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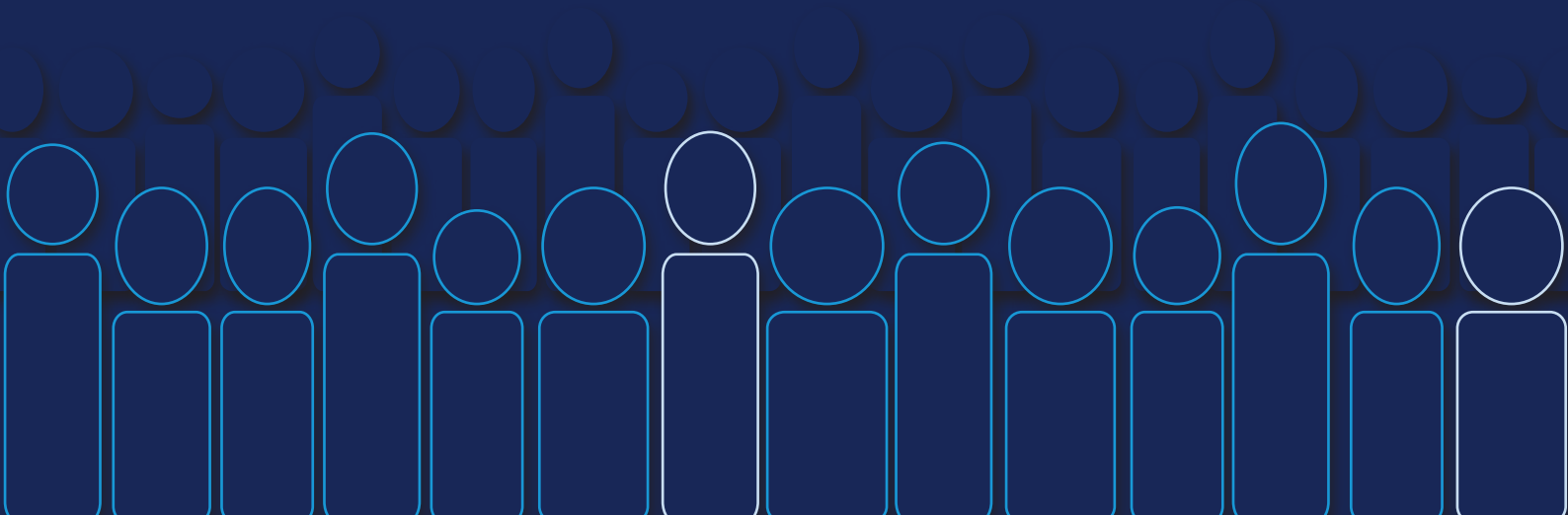
Validated baselines

for the

Mental health action plan

for the WHO South-East Asia Region

2023–2030



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Abbreviations

PHC primary health care

OBJECTIVE 1: STRENGTHEN EFFECTIVE LEADERSHIP AND GOVERNANCE FOR MENTAL HEALTH

Regional Target 1.1		Eleven countries have developed or updated their policy and/or plan for mental health in line with international human rights instruments that prioritize a shift of services to community care, including primary and secondary care, by 2030		
Indicator		Number of countries that have developed or updated their policy and/or plan for mental health in line with international human rights instruments that prioritize a shift of services to community care, including primary and secondary care, by 2030		
Country	Baseline	Reference	Remarks	
Bangladesh	Yes	National Mental Health Policy 2022 National Mental Health Action Plan 2022		
Bhutan	Yes	Mental Health Action Plan 2019–2023		
Democratic People's Republic of Korea	–			
India	Yes	National Mental Health Policy 2014		
Indonesia	No			
Maldives	Yes	National Mental Health Policy 2015–2025		
Myanmar	Yes	National Mental Health Policy and Action Plan 2021–2025		
Nepal	Yes	National Mental Health Strategy and Action Plan 2077 (2021)		
Sri Lanka	Yes	Mental Health Policy 2021–2030		
Thailand	Yes	The 1st National Mental Health Development Plan 2018–2037		

		5-year Strategic plan of the Department of Mental Health 2023–2027 The 5th National Human Rights Plan 2023–2027	
Timor-Leste	Yes	National Health Action Plan 2020–2030	National Strategic Plan 2023-2027 – being developed

Regional Target 1.2		Eleven countries have legislation covering mental health in line with international human rights instruments, by 2030	
Indicator		Number of countries with legislation covering mental health in line with international human rights instruments	
Country	Baseline	Reference	Remarks
Bangladesh	Yes	Mental Health Act 2018	
Bhutan	No	Penal Code of Bhutan, The Child Care and Protection Act of Bhutan, Civil and Criminal Procedure Code of Bhutan	There is no stand-alone mental health law. Provisions for mental health are covered in different legislations.
Democratic People's Republic of Korea	–		
India	Yes	Mental Health Care Act 2017	
Indonesia	Yes	Mental Health Law No 18 (2014)	The new Omnibus Health Law was approved in 11 July 2023 and is currently waiting to be officially launched.
Maldives	No		
Myanmar	No		New law being drafted which will incorporate human rights aspects.
Nepal	Yes	Act Relating to Rights of Persons with Disabilities, 2074 (2017)	No separate mental health law.
Sri Lanka	No	Ministry of Health	The mental health law does not cover human rights aspects. New law being drafted.
Thailand	Yes	Thailand Mental Health Act B.E. 2551 (2008)	
Timor-Leste	No		

Regional Target 1.3		Eleven countries increased government expenditure on mental health per capita (local currency) by 50%, by 2030	
Indicator		Number of countries that have increased the government expenditure on mental health per capita (local currency) by 50%, by 2030	
Country	Baseline	Reference	Remarks
Bangladesh	8.4 BDT 0.1 USD	Mental Health Atlas 2020	
Bhutan	No data		
Democratic People's Republic of Korea	–		
India	No data		
Indonesia	No data		
Maldives	No data		
Myanmar	70.3 MMK 0.05 USD per capita.	2018–2019	
Nepal	NPR 10.9 USD 0.1	National Health Accounts 2021	
Sri Lanka	No data		
Thailand	53.35 THB 1.56 USD	Annual Budget document from Ministry of Public Health, Thailand 2023	
Timor-Leste	No data		

OBJECTIVE 2: PROVIDE COMPREHENSIVE, INTEGRATED AND RESPONSIVE MENTAL HEALTH AND SOCIAL CARE SERVICES IN COMMUNITY-BASED SETTINGS

Regional Target 2.1	Government service coverage for mental health conditions will have increased at least by 50%, by 2030		
Indicator	Number of persons with psychosis who used services over the past 12 months (<i>number/100 000</i>)		
Country	Baseline	Reference	Remarks
Bangladesh	No data		
Bhutan	132 per 100 000	Annual Health Bulletin 2022	Projected total population: 734 374
Democratic People's Republic of Korea	–		
India	No data		
Indonesia	No national data		Compliance of PHC reporting to SIMKESWA system (Mental Health information system) is 27%.
Maldives	No data		
Myanmar	No data		
Nepal	No data		
Sri Lanka	No data		
Thailand	463.70 per 100 000	Ministry of Public Health, Health data centre 2023	
Timor-Leste	301.4 per 100 000	Health Management Information System (DHS-2) National Report 2022	Total 4039

Indicator				Number of persons with depression who used services over the past 12 months (<i>number/100 000</i>)			
Country	Baseline	Reference	Remarks				
Bangladesh	No data						
Bhutan	328 per 100 000	Annual Health Bulletin 2022					
Democratic People's Republic of Korea	–						
India	No data						
Indonesia	No national data		Compliance of PHC reporting to SIMKESWA system (Mental Health information system) is 27%.				
Maldives	No data						
Myanmar	No data						
Nepal	No data						
Sri Lanka	No data		Number of inpatients treated for mood disorders is available.				
Thailand	491.60 per 100 000	Ministry of Public Health – Health data centre 2023					
Timor-Leste	64.55 per 100 000	Health Management information (DHS-2) National Report 2022	Total 865				

Indicator				Number of persons with epilepsy who are using services over the past 12 months (<i>number/100 000</i>)			
Country	Baseline	Reference	Remarks				
Bangladesh	No data						
Bhutan	321 per 100 000	Annual Health Bulletin 2022					
Democratic People's Republic of Korea	–						
India	No data						
Indonesia	No data						
Maldives	No data						
Myanmar	No national data	Epilepsy survey 2014 conducted in 5 townships	4.1% in 2020 (1.4 per 1000 population)				
Nepal	No data						
Sri Lanka	No data						
Thailand	No data						
Timor-Leste	93.28 per 100 000	Health Management information (DHS-2) National Report 2022	Total: 1200–1300				

Regional Target 2.2	Eleven countries have increased the number of community-based mental health centres^a by 50%, by 2030		
Indicator	Number of community-based mental health centres^a		
Country	Baseline	Reference	Remarks
Bangladesh	None		
Bhutan	None		
Democratic People's Republic of Korea	–		
India	115 000		
Indonesia	No data		
Maldives	None		
Myanmar	None		
Nepal	None		
Sri Lanka	49	Directorate of Mental Health, Ministry of Health	
Thailand	3183	Office of Secretary of National Addiction Treatment and Rehabilitation Committee, Ministry of Public Health	These are described as “Social Rehabilitation Centres”.
Timor-Leste	5	Ministry of Health	PRADET, Sao Joao of God Laclubar, Klibur Domin, Alola Foundation and FOKUPERS

^a Community-based mental health centres provide care and support options in the community for people with mental health conditions and psychosocial disabilities (e.g. day care centres, rehabilitation centres). These centres are intended to provide support outside an institutional setting and in proximity to people's homes. The range of support options provided in these centres varies depending on size, context and links to the overall health system in a country. In the context of this plan, these are not primary health care (PHC) centres.

Regional Target 2.3			
Eleven countries have established a mental health unit in at least 80% of general hospitals, by 2030			
Indicator			
Proportion of general hospitals^a with mental health units (<i>number of general hospitals with mental health units/number of general hospitals</i>)			
Country	Baseline	Reference	Remarks
Bangladesh	60 out of 609 general hospitals	Bangladesh Profile: Mental Health Atlas 2020 Ministry of Health: Hospital services management	Primary care hospital and tertiary hospital is excluded.
Bhutan	53 out of 53 general hospitals	Ministry of Health and Annual Health Bulletin 2022	
Democratic People's Republic of Korea	–		
India	716 out of 767 general hospitals	Ministry of Health and Family Welfare	
Indonesia	No data		
Maldives	8 out of 8 general hospitals	Ministry of Health	General hospitals are referred to as tertiary hospitals in Maldives.
Myanmar	27 out of 135 multi-speciality hospitals	Ministry of Health Hospital statistics report 2014–2016	
Nepal	46 out of 114	Expert estimation by WHO and Ministry of Health and Population	
Sri Lanka	118 out of 123	Ministry of Health	
Thailand	118 out of 127 general hospitals	Health Administration Division, Ministry of Public Health	

Timor-Leste

1 out of 1 general hospital Ministry of Health

Only one general hospital in the country.

^a General hospitals are non-specialized hospitals that offer multi-speciality services such as medicine, surgery etc. In several countries, general hospitals include provincial and district hospitals. In the context of this plan, general hospitals fall under the secondary level of care.

Regional Target 2.4			
Eleven countries have integrated services for three or more priority conditions in at least 80% of PHC facilities^a			
Indicator			
Number of countries that have integrated services for three or more priority mental health conditions in at least 80% of PHC facilities^a			
Country	Baseline	Reference	Remarks
Bangladesh	0%		
Bhutan	153 out of 153 PHC centres –100%	Ministry of Health	PHC centres provide services for: anxiety, depression, psychosis, substance and alcohol use disorders, dementia, epilepsy.
Democratic People's Republic of Korea	–		
India	145 000 out of 145 000 PHC centres and Health and Wellness Centres provide mental health services – 100%	Operational guidelines – mental, neurological and substance use (MNS) disorders care, Ministry of Health and Family Welfare	Are expected to offer care for at least four conditions – depression, suicidal behaviour, psychosis and epilepsy.
Indonesia	5694 out of 10 374 provide mental health services – 55%	Ministry of Health	Service is provided for schizophrenia without complications, depression and psychosis.
Maldives	Services are provided at all 180 PHC centres – 100%		
Myanmar	Services for epilepsy provided in 14% of the 10 933 PHC facilities in 2020	Ministry of Health, Myanmar	No data on other mental health conditions. Only government PHC facilities were counted.

Nepal	132 of the 188 PHC centres – 70% –and 664 of the 3775 basic health centres (BHC) –20%	Nepal Health Facility (NHF) Survey 2021, Ministry of Health and Population, and Annual Report, Department of Health Service 2021/2022	The NHF Survey sample consisted of a subset of all types of health facilities in the country. The percentages of facilities in the sample providing mental health services – 69.4% of PHC centres and 17.6% of BHCs – were extrapolated to national level.
Sri Lanka	100%	Ministry of Health	523 primary medical care units, 320 outreach clinics
Thailand	3191 out of 7595 registered PCU provide services for at least three mental health conditions – 42%	Registered services database from the Office of Information Technology, Department of Mental Health, Ministry of Public Health	
Timor-Leste	100%	Ministry of Health	13 case managers at 13 municipality-run Ministry of Health psychosocial support programmes for PHC levels

^a Assessment made on the basis of descriptions from countries using the following criteria: guidelines for integration of mental health into primary health care (PHC) available and adopted, availability of psychotropic medicines in PHC, pharmacological and psychosocial interventions provided at PHC level, and training and supervision for non-specialized health workers at PHC level (e.g. depression, psychosis, epilepsy, substance use, dementia, suicide, child and adolescent mental health).

Regional Target 2.5		Beds in specialized psychiatric hospitals reduced by 30%, by 2030	
Indicator	Number of beds in specialized psychiatric hospitals		
Country	Baseline	Reference	Remarks
Bangladesh	900	Ministry of Health	National Institute of Mental Health (NIMH) (400 beds), Pabna Mental Hospital (500 beds)
Bhutan	0	Ministry of Health	No psychiatric hospitals
Democratic People's Republic of Korea	–		
India	No data		
Indonesia	No data		
Maldives	0		
Myanmar	1100		Yangon Psychiatric Hospital (800 beds), Mandalay Psychiatric Hospital (300 beds)
Nepal	50	Ministry of Health and Population	
Sri Lanka	1407	Ministry of Health	
Thailand	5630	Registered services database from the Office of Information Technology, Department of Mental Health, Ministry of Public Health	
Timor-Leste	0		

Regional Target 2.6	Eleven countries have increased the number of supported living facilities by 50%, by 2030		
Indicator	Number of supported living facilities^a		
Country	Baseline	Reference	Remarks
Bangladesh	0		
Bhutan	0		
Democratic People's Republic of Korea	–		
India	407	Ministry of Health and Family Welfare	
Indonesia	41		
Maldives	0		
Myanmar	No data		
Nepal	0		15 operated by private/philanthropic funds
Sri Lanka	18	Ministry of Health	
Thailand	13	Ministry of Social Development and Human Security	
Timor-Leste	6		1 at the national hospital and 5 at community-based mental health centres

^a Supported living facilities includes short-stay and long-stay facilities.

OBJECTIVE 3: IMPLEMENT STRATEGIES FOR PROMOTION AND PREVENTION IN MENTAL HEALTH

Regional Target 3.1		Eleven countries have two or more functioning national, multisectoral mental health promotion and prevention programmes, by 2030	
Indicator		Number of countries with two or more functioning national, multisectoral mental health promotion and prevention programmes, by 2030	
Country	Baseline	Reference	Remarks
Bangladesh	Yes	Bangladesh situational assessment. WHO Special Initiative for Mental Health 2020	
Bhutan	Yes	Ministry of Health	Screening for wellbeing in schools Promoting mental health and wellbeing in schools
Democratic People's Republic of Korea	–		
India	Yes	Ministry of Health and Family Welfare	National Mental Health Programme (NMHP), District Mental Health Programme (DMHP), National Tele Mental Health Programme
Indonesia	No	Ministry of Health	One programme for screening of mental health conditions
Maldives	Yes	Ministry of Health	For children and adolescents (by Ministry of Education), the youth and working population, front-liners, media professionals, religious scholars and vulnerable population
Myanmar	No		One programme (National Early Childhood Intervention Programme)
Nepal	Yes		Suicide prevention and awareness raising, School Health Nurses Programme, One Stop Crisis Management Centres for gender-based violence

Sri Lanka	No	
Thailand	Yes	Department of Mental Health, Ministry of Public Health
Timor-Leste	Yes	

Regional Target 3.2		The rate of suicide will be reduced by 15%, by 2030		
Indicator	Suicide mortality rate (per 100 000 population)			
Country	Baseline	Reference	Remarks	
Bangladesh	3.9 per 100 000	WHO Global Health Observatory 2019 data		
Bhutan	10.3 per 100 000	National Suicide Registry 2022		
Democratic People's Republic of Korea	–			
India	12 per 100 000	Accidental deaths and suicides in India 2021. Report of National Crime Records Bureau, Ministry of Home Affairs		
Indonesia	0.29 per 100 000	National Police data	Reporting suicides to the police is not mandatory and therefore this may be an underestimation	
Maldives	No data			
Myanmar	2.96 per 100 000	Mental Health Atlas 2020		
Nepal	23 per 100 000	Nepal Police Crime Investigation Bureau Report 2022		
Sri Lanka	14.1 per 100 000	Sri Lanka Police		
Thailand	7.9 per 100 000	Death certificate database, Ministry of Interior		
Timor-Leste	No data			

Regional Target 3.3	Eleven countries have included a mental health and psychosocial preparedness component in their emergencies and/or disasters preparedness plan by 2030		
Indicator	Number of countries that have included a mental health and psychosocial preparedness component in their emergencies and/or disasters preparedness plan by 2030		
Country	Baseline	Reference	Remarks
Bangladesh	Yes	National Plan for Disaster Management 2021–2025	
Bhutan	No		
Democratic People’s Republic of Korea	–		
India	Yes	National disaster management guidelines: Psychosocial support and mental health in disasters 2009 National Disaster Management Centre	
Indonesia	Yes	Ministry of Health Regulation No 75, 2019 on health crisis management KMK 084/ 2006 on management of mental health and psychosocial issues in disaster and conflict areas	
Maldives	Yes	National Pandemic Preparedness and Response Plan 2022, Ministry of Health	
Myanmar	No		
Nepal	Yes		
Sri Lanka	No		

Thailand	Yes	Government Action Plan: Public Health Emergency Division for 5 years (2023–2027)
Timor-Leste	No	

OBJECTIVE 4: STRENGTHEN INFORMATION SYSTEMS, EVIDENCE AND RESEARCH FOR MENTAL HEALTH

Regional Target 4.1		Eleven countries annually collect and report a core set of mental health indicators through their national health and social information systems		
Indicator		Number of countries that annually collect and report a core set of mental health indicators through their national health and social information systems		
Country	Baseline	Reference	Remarks	
Bangladesh	No			
Bhutan	Yes	Annual Health Bulletin 2022	Anxiety, depression, psychosis, substance use disorder, alcohol use disorder, dementia, epilepsy and other mental disorders	
Democratic People's Republic of Korea	–			
India	No			
Indonesia	Yes		SIMKESWA (the national mental health information system) – managed by the MOH; data is collected based on the national ID number	
Maldives	No			
Myanmar	Yes	Public Health Statistics reports	Depression, anxiety, psychosis, alcoholic dependence, epilepsy and intellectual disability	
Nepal	Yes	Annual Health Report, Ministry of Health and Population	Depression, suicide attempt, epilepsy, psychosis, anxiety, emotional and behavioural disorders of children and adolescents, dementia, conversion, bipolar, alcohol use disorder, substance use disorder, others	

Sri Lanka	No		
Thailand	Yes	Report of Mental Health Data on National Health Data Centre	According to the indicators guideline of the performance certification of agencies under the Department of Mental Health for the fiscal year 2023
Timor-Leste	Yes	Health Management Information System (DHS-2), Ministry of Health	10 conditions are reported

Regional Target 4.2		Eleven countries adopt a mental health research agenda		
Indicator		Number of countries with a mental health research agenda as a standalone agenda or included in the mental health plan		
Country	Baseline	Reference	Remarks	
Bangladesh	Yes	National Mental Health Strategic Plan 2020–2030 (general objective 4)		
Bhutan	Yes	National Mental Health Strategy		
Democratic People's Republic of Korea	–			
India	Yes			
Indonesia	No			
Maldives	No			
Myanmar	No			
Nepal	No			
Sri Lanka	No			
Thailand	Yes	Department of Mental Health Action Plan for Fiscal Year 2023		
Timor-Leste	No			