

NEPAL

KEY ACHIEVEMENTS

01

National Mental Health Care Programme adopted in 2022.

02

Developed and disseminated a comprehensive guide to strengthen primary care mental health services.

03

New district mental health care programme developed and launched.

04

Operationalised the Suicide Prevention National Resource Center and national helpline.

ACTIVITIES



Capacity building

- 1199** personnel trained to strengthen mental health services at the primary care level.
- 127** primary care service providers trained to offer MHPSS during emergencies, covering 73 health facilities.
- 215** programme managers at municipalities, districts and provinces trained.
- 120** schools participated in the mental health programme (6-day training programme).
- 116** school nurses trained in child and adolescent mental health.
- 269** teachers trained in child and adolescent mental health.



Monitoring & Evaluation

- 49** New recording and reporting tools developed and fully integrated.
- 49** medical recorders trained on use of new tools.



Advocacy

- 15** episodes of a mental health radio programme broadcasted.
- Developed a media guideline on responsible reporting on suicide.
- Collaborated with Plant Quarantine and the Pesticide Management Center for suicide prevention.



Scaling mental health services

- 47** health facilities with personnel providing mental health services received supervision.
- 20** specialist clinics set up in district hospitals.
- 13** hospitals received acute care mental health beds.
- Collaborated with universities to strengthen pre-service education on mental health as part of MBBS (physician) training programmes.

Municipality programme managers developing a model mental health workplan during a training session.

STRENGTHENING MENTAL HEALTH SYSTEMS

- Strengthening the administrative structure at Ministry of Health and Population – Epidemiology and Disease Control Division – and Provincial Health Directorates.
- Preparing for a sustainable transition of mental health programmes.
- Creating a mental health toolkit for municipalities.
- Expanding suicide prevention and registries.
- Improve supports for persons living with epilepsy by identifying care gaps.
- Developing a dementia care plan.

“The (mhGAP) training has provided me with skills to assess the mental health of people along with physical health. As the community now knows that mental health services are available at the health post, we get 1-2 mental health patients every day.”

Health Provider



Government of Nepal
Ministry of Health and Population



World Health Organization