

ZIMBABWE



KEY ACHIEVEMENTS

01

A national roll-out of QualityRights in mental health training across multiple stakeholder groups.

02

Increased investment in mental health through evidence-based advocacy.

03

Expanded the capacity of general health staff in primary health care facilities to identify, manage and support people living with mental disorders.

04

Included mental health conditions within the national Essential Health Care Package.



Scaling mental health services

16k

- health care workers screened for depression and anxiety (as part of the COVID-19 response) and received support where indicated.
- Expanded the number of facilities implementing mhGAP and used EQUIP to assess non-specialist trainees for competencies and to track supervision.
- Developed a mental health patient register, and monthly psychiatric return forms.
- Developed an Essential Health Care Package which includes mental health conditions.
- Created an annual plan for drug and substance use intervention (2023) with a focus on enhancing treatment and harm reduction services in all 10 provinces.
- Supported the integration of mental health (for Polio and COVID-19) in partnership with the Zimbabwe Traditional Healers' Association & Council of Churches.
- Used the WHO QualityRights assessment tool to gradually discharge long-stay residents from psychiatric facilities and reduce admissions in long-stay psychiatric facilities.
- Updated curricula for general physicians and nurses to include mhGAP and mental health placements during pre-service training.



Capacity building

1300
200

- people completed QualityRights eTraining with over 2000 people active on the platform.
- traditional healers and religious leaders trained in MHPSS.
- Representing all provinces, Trainers of Trainers were supported to use competency-based training approaches (using EQUIP) in readiness to rollout mhGAP and the Friendship Bench's Problem-Solving Therapy.



Advocacy

- Completion and validation of an Economic Investment Case for Mental Health in Zimbabwe, by the Ministry of Health and Child Care and civil society organisations.
- Developed policy briefs to inform strategic mental health investments using data from the Economic Investment Case for Mental Health in Zimbabwe.



Monitoring & Evaluation

- Completed an M&E framework for Zimbabwe's Special Initiative for Mental Health and related baseline surveys, in partnership with the University of Zimbabwe.
- Completed a rapid assessment about the impact of COVID-19 on mental health services, including the integration of mental health support in HIV and Tuberculosis programmes.
- Assessed the barriers and enablers to implementation of the 'Stepped Care Pathway for Mental Health Care for People Living with HIV'.

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Before I trained in QualityRights, if a client complained about the medication, I would not listen to their concerns because I thought that I knew what was best for them. I now ask the clients if they are experiencing any side effects and if the medication is working for them.

Mental Health Nurse

STRENGTHENING MENTAL HEALTH SYSTEMS

- Preparing to accelerate awareness and fulfilment of human rights for persons living with mental health conditions by continuing to rollout QualityRights eTraining with various stakeholder groups.
- Integrating mental health services into national-level protocols of other health conditions.
- Working with service user associations, civil society organisations, and NGOs to monitor the quality of mental health services and advocate for increased mental health financing.
- Partnering with key stakeholders to increase awareness of mental health through the commemoration of key events.



World Health Organization

