

# Zimbabwe

## WHO Special Initiative for Mental Health

### Situational Assessment

#### Overview

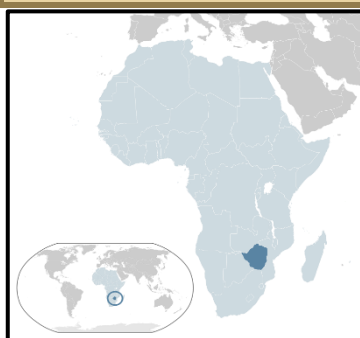
##### Strengths

- Substantial investment in education
- Strong cadre of psychiatric nurses
- Exciting mental health services research
- Refurbishment of Harare psychiatric unit

##### Challenges

- Socioeconomic instability
- Other psychiatric units in need of refurbishment
- Mental Health Act needs to be updated
- Lack of funding for medication, human resources, and mental health promotion

#### Context



Source: Wikipedia. Jan 13, 2020.

- Population of 14 million, largely rural (68%)
- 89% literacy. 37% of households have improved sanitation, 78% have clean water, and 34% have electricity (81% in urban areas, 10% in rural areas)
- Life expectancy: 61, infant mortality rate: 39 per 1000 live births, maternal mortality ratio: 462 per 100,000 live births
- Leading causes of death are HIV, cardiovascular disease, and TB
- High HIV prevalence (14%)
- 1 in 2 women report exposure to intimate partner violence
- Most common substances abused: alcohol, cannabis, heroin, glue, cough mixtures
- Mental disorders often attributed to spiritual possession and witchcraft

#### Policies and Plans

Public spending on mental health (USD\$/capita): 0.13 USD

##### Policy

**Name:** National Mental Health Policy  
**Years:** 2007  
**Progress:** n/s

##### Plan

**Name:** National Strategic Plan for Mental Health Services  
**Years:** 2019-2023  
**Progress:** n/s

##### Key Informant:

*I'm optimistic about the future of mental health in Zimbabwe since there has been on-going conversations and dialogue on mental health in the recent years.*

-Advocacy Group Spokesperson

##### Legislation

Mental Health Act of 1996 and Regulations of 1999.  
 Due for review.

Elements included in policy/plan		Policy	Plan
Components	PHC integration	Present	
	Decentralization	Present	
	Hospital integration	Present	Partially addressed
	Maternal	Present	Partially addressed
	Child/adolescent	Present	
	HIV	Present	
	Alcohol/substance use	Present	
	Epilepsy	Not addressed	
	Dementia	Not addressed	
	Promotion/prevention	Partially addressed	-
Equity	Suicide	Not addressed	-
	Gender	Not addressed	
	Age/life course	Not addressed	
	Rural/urban	Partially addressed	
	Socio-economic status	Present	
	Vulnerable populations	Present	

Present  
 Not addressed  
 Partially addressed  
 -- Not assessed

## Prevalence and Coverage

	Prevalence	Total	Gender ratio		Treatment coverage
Major depressive disorder	1.6%	218,167	1.8% females	1.3% males	n/s
Bipolar disorder	0.6%	77,449	0.6% females	0.5% males	n/s
Schizophrenia	0.1%	17,454	0.1% females	0.1% males	n/s
** Alcohol use disorders	1.4%	189,731	1.0% females	1.8% males	n/s
Drug use disorders	0.8%	105,296	0.6% females	0.9% males	n/s
Epilepsy	0.3%	48,355	0.3% females	0.4% males	n/s
Suicide deaths per year	18.0*	2,647	9.7 females	26.9 males*	--

\*rate per 100k; \*\*GBD 2017

## Services

### Human resources

	#	Rate per 100,000
<b>Generalist</b>		
Doctor	2,245	16
Nurse	10,102	72
Pharmacist	n/s	n/s
Neurologist	4	0.03
<b>Specialist</b>		
Psychiatrist	18	0.1
Psychologist	6	0.04
Psychiatric nurse	917	6.5
MH social worker	13	0.09

### Health care facilities

	#	Rate per 100,000
<b>Inpatient</b>		
Mental hospital	2	0.01
General hospital psychiatric unit	2	0.01
Forensic unit	2	0.01
Residential care facility	10	0.07
<b>Outpatient</b>		
Hospital mental health	7	0.05
Community-based /non-hospital mental health	n/s	n/s

### Key Informant:

*The cadres who look after mental patients are few but they are **highly dedicated** and work under difficult conditions to provide care.*

- Psychiatrist

Mental health training	n/s
Primary care integration	mhGAP trainings have covered 7 towns and 2 cities.
Available psychosocial interventions	Friendship Bench (problem-solving therapy) has been scaled across Harare.
Medication summary	Countrywide drug shortage. First generation antipsychotics are more common than antidepressants or mood stabilizers.
Mental health promotion	Ministry of Health has Health Promotion unit; limited funding and coordination. Annual National Mental Health Games launched in 2018.

## Community and Other Sectors

Community	Faith healers practice throughout the country.
Education	Policy stipulates presence of guidance counsellors in all schools.
Social Welfare	Queen of Peace Rehabilitation and Crisis Centre provides essential re-integration services to discharged individuals.
Justice	n/s

## Monitoring and Evaluation

Facilities routinely report on numbers of different types of diagnoses related to mental health. These indicators are stratified by age, sex, new/returning patients, and in/out referral. Data related to service delivery are not comprehensive and may be of low quality.