

# PARAGUAY



## KEY ACHIEVEMENTS

01

Passing of the National Mental Health Law and creation of a National Mental Health Directorate.

02

Substantial increase in mental health workforce availability and service coverage.

03

Advances towards deinstitutionalization and decentralization of services.

## ACTIVITIES



### Capacity building

- Training of trainers for mhGAP, psychological first aid and psychosocial support to onward train practitioners providing virtual mental health and psychosocial support services.
- Non-specialist health professionals trained on child and adolescent psychiatry.
- Specialized professionals trained in the management of common mental health conditions.



### Scaling mental health services

- **10%** increase in mental health professionals in the public health system between 2020 and 2021.
- **500%** increase in mental health care coverage in the Department of President Hayes through the implementation of virtual consultations.
- Deinstitutionalization (discharge) of patients from Asuncion's psychiatric hospital to be supported via integrated community-based mental health services.



### Advocacy

- National Mental Health Policy and Plan under development.
- Developed a Communication Plan on Suicide Prevention.
- High-level meeting held with the Vice Minister of Health, General and Regional Directors of the Ministry of Health.
- Prepared a Protocol of Psychosocial Recommendations for the pandemic.
- Developed a Manual of Functions for Regional Mental Health Coordinators and the Organizational Manual of the Mental Health Network.

## STRENGTHENING MENTAL HEALTH SYSTEMS

- Strengthening mental health units in general hospitals and transforming the national psychiatric hospital.
- Developing a deinstitutionalization/rehabilitation program for long-term residents of the national psychiatric hospital.
- Expanding mhGAP training for primary health care workers.
- Developing a monitoring and evaluation plan.

“Thanks to the remote consultation we can receive timely attention from mental health professionals and also obtain the medication we need.”

Service User



MINISTERIO DE  
SALUD PÚBLICA  
Y BIENESTAR SOCIAL



World Health  
Organization