



National Mental Health Program: Achievements, Challenges and Way Forward

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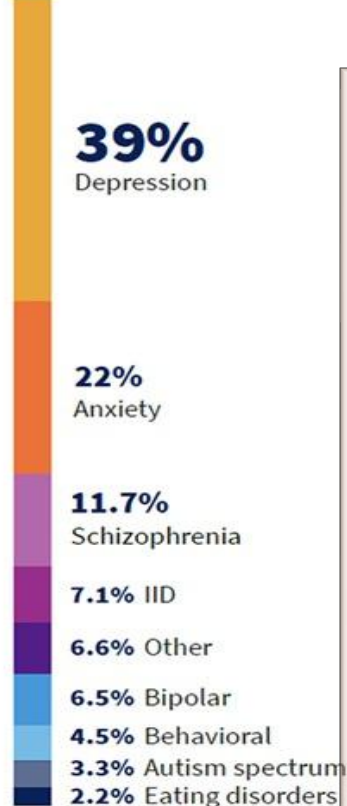
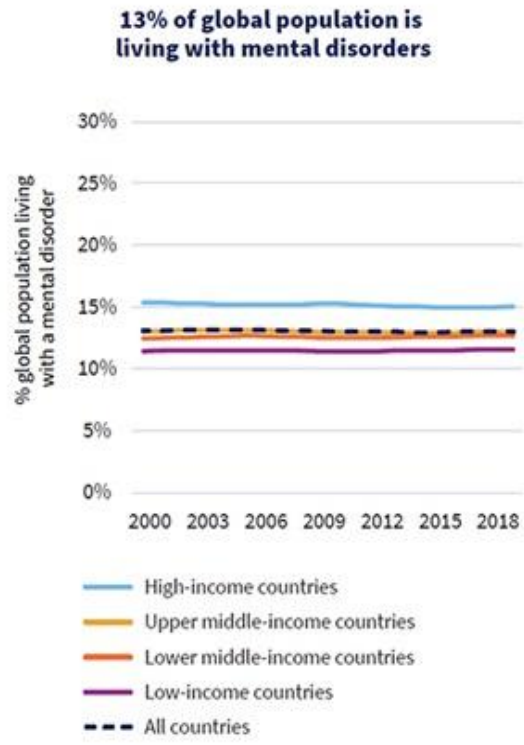
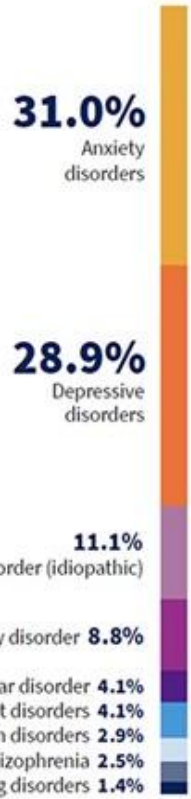
Background



- Mental disorders account for a large portion of Disability Adjusted Life Years (DALYs).
- Increase in the burden of mental diseases increases the financial and logistic burden on the nation's health system.
- Nepal faces challenges in tackling the issue of mental disorders. On one hand, the prevalence has been steadily rising while on the other hand, the unmet needs for mental health services are striking.



Global Prevalence of Mental Disorders



- Mental disorders account for a large portion of Disability Adjusted Life Years (DALYs) and Years Lived with Disability (YLD).
- 5 of the 10 leading causes of disability worldwide (major depression, schizophrenia, bipolar disorders, alcohol use, obsessive compulsive disorders) are mental problems.
- Globally, only an estimated 10 percent of people who need attention or treatment for mental health problems receive it.

Reproduced from World Mental Health Report: Transforming Mental Health for All.⁴

Reproduced from Global Health Estimates 2019: Disease Burden by Cause, Age, Sex, by Country and by Region.⁵

Key Facts:

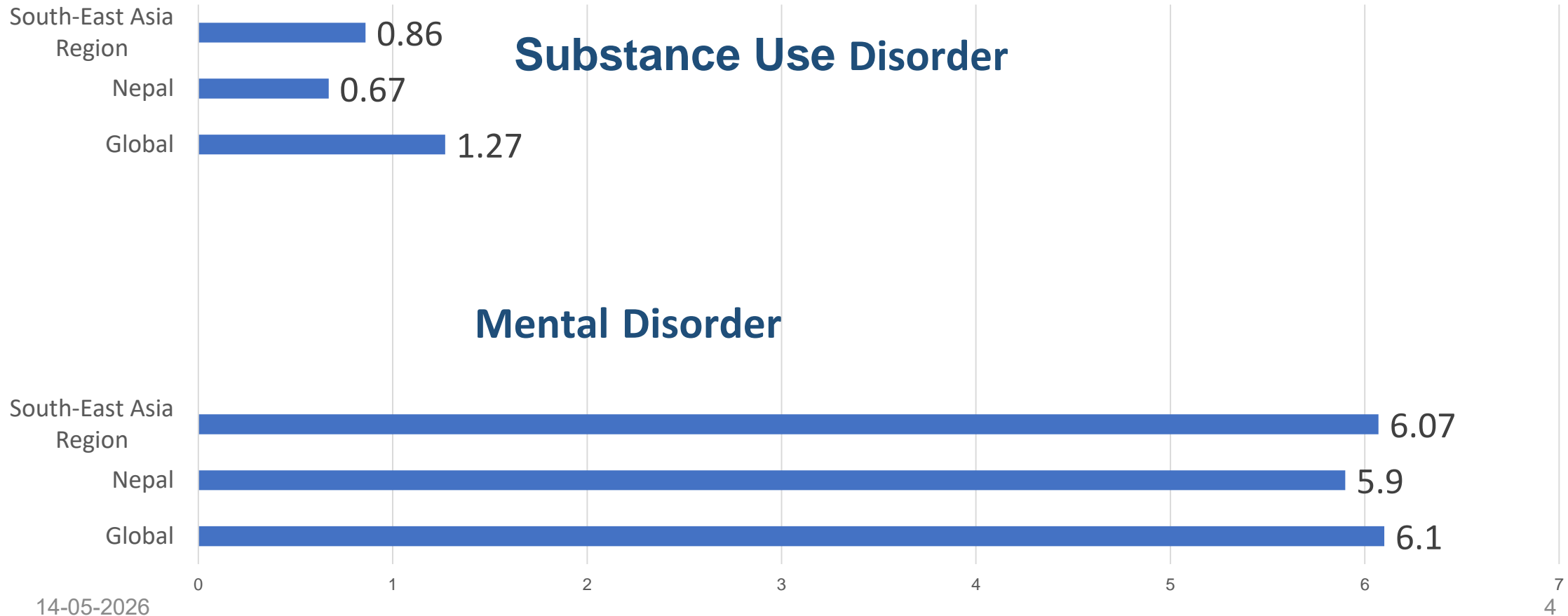
- 1 in every 8 people in the world live with a mental disorder
- In 2019, 970 million people in the world were living with a mental disorder, 82% of whom were in LMICs
- More than half (58%) of suicides happen before the age of 50 years.
- People with severe mental health conditions die 10 to 20 years earlier than the general population.

14-05-2026



GBD 2023 Report

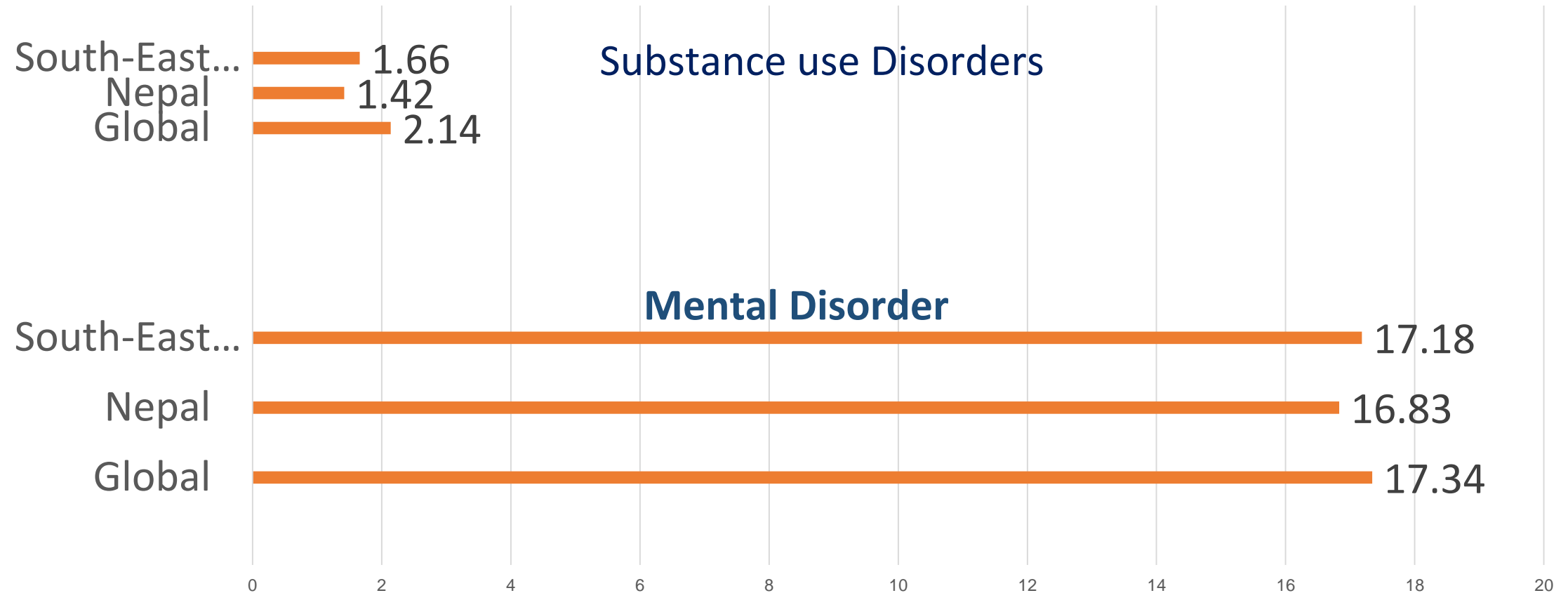
DALYs (Disability-Adjusted Life Years) 2023





GBD 2023 Report

YLDs (Years Lived with Disability) 2023



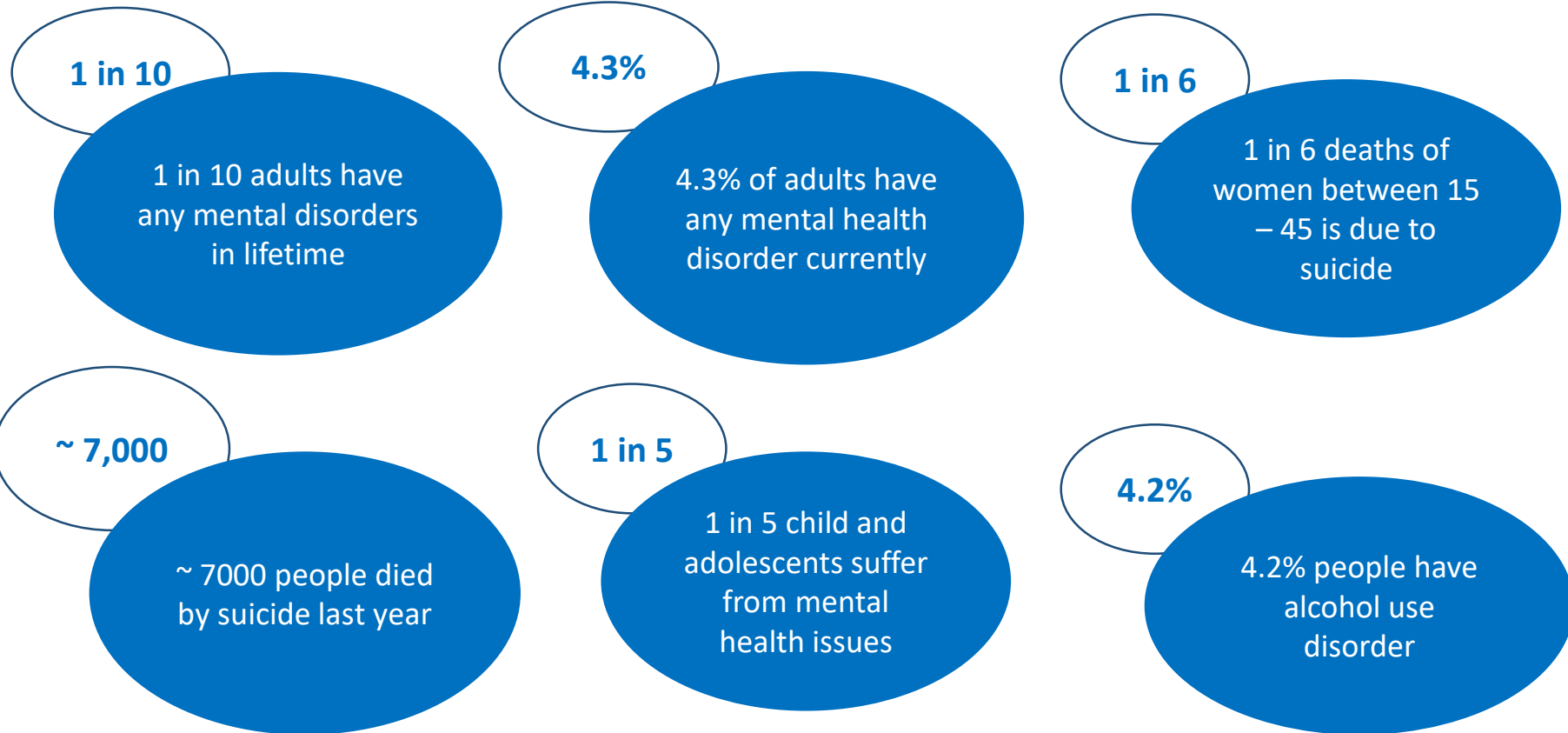


National Prevalence of Mental Disorders



- Report of National Mental Health Survey 2020 with analysis of 15088 data (9200 among adults and 5888 among adolescents) revealed **that 10% of the adults and 5.2%** of the adolescents had any mental disorder in their lifetime.
- Major depressive disorder was found to be prevalent among **2.9% of the adults and 0.6%** of the adolescents.

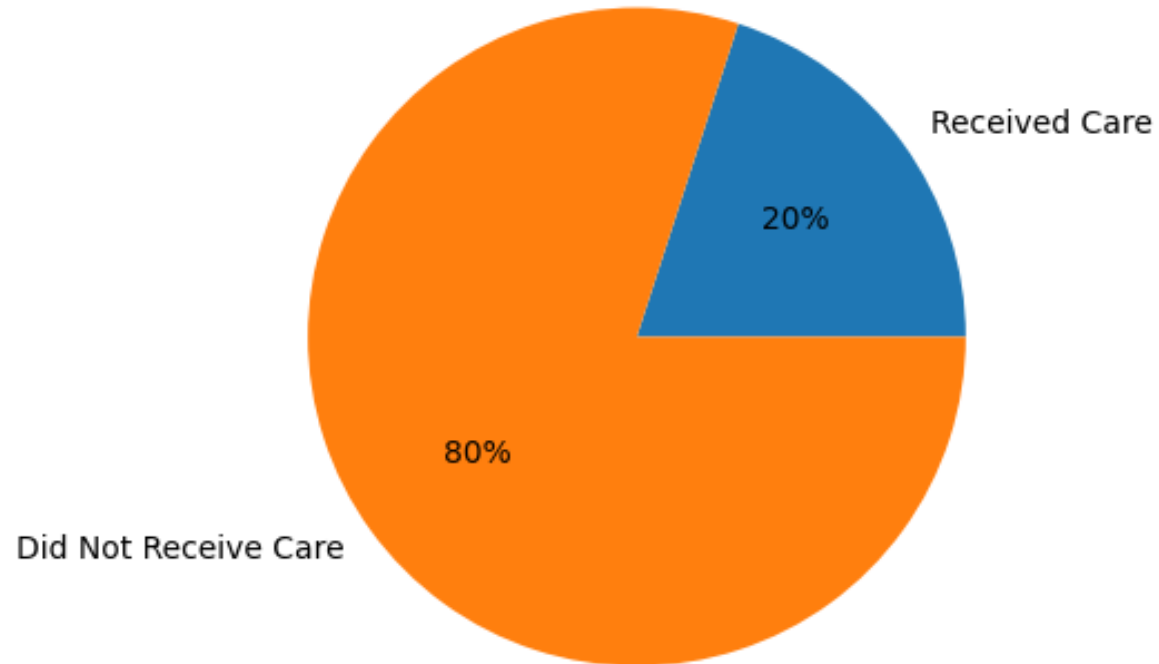
Mental health conditions are one of the highly prevalent health concerns in Nepal





Mental Health Service Coverage

Treatment Gap in Nepal



- *National Mental Health Survey 2020*



Suicide: Facts and figure

**6.5% of Adults and
3.9% of Adolescents
have current suicidal
thoughts**

**In FY 2081/82, 7055
people lost their lives
due to suicide**

**This accounts for
Suicide mortality rate
25/100,000 per
100,000 population**

**In an average, 20
people lose their life
per day due to suicide**

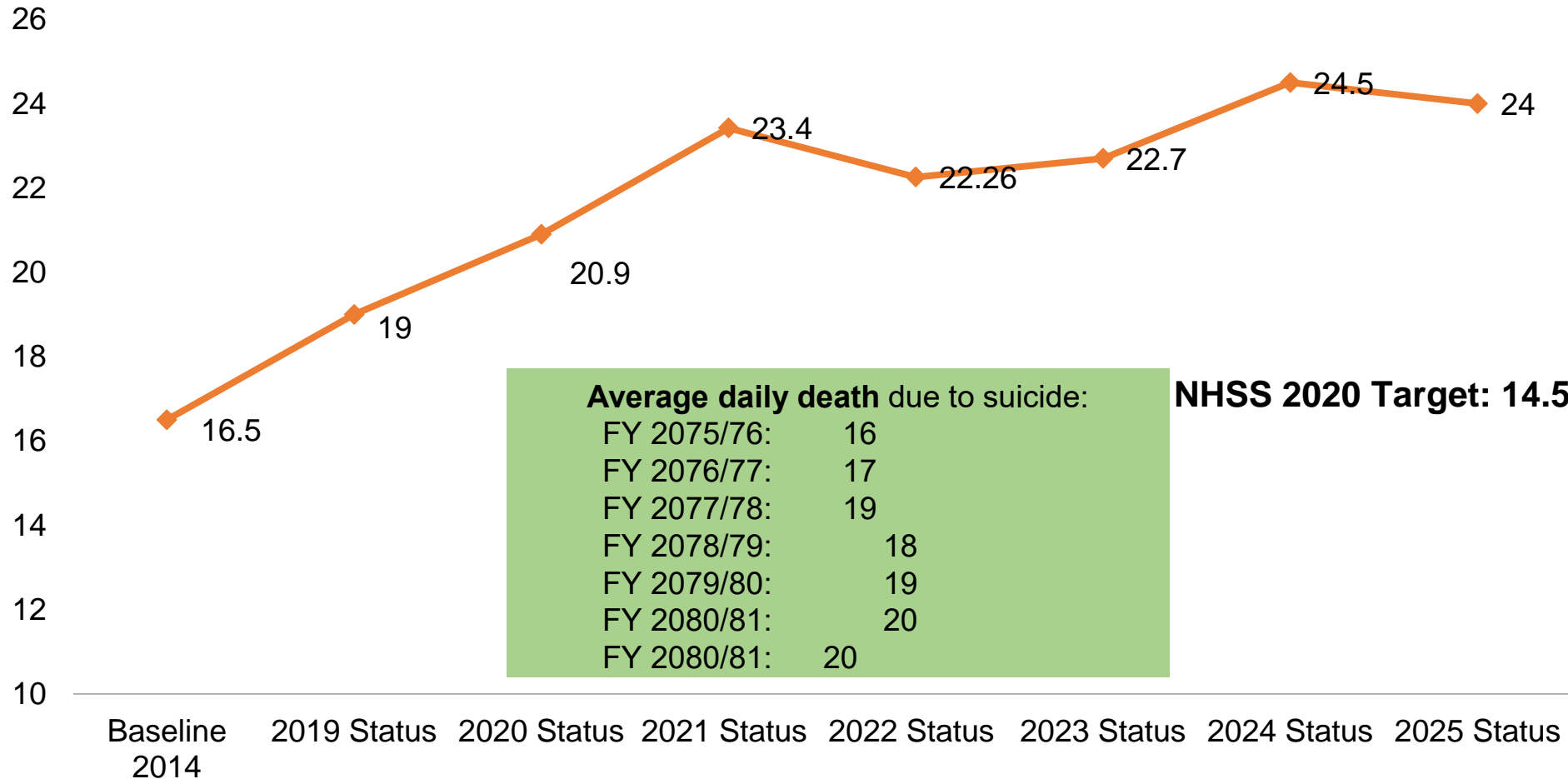
Death of 6% of women at reproductive age group is due to suicide.



Suicide Mortality Rate



Suicide mortality rate per 100,000 population



| SDG Targets (per 100,000 population) | |
|--------------------------------------|------|
| 2019 | 14.5 |
| 2022 | 9.7 |
| 2025 | 7.8 |
| 2030 | 4.7 |



Program Background



- **Constitution of Nepal 2015:** Basic health as a fundamental right of every citizen.
- **Public Health Service Act 2018:**
 1. Section 3, Subsection 4 (Clause “Nga”) includes **mental health services in the list of basic health services.**
 2. **Production, distribution, and promotion of any materials** that negatively affect mental health are **prohibited.**
 3. Chapter 8 (**Offenses and Penalties**): If a person with mental health problems is treated by restraining, chaining, or confining (e.g., locking in a shed), **a penalty of up to NPR 50,000 fine or imprisonment up to one year, or both,** may be imposed.
- **National Health Policy 2019:** designated free basic health services from all levels
- **Public Health Service Regulation 2020:** mental health services.
- **Rights of Persons with Disabilities Act 2017:** rehabilitation, social security, and recreational services.

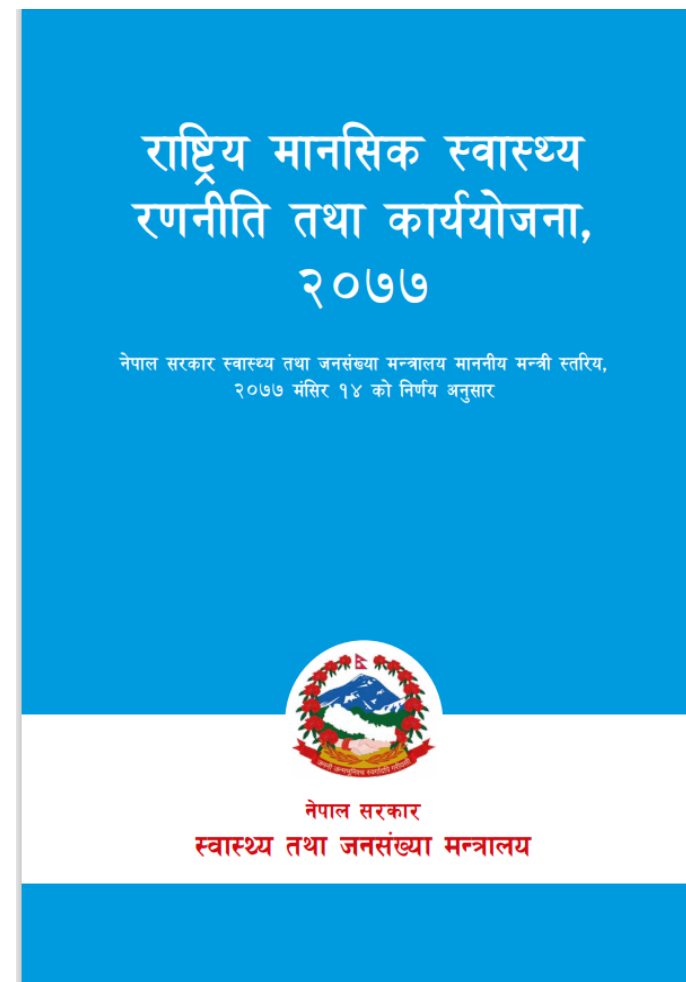
United Nations Sustainable Development Goals (2016–2030):



National Mental Health Strategy and Action Plan 2020 – Key Objectives

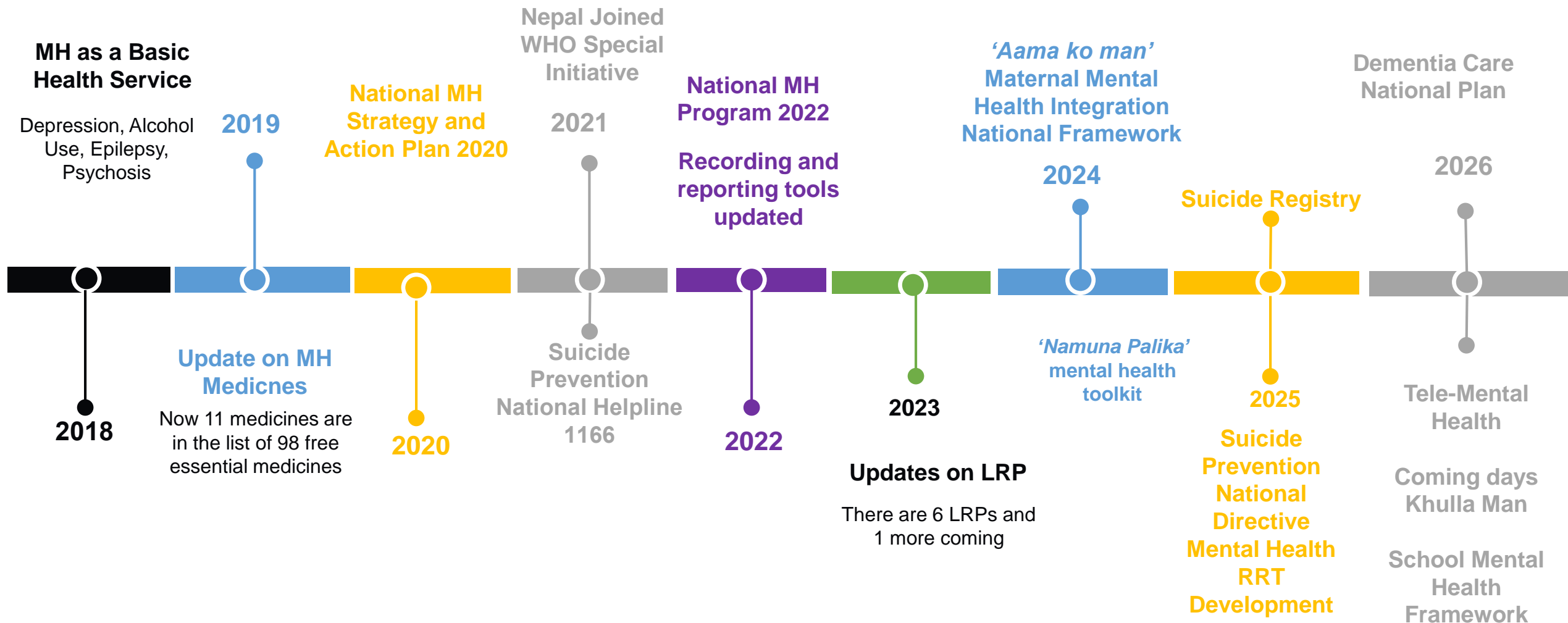


1. Ensure **easy, equitable, and universal access** to mental health services.
2. Manage and strengthen the **necessary resources, infrastructure, and human resources** for mental health and psychosocial service delivery.
3. **Promote mental health and increase public awareness** to eliminate stigma, myths, and misconceptions related to mental illness.
4. Protect the **fundamental human rights of people** with mental health conditions and psychosocial **disabilities**.
5. Promote and systematize **health information systems, research, and studies** under mental health programs.





Mental Health service development: recent milestones





Nepal's Standing in SDG & Mental Health



**Link to Mental
Health**

**Direct- SDG 2,
3, 5,8,11,13,16**

*INDIRECT –
SDG 1, 4, 10*



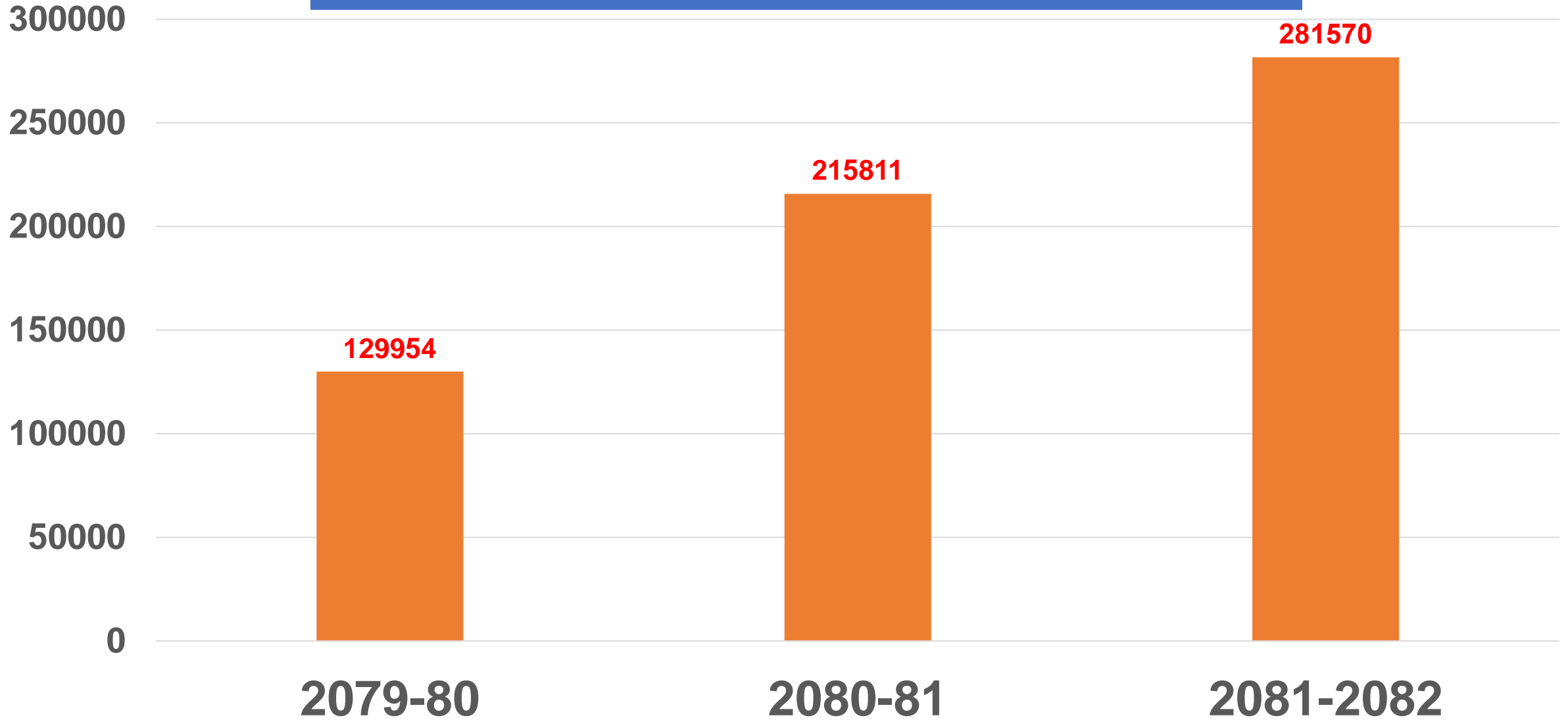
Color-code:

Green = Good progress

Yellow = Mixed

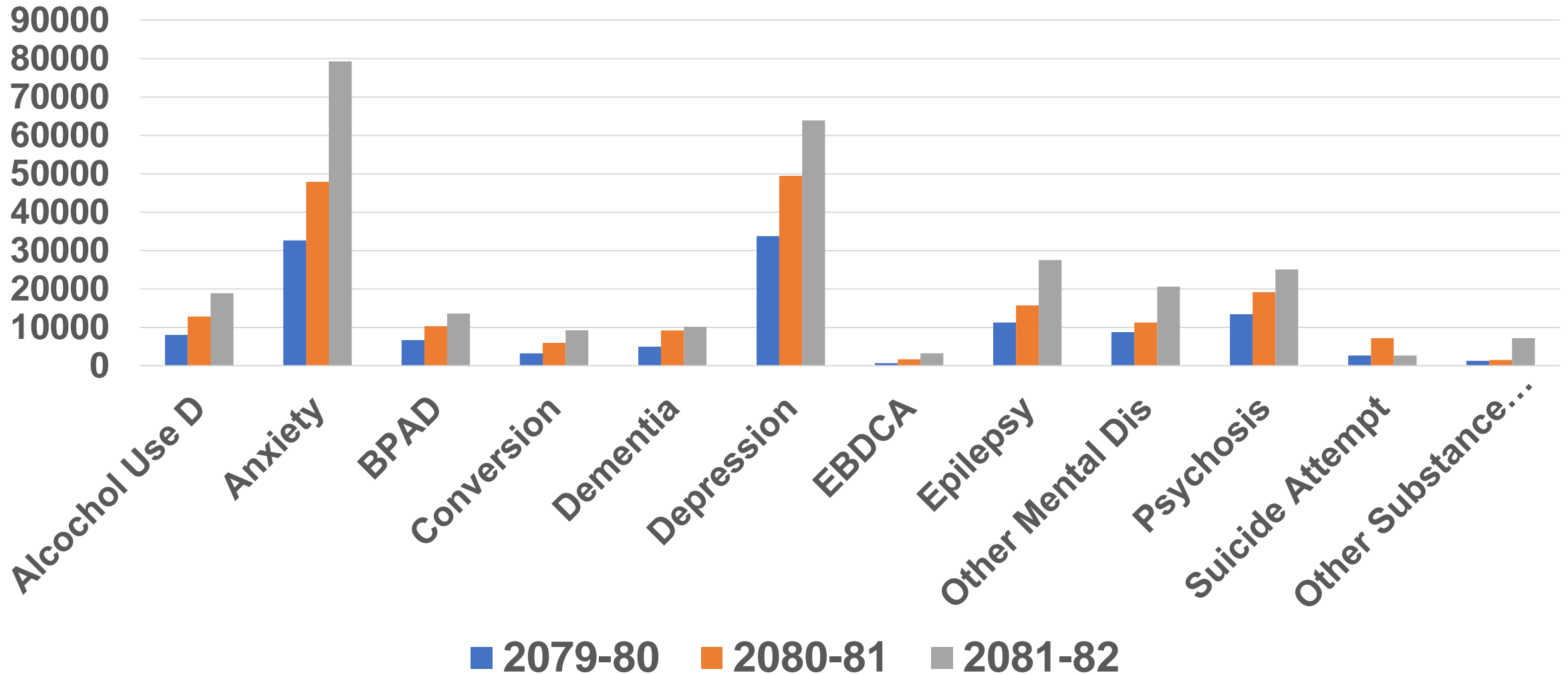
Red = Lagging

Total number of Mental Health Cases





Mental Health Conditions





Challenges

**Infrastructure/
Financial
Resources**

**HR- PSC,
Psychologist and
Psychiatry nurse,
Trained human
resources**

**Uninterrupted, free
supply of essential
mental health
medicines**

**Patients' rights and
respect in service
delivery/Dignity in
MH**

**Quality Mental
Health service**

**Coordination of
referrals**

**Regular recording
and reporting of
mental health
service**

**Rehabilitation in
mental health**

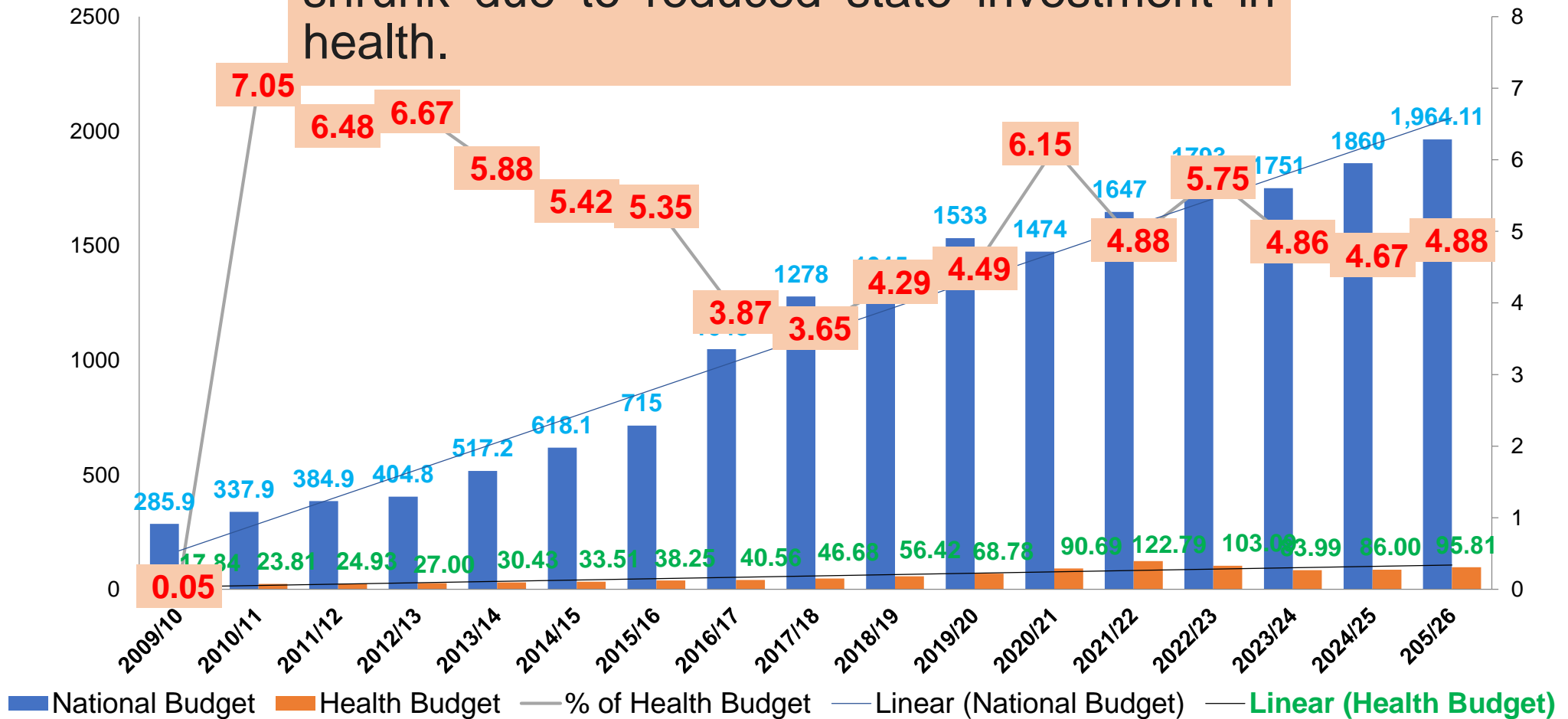
**Stigma and
discrimination**

**Discriminatory law-
lack of adequate
legal framework**



Financial Dimensions of Health

financial scope of the health sector has shrunk due to reduced state investment in health.





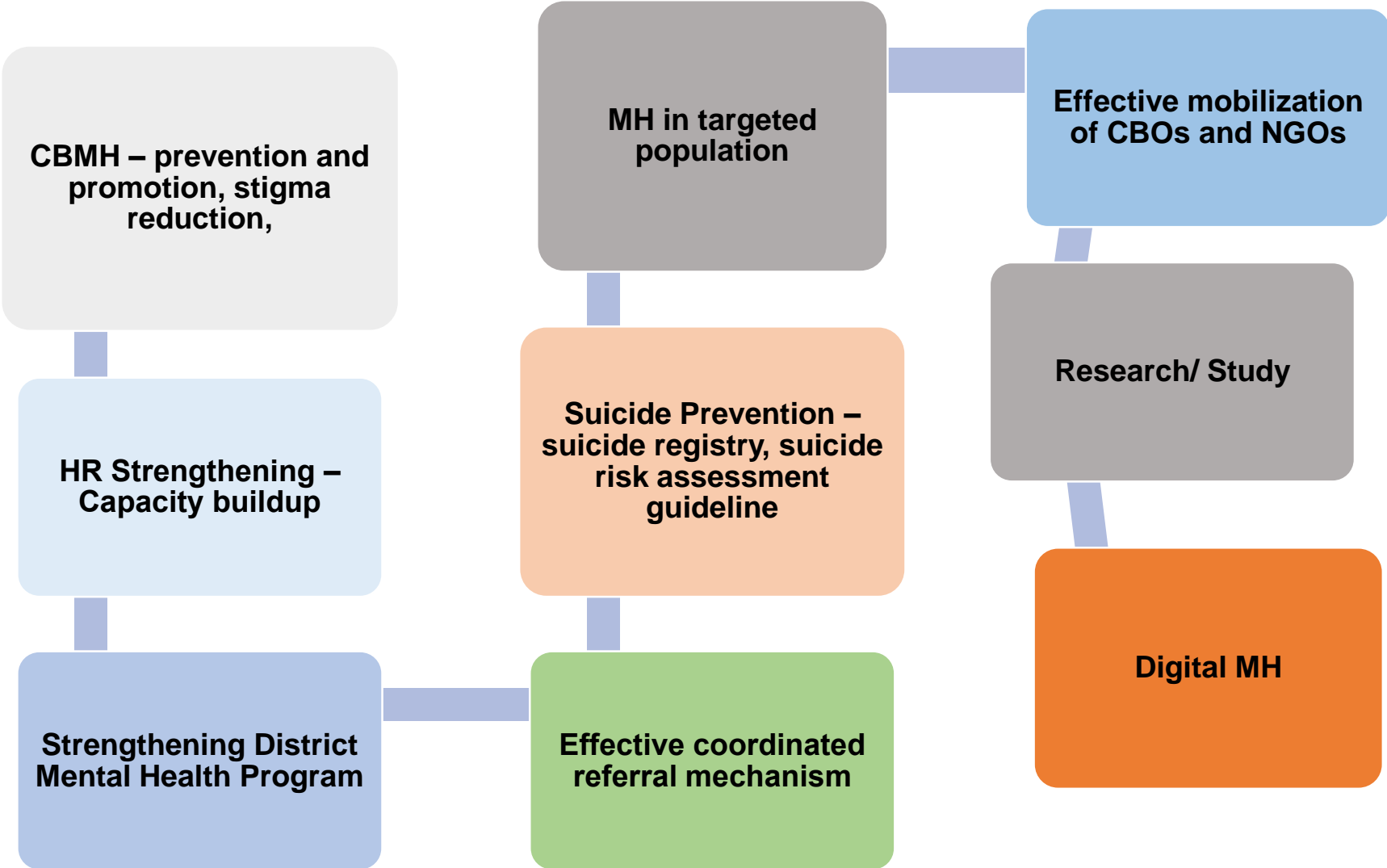
Vacancy and current staffing of Human resources in Mental health

- No. of Service providers and their designation –
 - Consultant Psychiatrist (Permanent) – **16 (Centre) 4 (Province)**
 - Consultant Psychiatrist (Temporary) – 20
 - Psychologist -
 - Psychiatric Nurse -
 - Social workers
 - Others- PSC – 700+ (300+ from other projects, PPP)

Total Psychiatrist – 200+
Clinical Psychologist – 40 +
Psychologist -



Way Forward





References

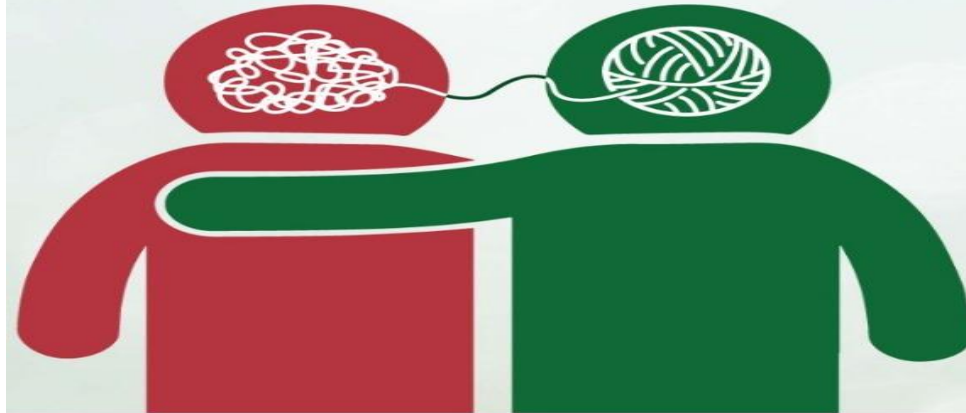


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- <https://vizhub.healthdata.org/gbd-results/#>



स्वस्थ मन, स्वस्थ जीवन:
मानसिक स्वास्थ्य
सचेतना अभियान २०८२

मनको कुरा गरौं



नेपाल सरकार
स्वास्थ्य तथा जनसंख्या मन्त्रालय

Thank You