



GLOBAL MINISTERIAL MENTAL HEALTH SUMMIT
2018

THE GLOBAL MINISTERIAL MENTAL HEALTH SUMMIT

Recommendations to Ministers

Achieving Equality for Mental Health in the 21st Century

RECOMMENDATIONS TO MINISTERS FOR ACHIEVING EQUALITY FOR MENTAL HEALTH IN THE 21ST CENTURY

Children, Young People and the Now Generation

Children and Young People Recommendation 1

All nations uphold young people's rights to access the right care at the right time (United Nations Convention on the Rights of the Child and the Human Rights Act)

Children and Young People Recommendation 2

No decision about us without us. All services must provide evidence of children and young people (including those from under-represented groups) and their families, being involved or represented in mental health decision making at all levels from their own care through to policy making. Special provision should be included for those whose voices cannot be heard.

Children and Young People Recommendation 3

All nations must support and fund physical and mental health integration This requires education of all health care workers in both mental health and physical health, including and especially emergency and primary care, and engagement with all relevant professional bodies.

Children and Young People Recommendation 4

Ministers across Government must promote mentally healthy environments (including education), early intervention and prevention from the first 1000 days through early years, pre-natal, childhood, adolescents and early adulthood. This should include working with community groups and services for all mental health needs.

A Caring Society: a focus on prevention and wellbeing

Caring Society Recommendation 1

The prevention of mental health problems in society, and the prevention of suicide, must be reflected in current government strategies, which must be multi-sectoral and create a network of advocates to promote mental health.

Caring Society Recommendation 2

All Governments should ensure that, as equal citizens, people have the right to good mental health, fulfilling work and family life, participation in civic life and a voice in shaping mental health policy.

Caring Society Recommendation 3

Cities and workplaces are driving transformational approaches to mental health. Governments should support citywide initiatives for better mental health, connecting with the growing network of global cities leading the way. As large employers and legislators Governments should ensure they strategically support their employees and use legislation to set clear expectations on employers.

The Economics of, and Investment in, Mental Health Finance

Finance Recommendation 1

Governments should aim to increase their mental health allocation to at least 5% in low-middle income countries (LMICs) and at least 10% in high-income countries (HICs) of the total health budget to achieve mental health parity by 2030.

Finance Recommendation 2

Investment should be paired with measurement of mental health outcomes. The current efforts such as the World Bank Group's Human Capital Index and OECD's Mental Health Performance Benchmarking are potential opportunities that should be supported by government. Scale up of services should be guided by evidence, as exemplified by Canada through Grand Challenges Canada's investment in mental health.

Finance Recommendation 3

Donor countries, private sector, and philanthropies should play a critical role in scaling up through new co-financing arrangements with domestic governments to bring mental health to scale. Countries should leverage established multilateral platforms, i.e. World Bank's GFF, Human Capital Project and IDA fund for displaced populations, refugees and host populations; and other funding mechanisms as outlined in Financing Global Mental Health report.

Finance Recommendation 4

Governments should leverage investment across sectors to address mental health across the life-course as a basic human right. Employers, educators, judicial system, and social services, all have roles to play.

A Just Society: supporting societal shifts, tackling stigma and discrimination, creating inclusive societies

Just Society Recommendation 1

To require all nations to publish 2015 baseline data for Sustainable Development Goal mental health related indicators (ie (1) suicide reduction, (2) alcohol use disorder coverage/treatment rate and (3) drug use disorder coverage/treatment rate and to commit to halve (1) and double (2) and (3) by 2030.

Just Society Recommendation 2

Full, diverse and effective participation of experts by experience in the leadership of developing, implementing, and monitoring the law, policy and practice at all levels (including all relevant sectors) through a human-centred perspective.

Just Society Recommendation 3

Adopt policies and programmes which ensure that mental health is a part of the public health approach with equitable funding at all levels.

Just Society Recommendation 4

Creating a learning experience for all legislators, government policy makers and legislators on basic mental health delivered by people with lived experience of mental health problems.

Mental Health Services Around the World

Services Recommendation 1

Mental health care and services must be central to the policy and practice of packages of universal health coverage. They must have the objectives of prevention delivery of care focused on recovery. Most services should be community based and integrated across primary care, specialized care, social care and housing.

Services Recommendation 2

Persons with mental health conditions should be at the centre of the mental health response, and be involved in the design, implementation, delivery and evaluation of personal recovery focused mental health care and services. Services must respect the will and preferences of users.

Services Recommendation 3

People should have access to evidence- based interventions. This includes psychological and social interventions and medicines. These should be delivered by people who are adequately trained, resourced and supported.

Research and the Future of Mental Health

Research Recommendation 1

Research will lead to substantial improvements in prevention and treatment of mental health. Mental health research is crucial to all sectors of society, and research in excluded groups is essential. Governments and their funding bodies must ensure input from multiple scientific disciplines and co-ordinated action across all public services. In particular, ministers should ensure that all major health programmes include mental health.

Research Recommendation 2

To improve mental health, it is essential to fully involve people with a diverse range of experience of mental health conditions in decisions on what is researched and throughout the design, conduct and implementation of research.

Research Recommendation 3

Using the best locally appropriate evidence, huge improvements in mental health can be made. The health, research, and wider community need to ensure improvements to this evidence base. Policy makers should implement what is evidence-based.

Research Recommendation 4

There is insufficient capacity to undertake research in all areas of mental health in every country, and this needs to be strengthened everywhere.



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