



## **OVERVIEW OF THE 'STEPPED PROCESS FOR DEVELOPING A MENTAL HEALTH POLICY & PLAN**

### **➔ DEVELOPING A MENTAL HEALTH POLICY: STEPS 1 to 7**

- Step 1.** Assess the population's needs
- Step 2.** Gather evidence for effective strategies
- Step 3.** Consultation and negotiation
- Step 4.** Exchange with other countries
- Step 5.** Set out the vision, values, principles and objectives of the policy
- Step 6.** Determine areas for action
- Step 7.** Identify the major roles and responsibilities of different sectors

### **➔ DEVELOPING A MENTAL HEALTH PLAN: STEPS 8 to 12**

- Step 8.** Determine the strategies and time frames
- Step 9.** Set indicators and targets
- Step 10.** Determine the major activities
- Step 11.** Determine the costs, the available resources and the budget
- Step 12.** Set up monitoring and evaluation processes

### **➔ IMPLEMENTING POLICY AND PLAN: STEPS 13 to 19**

- Step 13.** Disseminate the policy
- Step 14.** Generate political support and funding
- Step 15.** Develop supportive organization
- Step 16.** Set up pilot projects in demonstration areas
- Step 17.** Empower mental health providers
- Step 18.** Reinforce intersectoral coordination
- Step 19.** Promote interactions among stakeholders

Note: Steps are a guide only, to be adapted at country level.

Source: *Monitoring and Evaluation of Mental Health Policies and Plans*. Geneva, World Health Organization, 2007 (Mental Health Policy and Service Guidance Package).

