



Regional framework to scale up action on mental health in the Eastern Mediterranean Region

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

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