# PARAGUAY

#### KEY ACHIEVEMENTS

01

The National Mental Health Policy 2024-2030, the National Mental Health Plan 2024-2030 and the Organizational Manual of the Mental Health and Addictions Network were officially launched.

02

Paraguay established strategic cooperation with the World Bank and PAHO/WHO to:

- Strengthen mental health services and expand mhGAP implementation.
- Activate a national Crisis Support Hotline (Línea 155) to provide immediate mental health assistance

03

Strengthened regional collaboration by leading the creation of the Ad Hoc Committee on Mental Health (CAHSM) within MERCOSUR.



### ADVOCACY

The Ministry of Health formally upgraded the National Directorate of Mental Health, reinforcing governance and leadership in mental health policies.

National-level protocols developed for psychiatric hospitalization, community reintegration, and short-term residential care.

Paraguay led regional discussions on mental health reform through high-level engagements with Brazil and MERCOSUR partners.

Ongoing public awareness campaigns launched to reduce stigma and improve mental health literacy across communities.



## SCALING UP MENTAL HEALTH SERVICES

Residency slots for psychiatry training were doubled to strengthen the mental health workforce and availability of mental health services in the future.

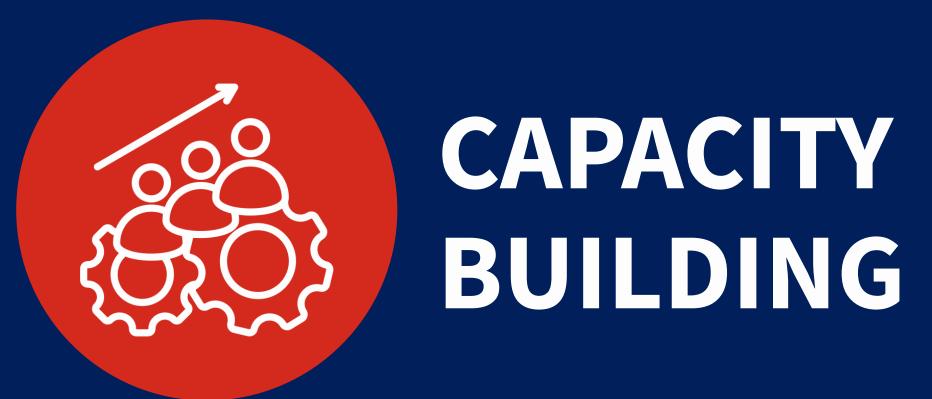
**73 long-term** psychiatric inpatients were supported for reintegration and to receive support via community care and residential programmes.

A psychiatric emergency unit with **32 short-term** beds was established at the National Psychiatric Hospital.

Mental health services were integrated into **16 Family Health Units** (USF) in Capiatá through the Sentinel
Surveillance Study.

There are only 70 patients left before the long-stay wards of the Psychiatric Hospital can be fully closed. Out of the original six long-stay wards, only two remain in operation.

The expansion of mhGAP into all 18 health regions facilitated decentralization and increased service accessibility.

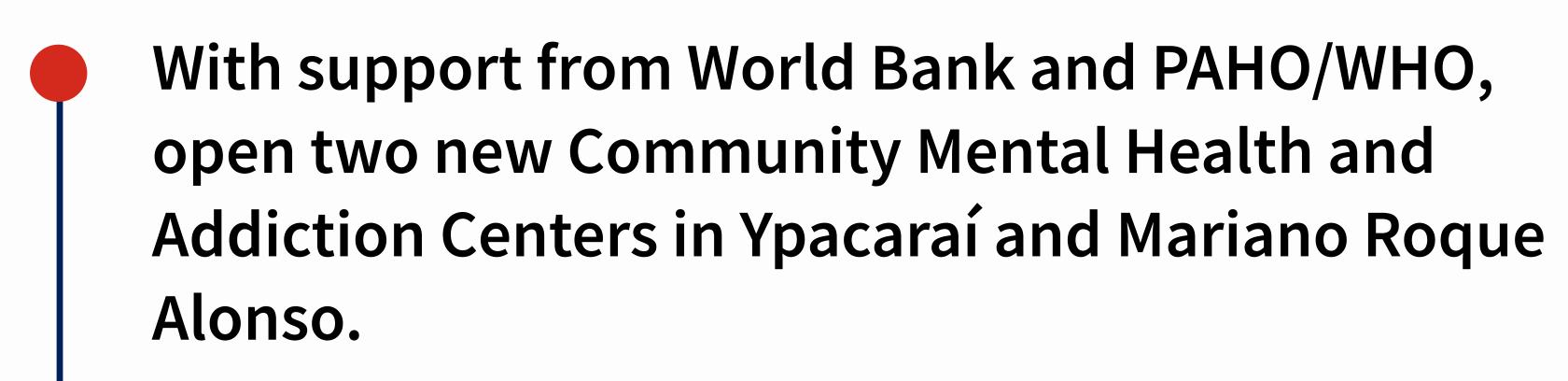


63 mental health specialists, including psychiatrists and psychologists, were trained as mhGAP Trainers of Trainers (ToTs) to expand primary care services.

Over 100 primary healthcare providers received mhGAP training to enhance community-based mental health support.

Community Health Workers in 2 health regions were trained to implement mental health interventions at the grassroots level.

A multi-site study was initiated to adapt WHO's CPQ (Community Placement Questionnaire) for local use.



Strengthen inter-agency coordination within Paraguay to sustain progress in mental health reform and continue expanding community-based care.

Promote greater civil society participation in mental health policy development and service delivery.

Implement the WHO QualityRights framework to improve the quality and human rights aspects of mental health services.

Continue the transformation of the National Psychiatric Hospital into an emergency psychiatric care center while responsibly deinstitutionalizing long-term residents.

Enhance the nationwide mental health monitoring system, including the full integration of mhGAP into Paraguay's primary healthcare data systems.





