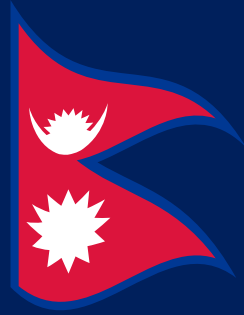


## NEPAL



## KEY ACHIEVEMENTS

01

In 2023, nearly **200,000** children and adults in Nepal gained access to mental health services.

02

**10 district hospitals** are providing referral care services for mental health, and supporting primary care teams.

## ACTIVITIES



## Capacity building

- More than **1,500** newly trained health workers and indigenous practitioners
- Integrated non-communicable diseases (NCDs) and mental health policy dialogues were held in **6 districts**. The six workshops were organised to orient local level government officials and to build the ownership on existing NCD-mental health programs. In total, 57 municipalities, comprising 548 officials from multiple sectors, participated in these discussions.
- A Training of Trainers workshop on WHO Quality Rights was organised with **28 participants** from diverse sectors (clinicians, public health, nurses, social work, lawyers, human right activists, disability rights activist etc).



## Scaling up mental health services

- Mental health services provided treatment and support to more than **13,500** new people
- Psychosocial support was provided to **24,000** people
- A district supervision system was initiated in **10 (of 14)** focus districts of the WHO Special Initiative for Mental Health
- Scope of work was expanded to cover the entire spectrum of mental, neurological and substance use needs: maternal mental health, epilepsy, substance use disorders



## Advocacy

- An additional allocation of more than **80 million rupees (approx. USD 600,000)** from the federal government to the districts for mental health services was financed. District / Municipal level budgets for mental health also increased in some areas.
- WHO Nepal mobilised **US \$120,000** additional funds to complement Special Initiative work across districts and provinces. This allows WHO Nepal to integrate additional elements to the program, such as for emergency preparedness and suicide prevention.

## PRIORITIES FOR 2024

- Complete mhGAP trainings
- Follow up policy discussion on mental health in Special Initiative districts
- Institutionalise district supervision in **10 districts** and expand to remaining districts
- Integrate mental health into other public health programs such as maternal health, maternal health, school health, and ageing



Dr Mark van Ommeren, from WHO HQ (left) and the honourable Secretary from Nepal's Ministry of Health and Population, Dr Roshan Pokhrel (right) discuss the WHO World Mental Health Report



World Health Organization

