KEY ACHIEVEMENTS

01

Developed a mental health toolkit for municipalities, selecting two municipalities as model sites for pilot implementation.

02

Established mental health services at Nepal's only government Maternity Hospital, benefiting over 200 pregnant and postnatal women.

03

WHO-supported suicide prevention helpline was fully taken over by the government, and the **District Mental Health Program** is transitioning to government ownership.



- Drafted Program Implementation
 Framework on Maternal Mental Health,
 Dementia Action Plan, National
 Guideline on Suicide Risk Assessment
 and Management.
- Comprehensive suicide prevention program with multi-sectoral engagement- including media, police, school teachers, school health nurses, NGOs and local goverment.
- Policy engagement to ensure that mental health services are part of district hospitals, with government taking the ownership.
- Finalized learning resources/package on Social Emotional Learning (SEL) and Child and Adolescent Mental Health (CAMH) for school nurses.



SCALING UP MENTAL HEALTH SERVICES

- WHO continue support 10 district hospitals to integrate periodic mental health clinics, with WHO's consultant psychiatrists providing training, mentoring, and supervision to primary health workers of 14 SIMH districts.
- Developed a mental health referral and service coordination model, piloted in Dolakha District (Bagmati Province).
- Established a National Suicide Registry with new recording and reporting tools for suicide and self-harm; piloted at two district/ provincial hospitals, with plans to expand to sentinel sites.
- The government maternity hospital has started providing dedicated mental health services to pregnant and postnatal women.
- Nine psychiatrists deployed to 10 districts, providing 6,500+ consultations, supervising district teams, and mentoring primary health care providers via



- Nine batches of health workers trained in mhGAP, including 174 primary care health workers and 44 primary care physicians in 2024.
- Finalised training program for school nurses, with 20 expert trainers trained to roll out school mental health promotion programs.
- 107 stakeholders oriented in suicide prevention, and 70 health workers trained on suicide registry; new recording and reporting tools for suicide and self-harm.
- 194 hospital staff oriented on identifying and managing common mental health conditions in pregnancy and postnatal period.



- Based on the review of the District
 Mental Health Program in 10 districts,
 key interventions built into Government
 Annual Workplan and Budget
- Expansion of suicide registry to additional sentinel sites.
- Conduct National review of Mental Health Program, with possible implications to revise National Mental Health Strategies and Action Plan.
- Expand maternal mental health services in both larger general hospitals and at primary care centers.





