ZINBABME

KEY ACHIEVEMENTS 2024

01

The amalgamated delivery models of problem-solving therapy (with The Friendship Bench) and mhGAP extended into four provinces: Mat North, Harare, Mash East, and Mash Central provinces under the FRIENDZ project.

02

Partnered with HIV-focused organizations to align mental health indicators, improving mental health service delivery for HIV/TB patients.

03

1,945 new registrations for QualityRights e-training, 1,061 completions, and integration of QualityRights training as a mandatory prerequisite for all Ministry of Health and Child Care (MoHCC) mental health programs.

04

150 mhGAP trainees and 100 religious leaders from Islamic and Christian communities completed QualityRights training.

05

Piloted Mindskillz, an adolescent mental health program, training 40 football coaches and reaching 3,500+ adolescents in Harare & Bulawayo.

06

Disseminated the Mental Health Investment Case and engaged private sector partners at the Mine Entra Conference, Sub-Saharan Africa's second-largest mining conference.



ADVOCACY

- Engaged five universities to integrate QualityRights into mental health and neuroscience curricula.
- Engaged Zimbabwe Heads of Christian Denominations (ZHoCD) and Supreme Council of Islamic Affairs to integrate mental health in faith-based organizations.
- Led regional webinars on workplace mental health, suicide prevention, and substance use awareness, ensuring Zimbabwe's representation at key Africa regional meetings.
- Represented Zimbabwe at the Movendi Global Alcohol Forum (Barcelona 2024) and engaged in national discussions on alcohol policy regulation.
- Provided technical support for TB screening guidelines that include mental health conditions, ensuring integrated care for TB patients.
- The MoHCC committed to integrating and handing over the Friendship Bench model into government structures over the next five years.



CAPACITY BUILDING

- 247 healthcare workers trained in mhGAP across multiple provinces with EQUIP-supported mhGAP training.
- Trained 20 health workers to implement sentinel mental health surveillance surveys across selected health facilities.
- Community faith-based organizations trained volunteers to respond to drug and substance abuse crises, with expansion planned in 2025.
- 340 Community Health Workers trained on the Friendship Bench model have reached 6,198+ people with problem-solving therapy.



SCALING UP MENTAL HEALTH SERVICES

- Piloted suicide & self-harm recording tools at two district hospitals to enhance surveillance and inform policy decisions.
- Engaged government stakeholders to review Zimbabwe's Mental Health Act
- Provided technical support to the MoHCC to validate and disseminate the National Mental Health Services Package.



PRIORITIES FOR 2025:

- Validation and nationwide rollout of mental health services guidelines.
- Scale-up of problem solving therapy training in FRIENDZ provinces, strengthening primary healthcare capacity for mental health.
- Formation of a Technical Working Group and development of a roadmap for legislative reform.
- Expansion of the Mindskillz program, reaching more schools and communities.
- Strengthening integration of mental health into TB, HIV/ AIDS, and other health programs, leveraging cost-effective training models.





