

CONTENTS

Acknowledgements	i
Abbreviations and acronyms used in this report	v
Message from WHO and Wonca	vii
Executive summary	1
Key messages of this report	1
Introduction	9
Primary care for mental health defined	9
Scope of this report	10
Key messages of this report	11
PART 1: Primary care for mental health in context	13
Primary care for mental health in context	14
Chapter 1: Primary care for mental health within a pyramid of health care	15
Key messages	15
The optimal mix of services – the WHO pyramid	15
Chapter summary	19
Chapter 2: Seven good reasons for integrating mental health into primary care	21
Key messages	21
Introduction	21
1. The burden of mental disorders is great	23
2. Mental and physical health problems are interwoven	26
3. The treatment gap for mental disorders is enormous	32
4. Primary care for mental health enhances access	36
5. Primary care for mental health promotes respect of human rights	37
6. Primary care for mental health is affordable and cost effective	41
7. Primary care for mental health generates good health outcomes	41
Chapter summary	42

PART 2: Primary care for mental health in practice 47

Introduction..... 49

10 principles for integrating mental health into primary care..... 49

Argentina: Physician-led primary care for mental health in Neuquén province, Patagonia region..... 57

Case summary..... 57

Key lessons learnt..... 67

Australia: Integrated mental health care for older people in general practices of inner-city Sydney..... 69

Case summary..... 69

Key lessons learnt..... 76

Belize: Nationwide district-based mental health care..... 77

Case summary..... 77

Key lessons learnt..... 85

Brazil: Integrated primary care for mental health in the city of Sobral..... 87

Case summary..... 87

Key lessons learnt..... 94

Chile: Integrated primary care for mental health in the Macul district of Santiago..... 97

Case summary..... 97

Key lessons learnt..... 108

India: Integrated primary care for mental health in the Thiruvananthapuram District, Kerala State..... 109

Case summary..... 109

Key lessons learnt..... 122

Islamic Republic of Iran: Nationwide integration of mental health into primary care..... 125

Case summary..... 125

Key lessons learnt..... 133

Saudi Arabia: Integrated primary care for mental health in the Eastern Province	135
Case summary	135
Key lessons learnt	142
South Africa: Integrated primary care services and a partnership for mental health primary care – Ehlanzeni District, Mpumalanga Province, and Moorreesburg District, Western Cape Province	145
Case summaries	145
Key lessons learnt (best practice example one)	157
Key lessons learnt (best practice example two)	161
Uganda: Integrated primary care for mental health in the Sembabule District	163
Case summary	163
Key lessons learnt	171
United Kingdom of Great Britain and Northern Ireland: Primary care for mental health for disadvantaged communities in London	173
Case summary	173
Key lessons learnt	182
Report conclusions	185
Annex 1: Improving the practice of primary care for mental health	189
Key messages	189
Introduction	189
Assessment and diagnosis functions	189
Treatment, support, referral and prevention functions	196
Communication skills	199
Education and training opportunities	199
Conclusion	202