, multisectoral promotion and prevention programmes in mental health {by the year 2020}.
- Global target 3.2: The rate of suicide in countries will be reduced by 10% {by the year 2020}.

## Proposed actions for Member States

- Mental health promotion and prevention
- Suicide prevention

# Global Target 4

Global target 4: 80% of countries will be routinely collecting and reporting at least a core set of mental health indicators every two years through their national health and social information systems (by the year 2020).

## Proposed actions for Member States

- Information systems
- Evidence and research

# National Policies and Guidelines

- National Mental Health Policy (1997)
- Integrate mental health within general healthcare to make it available to all
- Produce appropriate human resources required for mental health care
- Protect human rights of people with mental health problems
- Raise awareness about mental health and mental disorders in the public

(Needs revision and update and come up new National Public Mental Health Policy)

# Mental Health Treatment and Protection Act (2012)

- 4 drafts prepared
- Attempt is being made to address mental health issues in chapter of forthcoming public health act

# Disability policy

Convention on Rights of People living with Disabilities (2006)

Mentally disabled also qualify for government disability benefits

# Multi-sectoral Action Plan for the Prevention and Control of Non Communicable Diseases (2014-2020)

- Includes mental health as a priority area

Guiding principles include:

- Focus on Equity
- Empowerment of people and communities
- Universal health coverage

# Guiding principles include: cont.

- Health systems strengthening
- Evidence-based strategies
- Management of real, perceived or potential conflicts of interest
- Multisectoral actions and multi stakeholder involvement
- Life course approach

# Multisectoral mental health action plan (under NCD sub-thematic group)

- Public mental health approach
- DPHOs play a lead role



Queries?

Thank You.