



## Investing in health systems-development for mental health supports **child and adolescent mental health**

### WHO's Special Initiative for Mental Health has\*:

- Facilitated access to community-based **mental health services for 72.3 million more children and adults, training more than 39,000 individuals** in practices related to mental health and psychosocial support, including key modules related to child and adolescent mental health.
- Integrated mental health with primary health care, **allowing at least 173,000 children (<18-years)** to receive treatment for mental, neurological and substance use conditions, most for the first time.
- A systems-level approach has also allowed for some Special Initiative for Mental Health countries to:
  - Integrate perinatal mental health in maternal and child health services in primary health care settings, including dedicated evidence-based therapy for mothers experiencing depression (Ghana, Jordan, Nepal)
  - Include youth (15+ years) experiencing depression, anxiety and stress in problem-solving therapy and community support groups (Zimbabwe)
  - Increase awareness and responses to children with developmental delays and disabilities (Bangladesh, Jordan)
  - Ensure children and adolescents are represented in updated mental health laws and national strategic plans
  - Train school nurses, counselors or teachers in psychosocial support and referrals for students who may be experiencing mental health conditions (Jordan, Nepal, Zimbabwe, the Philippines)

WHO  
SPECIAL  
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*\*Data as of January 2025, from Argentina, Bangladesh, Ghana, Jordan, Nepal, Paraguay, the Philippines, Ukraine and Zimbabwe.*

*^Figures are likely higher - countries are only tracking service uptake in selected facilities*