

Table of Contents

Preface	x
Executive summary	2
Aims and target audience	12
1. Introduction	13
2. Developing a mental health policy: essential steps	18
Step 1. Assess the population's needs	20
Step 2. Gather evidence for effective policy	21
Step 3. Consultation and negotiation	21
Step 4. Exchange with other countries	24
Step 5. Set out the vision, values, principles and objectives of the policy	26
Step 6. Determine areas for action	30
Step 7. Identify the major roles and responsibilities of different sectors	38
Step 8. Conduct pilot projects	40
Examples of policies	41
3. Developing a mental health plan	44
Step 1. Set priorities for the major strategies	44
Step 2. Establish the time frame and resources	47
Examples of plans	50
4. Developing a mental health programme	53
Step 1. Identify the issue or problem to be addressed	54
Step 2. Set out programme objectives	54
Step 3. Choose appropriate programme interventions	54
Step 4. Describe the programme activities	56
Step 5. Identify responsible agents	57
Step 6. Set out a time frame	57
Step 7. Draw up a budget	57
Step 8. Evaluate the programme	58
Examples of programmes	58

"A mental health policy and plan is essential to coordinate all services and activities related to mental health. Without adequate policies and plans, mental disorders are likely to be treated in an inefficient and fragmented manner."

5. Implementation issues for policy, plans and programmes	62
Step 1. Disseminate the policy	62
Step 2. Generate political support and funding	62
Step 3. Develop supportive organization	63
Step 4. Set up a demonstration area	64
Step 5. Empower mental health providers	64
Step 6. Reinforce intersectoral coordination	68
Step 7. Promote interactions among stakeholders	72
Examples of the implementation of policy	76
6. Case examples of mental health policy, plans and programmes	78
7. Barriers and solutions	82
8. Recommendations and conclusions	88
Annex 1. Examples of effective mental health interventions	89
Annex 2. Principles for the development of mental health guidelines	93
Annex 3. Supporting the development of mental health policy, plans and programmes: functions of some key stakeholders	94
Definitions	97
Further reading	97
References	98