



POLICY OPTIONS ON MENTAL HEALTH

A WHO-GULBENKIAN MENTAL HEALTH PLATFORM COLLABORATION



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the 1990s, the number of people in the world who are under 15 years of age is expected to increase by 1.5 billion, from 1.1 billion in 1990 to 2.6 billion in 2015.

As the world's population grows, the demand for food and other resources will increase. The world's population is expected to reach 9 billion by 2050, and the demand for food will increase by 50% by 2030.

The world's population is also becoming more urban. In 1990, 54% of the world's population lived in urban areas. By 2015, this is expected to increase to 69%.

The world's population is also becoming more diverse. In 1990, 60% of the world's population was of European descent. By 2015, this is expected to decrease to 45%.

The world's population is also becoming more educated. In 1990, 54% of the world's population was illiterate. By 2015, this is expected to decrease to 35%.

The world's population is also becoming more mobile. In 1990, 54% of the world's population lived in rural areas. By 2015, this is expected to decrease to 35%.

The world's population is also becoming more affluent. In 1990, 54% of the world's population lived on less than \$2 a day. By 2015, this is expected to decrease to 35%.

The world's population is also becoming more healthy. In 1990, 54% of the world's population lived in poor health. By 2015, this is expected to decrease to 35%.

The world's population is also becoming more environmentally conscious. In 1990, 54% of the world's population was concerned about the environment. By 2015, this is expected to increase to 69%.

The world's population is also becoming more technologically advanced. In 1990, 54% of the world's population had no access to electricity. By 2015, this is expected to decrease to 35%.

The world's population is also becoming more socially responsible. In 1990, 54% of the world's population was not concerned about social issues. By 2015, this is expected to decrease to 35%.

The world's population is also becoming more environmentally friendly. In 1990, 54% of the world's population was not concerned about the environment. By 2015, this is expected to increase to 69%.

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Policy options on mental health: a WHO-Gulbenkian Mental Health Platform collaboration

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This report is the final one of a series of thematic papers, co-produced by the World Health Organization and the Calouste Gulbenkian Foundation's Global Mental Health Platform. The series covers the following topics:

- Social determinants of mental health
- Innovation in deinstitutionalization: A WHO expert survey
- Integrating the response to mental disorders and other chronic diseases in health care systems
- Promoting rights and community living for children with psychosocial disabilities
- Improving access to and appropriate use of medicines for mental disorders
- Policy options on mental health: A WHO-Gulbenkian Mental Health Platform collaboration.

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FOREWORD

This is the final report of the six-year collaboration between the WHO Department of Mental Health and Substance Abuse and the Gulbenkian Global Mental Health Platform, an initiative of the Calouste Gulbenkian Foundation aimed at reducing the global burden of mental health through the development and application of evidence and good practices to global mental health.

The Gulbenkian Mental Health Platform and the World Health Organization have collaborated to generate a series of thematic papers on pressing mental health issues of our time. Topics were identified by the Platform's advisory and steering committees, and prioritized according to the issues' potential significance in making a substantial improvement in the global mental health situation. It is perhaps not surprising, therefore, that the topics of the thematic papers are highly consistent with the six principles and four key objectives of WHO's Mental Health Action Plan (MHAP) 2013–2020.

Thematic papers in this series address important topics:

- Population-based strategies that can be implemented through health and non-health sectors to promote mental health and prevent mental disorders.
- Health-system based strategies to organize and deliver integrated care for mental disorders and other chronic health conditions.
- Innovative methodologies for shifting from institutional to community-based mental health care.
- Promoting rights and community living for children with psychosocial disabilities.
- Improving access to and appropriate use of medicines for mental disorders.

This final report constitutes a comprehensive and practical source of information and inspiration for national policy and decision-makers, legislators, justices, opinion shapers, and professional, formal and informal mental health workers willing to contribute to strengthening the response of all sectors to the still largely unmet needs of people with mental disorders, through the implementation of the WHO Mental Health Action Plan at national level. The report cross references the evidence assembled under the five key areas that were identified and prioritized by WHO and the Gulbenkian Mental Health Platform and the experience generated by country workshops conducted in Brazil, Cabo Verde, Georgia, India and Portugal. This report identifies 32 policy options to promote and strengthen the implementation of the WHO MHAP.

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