



mhGAP Mental Health Gap Action Programme

Scaling up care for mental, neurological, and substance use disorders



World Health
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Foreword

Mental health is fundamental to health. This is reflected by the definition of health in the WHO Constitution as “a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity”. Research conducted in recent years has brought to our attention that mental health inherently affects physical health and physical health affects mental health. The two are inseparable in terms of achieving a more complete state of wellness.

Mental health is paramount to personal well-being, family relationships, and successful contributions to society. It is related to the development of societies and countries. Mental ill-health and poverty interact in a negative cycle: mental ill-health impedes people’s ability to learn and to engage productively in their economies, and poverty in turn increases the risk for developing mental disorders, and reduces people’s ability to gain access to health services.

The sheer numbers of people affected, the associated disability due to mental, neurological and substance use disorders, and the fact that effective treatment is available emphasizes the importance of addressing them in primary care. Our goal is to see that mental health is integrated into health care systems across the globe.

Much more effort is required to change policy, practice and service delivery systems to ensure mental health needs and concerns receive the level of priority necessary to reduce the burden associated with mental, neurological and substance use disorders. There should be no more excuses for marginalizing funding for the delivery of mental health services. We need to ensure that the area of mental health receives its fair share of public health resources.

WHO’s *Mental Health Gap Action Programme (mhGAP)* makes a case for enhancing the political commitment of governments, international organizations and other stakeholders. *mhGAP* identifies the strategies to scale up coverage of key interventions for priority conditions in resource-constrained settings.

I invite partners to join WHO in making *mhGAP* a success.

Dr Ala Alwan

Assistant Director-General

Noncommunicable Diseases and Mental Health

预览已结束，完整报告链接和二

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