<table>
<thead>
<tr>
<th>Domain</th>
<th>Strategic interventions</th>
<th>Proposed indicators</th>
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</thead>
<tbody>
<tr>
<td>Governance</td>
<td>Establish/update a multisectoral national policy/strategic action plan for mental health</td>
<td>Country has an operational multisectoral national mental health policy/plan in line with international/regional human rights instruments</td>
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<td></td>
<td>Embed mental health and psychosocial support in national emergency preparedness and recovery plans</td>
<td>Mental health and psychosocial support provision is integrated in the national emergency preparedness plans</td>
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<tr>
<td></td>
<td>Review legislation related to mental health in line with international human rights covenants/ instruments</td>
<td>Country has updated mental health legislation in line with international/regional human rights instruments</td>
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<td></td>
<td>Integrate priority mental conditions in the basic health delivery package of the government and social/private insurance reimbursement schemes</td>
<td>Inclusion of specified priority mental health conditions in basic packages of health care of public and private insurance/reimbursement schemes</td>
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<td></td>
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<td>Enhanced budgetary allocations are in place for addressing the agreed upon national mental health service delivery targets</td>
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<tr>
<td>Health care</td>
<td>Establish mental health services in general hospitals for outpatient and short-stay inpatient care</td>
<td>Proportion of general hospitals which have mental health units, including inpatient and outpatient units</td>
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<td></td>
<td>Integrate delivery of cost-effective, feasible and affordable evidence-based interventions for mental conditions in primary health care and other priority health programmes</td>
<td>Proportion of persons with mental health conditions utilizing health services (disaggregated by age, sex, diagnosis and setting)</td>
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<td></td>
<td>Provide people with mental health conditions and their families with access to self-help and community-based interventions.</td>
<td>Proportion of primary health care facilities with regular availability of essential psychotropic medicines</td>
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<td></td>
<td>Downsize the existing long-stay mental hospitals</td>
<td>Proportion of primary health care facilities with at least one staff trained to deliver non-pharmacological interventions</td>
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<td></td>
<td>Implement best practices for mental health and psychosocial support in emergencies</td>
<td>Proportion of mental health facilities monitored annually to ensure protection of human rights of persons with mental conditions using quality and rights standards</td>
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<td></td>
<td></td>
<td>Proportion of health care workers trained in recognition and management of priority mental conditions during emergencies</td>
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<tr>
<td>Promotion and prevention</td>
<td>Provide cost-effective, feasible and affordable preventive interventions through community and population-based platforms</td>
<td>Proportion of schools implementing the whole-school approach to promote life skills</td>
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<td></td>
<td>Train emergency responders to provide psychological first aid</td>
<td>Proportion of mother and child health care personnel trained in providing early childhood care and development and parenting skills to mothers and families</td>
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<td></td>
<td></td>
<td>Proportion of mother and child health care personnel trained in early recognition and management of maternal depression</td>
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<td>Availability of operational national suicide prevention action plan</td>
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<td></td>
<td></td>
<td>Regular national campaigns to improve mental health literacy and reduce stigma using multiple delivery channels</td>
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<td>Psychological first aid (PFA) training is incorporated in all emergency responder trainings at national level</td>
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<tr>
<td>Surveillance, monitoring and research</td>
<td>Integrate the core indicators within the national health information systems</td>
<td>Routine data and reports at national level available on the core set of mental health indicators</td>
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<tr>
<td></td>
<td>Enhance the national capacity to undertake prioritized research</td>
<td>Annual reporting of national data on numbers of deaths by suicide</td>
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</tbody>
</table>
### Cost-effective, feasible and affordable evidence-based interventions (Best Buys) for prevention of and management of mental disorders

- Diagnosis and management of depression (including maternal depression) and anxiety disorders
- Continuing care of schizophrenia and bipolar disorder
- Psychological treatment for mood, anxiety, attention deficit hyperactivity disorder (ADHD) and disruptive behaviour disorders among children
- Diagnosis and management of epilepsy and headaches
- Screening and brief interventions for alcohol use disorders
- Self-managed treatment of migraine
- Support for caregivers of patients with dementia
- Opioid substitution therapy (e.g. methadone and buprenorphine) for opioid dependence
- Treatment of epilepsy (with older first-line antiepileptic drugs)
- Support for early childhood development and parenting skills
- Life-skills training in schools to build social and emotional competencies

### Good practices for mental health and psychosocial support in emergencies

- Community self-help and social support
- Early childhood development activities
- Management of mental health problems relevant to emergencies by trained nonspecialist staff
- Provision of evidence-based psychological interventions through lay workers

### Good practices for prevention of mental disorders and promotion of mental health

- Mass information and awareness campaigns for promoting mental health literacy and reducing stigma
- Integrating mental health promotion strategies, such as stress reduction, into occupational health and safety policies
- Regulations to improve obstetric and perinatal care
- Strengthening of immunization; salt iodization programmes; folic acid food fortification; and selective protein supplementation programmes to promote healthy cognitive development

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