

Mental Health, Leadership and Personal Growth- Empowering Communities

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Mental Health...

a state of well-being in which every individual
realizes his or her full potential
can cope with the normal stresses of life
can work productively and fruitfully
is able to make a meaningful contribution to her
or his community

Mental Health: A journey in personal growth

Emotional awareness, authenticity and vulnerability....acceptance of self, finding inner peace

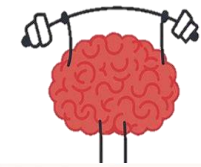
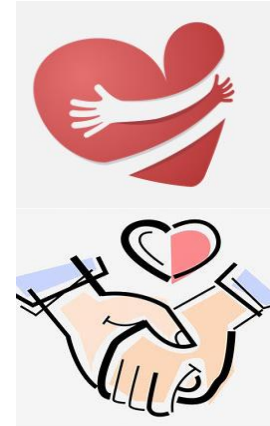
Building meaningful relationships...addressing the toxicity of loneliness....we are living in an overconnected but emotionally disconnected world

Building psychological resilience...“Everything can be taken from a man but one thing: the last of the human freedoms—to choose one’s attitude in any given set of circumstances, to choose one’s own way.” Viktor Frankl

Creating psychologically safe families, communities, schools, workplaces....enabling environments for mental wellbeing

Spiritual Health....Purpose....Perspective...Hope

Balance....Being vs Doing



Mental Health: A journey of growth in the Region

Key indicator as per the Mental Health Atlas Surveys	2014 Mental Health Atlas Survey Data ¹	2020 Mental Health Atlas Survey Data ²
Suicide rate AFR region (age-standardized)	14.2/100000 pop	11.2/100000 pop
Compliance of AFR region country mental health policies with international human rights instruments	41% of responding countries	68% of responding countries
Mental health workforce in AFR region	1.4 mental health workers/100000 pop	1.6 mental health workers/100000 pop
Training of primary health care workers in mental health care to improve access to mental health care	0.6% of doctors in AFRO region countries and 4% of nurses and midwives	79% of AFRO region countries had training of PHC workers in mental health care ³
Median government expenditure on mental health per capita (US\$)	US\$0.1 per capita ⁴	US\$0.46 per capita
Mental health specific data compiled in last two years for public and private sector	3% of responding countries	11% of responding countries
Mental Health and Psychosocial Support integration into disaster preparedness plans		28% of responding countries ⁵

^[1] [Mental Health Atlas 2014 \(who.int\)](https://www.who.int/publications/mental-health-atlas-2014)

^[2] [Mental Health ATLAS 2020 \(who.int\)](https://www.who.int/publications/mental-health-atlas-2020)

^[3] 30 of the 39 Responding African Region Countries

^[4] Data only collected from 2017

^[5] Data only collected from 2020

Mental Health: A continuing journey of growth

Highest suicide rates in the world

- 11.2 per 100 000 pop vs. 9 per 100 000 globally
- 11 % of AFR countries have a functioning suicide prevention program

Outdated mental health legal and policy frameworks

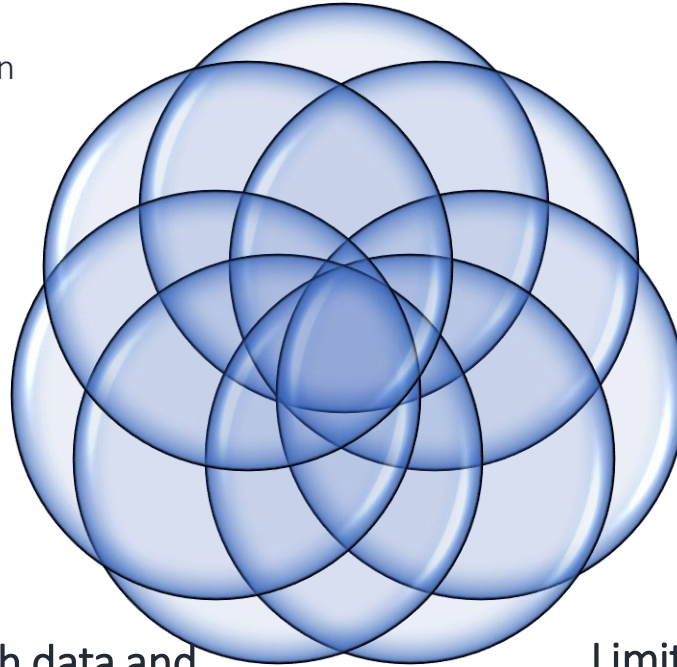
- 32% of available mental health laws in Africa have been developed or reviewed in the last 10 years

Lack of significant structured financial investment in mental health in the African Region

- Estimated mental health expenditure in AFR region countries of US\$0.49 per capita per year compared to US\$7.49 globally

Gaps in regional mental health data and research to inform policy and investment

- 22% of AFR region countries had no mental health data compiled between 2018 and 2020
- 2% of mental health research output as of 2020 was from the AFRO region



Stigma, discrimination, poor mental health awareness and mental health literacy

- 49% of AFR countries have no mental health awareness programs

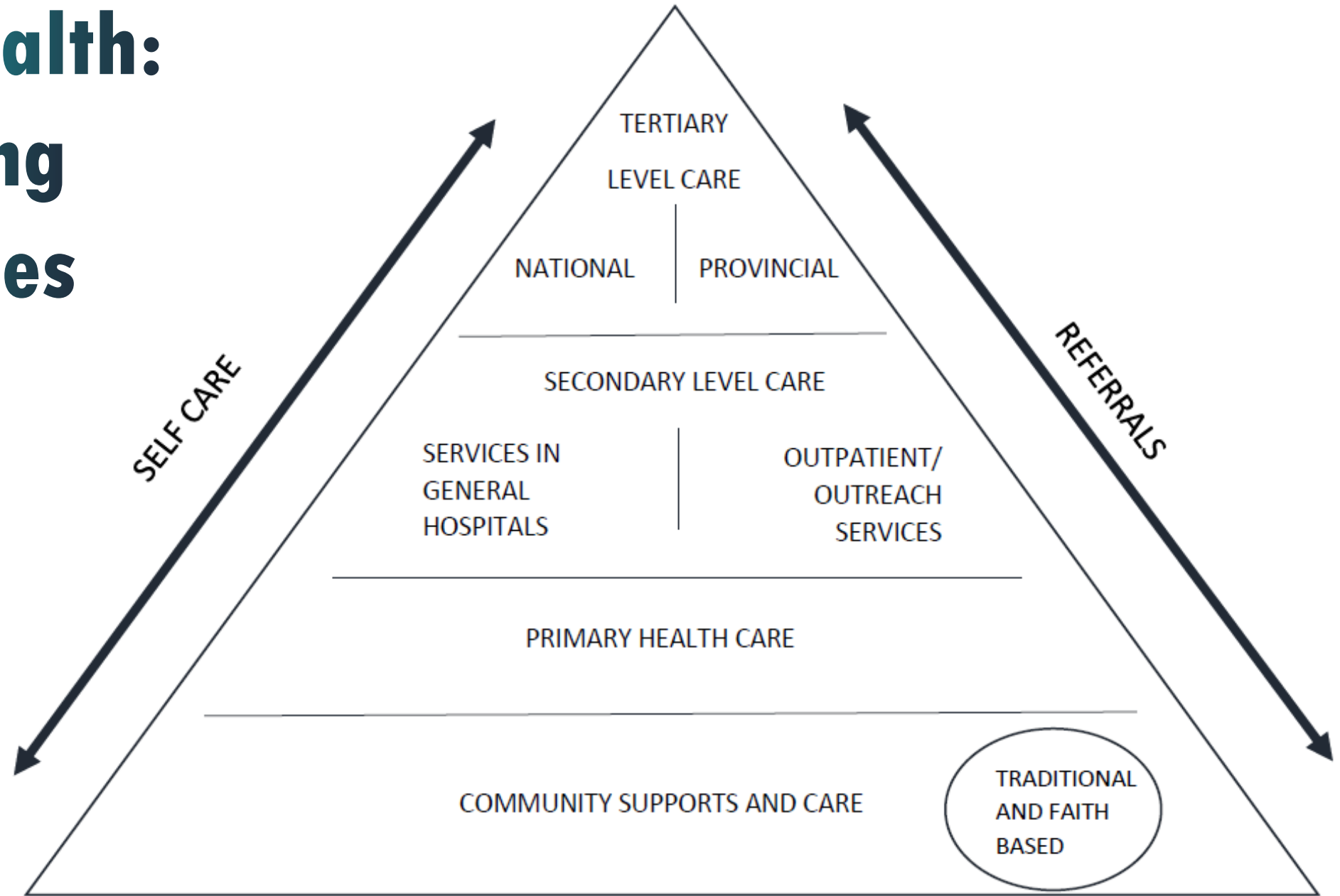
Limited Mental Health Psychosocial Support Disaster Preparedness

- 28% of AFR countries have MHPSS programs integrated into disaster preparedness

Limited functional mental health integration at primary health care

- 13% of AFR region countries have functional mental health integration at PHC level

Mental Health: Empowering communities



Mental Health: Empowering communities

Raise awareness about mental wellbeing, issues that affect our mental wellbeing, common mental health challenges and how and where to seek for support

Support self help

Integrate mental health awareness and support into schools and workplaces

Capacitate community health workers and primary health care workers to be able to offer mental health care

Transformation of mental health services to ensure dignified, integrated, accessible, timely care

Meaningful engagement with People with Lived Experience of mental health conditions to shape policies and services

A whole of society, multisectoral approach...mental health goes beyond the health sector

Doing What Matters in Times of Stress: An Illustrated Guide



SELF-HELP PLUS (SH+)

A GROUP-BASED
STRESS MANAGEMENT COURSE
FOR ADULTS

GENERIC FIELD-TRIAL VERSION 1.0, 2021
SERIES ON LOW-INTENSITY PSYCHOLOGICAL INTERVENTIONS – 5



GROUP INTERPERSONAL THERAPY (IPT) FOR DEPRESSION

WHO generic field-trial version 1.0, 2016
Series on Low-Intensity Psychological Interventions – 3



Early Adolescent Skills for Emotions (EASE)



Group psychological help for young adolescents
affected by distress in communities exposed to adversity

Generic field-trial version 1.0, 2023
Series on Low-Intensity Psychological Interventions – 6

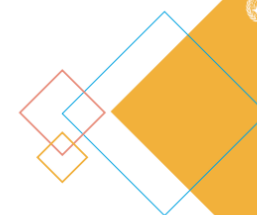


Mental Health Gap Action Programme (mhGAP) guideline for mental, neurological and substance use disorders



Psychological interventions implementation manual

Integrating evidence-based psychological
interventions into existing services



Mental health at work:

Policy brief

KEY
MESSAGES

- Present work-related mental health conditions through psychosocial risk management which includes using organizational interventions to reshape working conditions, cultures and relationships.
- Protect and promote mental health at work, especially through training and interventions that improve mental health literacy, strengthen skills to recognize and act on mental health conditions at work, and empower workers to seek support.
- Support workers with mental health conditions to participate fully and equitably in work through reasonable accommodations, return-to-work programmes and supported employment initiatives.
- Create an enabling environment with cross-cutting actions to improve mental health at work through leadership, investment, rights, integration, participation, evidence and compliance.



WHO QualityRights

Act, unite and empower for mental health



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