

**Statement of I.R.Iran on
"Scaling up mental health care: A Framework for Action"**

**Mr./Madam Chairperson,
Excellences, ladies and gentlemen**

The secretariat's efforts made in developing this progress report is appreciated.

We have noted some observations in the report as follows:

In line with paragraphs 12 and 32, the statistics of the integration of 24% of pharmaceutical and 10% of psychosocial services in primary health care system are worrying, and we stand ready to cooperate with WHO to improve these challenges.

In paragraph 8, the I.R. Iran has initiated mental health interventions in the family physician program to approach UHC, which is not mentioned, while according to paragraph 15, WHO has mentioned its support to some regional states for integrating mental health services, we expect to receive similar support to the I.R.Iran e.g. through mhGAP suite.

In paragraph 29, in order to address scarcity of budget for mental health services, we would suggest WHO to advocate and support countries to allocate financial resources acquired from the line of taxes on harmful goods and tobacco.

We would suggest the reputable RD to take note and prioritize the following regional attributes accordingly context-specific approaches as such:

The EMR is of rich cultures with many similarities that distinguish the populations' lifestyle of these countries from other regions. Based on multiple evidences, different lifestyles and cultures have a great impact on increasing or decreasing mental health issues.

Accordingly, multicultural and culture-based education, based on evidences, will be more effective and efficient. Therefore, serious attention should be paid to people's culture and multi-cultural perspective in strategies, policies, trainings and interventions.

Family-centeredness in psychosocial health interventions is one of the key features in making those interventions more effective. Therefore, it is necessary to emphasize "family-centeredness" in setting policies, interventions and trainings.

As an effort to scale up implementation of the regional action plan, the Islamic Republic of Iran is ready to cooperate and exchange ideas regarding the review, integration, gathering and dissemination of evidence, and share existing knowledge and experiences, especially with regional countries around strategies reflected in the regional framework because of many cultural similarities. Such collaborations can promote similarities for mental health.

Benefiting the risk factors introduced by WHO, in its new system of psychosocial health services, currently the country intends to take a variety of actions from 2023 through 2027 to do/or integrate the following services in PHC :

1. Upgrading and updating the suicide prevention program
2. Rewriting the parenting package, especially with the policy of facilitating the stages of psycho-social development
3. The integration of a coherent and healthy family package based on the role of marital, parenting and family problems in the formation of disorders
4. Recognizing the role of personality and identity problems in adolescents, the integration of services for healthy identification of personality
5. Acknowledging the role of lifestyle in mental health, the integration of a culture-based healthy lifestyle package for psycho-social services
6. In order to reduce depression risk factors in the population, integration of a package for hope and motivation enhancement
7. Development of emotion control package in order to reduce a risk factor of impulse control disorders
8. Development of the package of "Coping methods with psychological stress
9. The development/integration of cognitive skills promotion package to address cognitive errors and deficiencies
10. Development of the diagnosis and care program for common psychiatric disorders, especially in the field of child and adolescent disorders, personality disorders and impulse control disorders

However, it is suggested to the regional manager to prioritize the following items:

The Eastern Mediterranean region is a region with rich cultures and many cultural similarities that distinguish the lifestyle of the people of these countries from other regions. Based on multiple evidences, different lifestyles and cultures have a great impact on increasing or decreasing mental health multicultural and culture-based education, based on evidence, will be more effective in making education more efficient. Therefore, serious attention should be paid to people's culture and multicultural perspective in strategies, policies, trainings and interventions.

Family-centeredness of psychosocial health interventions is one of the basic prerequisites of interventions that make them effective. Accordingly, it is necessary to emphasize "family-centeredness" in trainings, policies and interventions

Madam/Mr. chair, thank you for the floor.

**Deputy for Public Health
Ministry of Health & Medical Education
The Islamic Republic of Iran**