

**Upgrading the care environment and safeguarding human rights through enhancing the efficiency of the National Center for Mental Health in Jordan**



This case study highlights the technical and financial support provided by WHO Jordan to the National Center for Mental Health (NCMH) in Jordan from September 2021 to January 2022 to upgrade its facilities, reorganize the service delivery model and enhance staff capacities from to create a more therapeutic environment for patients while upholding human rights. These activities were carried out in line with the National Mental Health and Substance Use Action Plan 2022–2026, which WHO Jordan helped to update in 2022. The Action Plan advocates for community-based mental health services, delivered in an integrated way across the health system, to both improve quality of care and protect human rights.

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**[Reducing the stigma of mental health disorders in Tunisia with a focus on future doctors](#)**



This case study highlights stigma related to mental health disorders which exists in the health care system and among health care providers in Tunisia. For people living with mental health disorders, it is a major barrier to seeking help, accessing quality care and treatment, and recovery. It focuses on implementing innovative solutions for health care providers like the Responding to Experienced and Anticipated Discrimination (READ) anti-stigma training for medical students, to improve the ability of future doctors, specifically fifth-year medical students at Tunis Medical School to overcome the stigma of mental health disorders and improve quality of care and life for people living with mental health disorders.

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### [President's initiative to promote and improve mental health in schools in Pakistan](#)





This country case study highlights the President's initiative, launched by the Government of Pakistan, to promote and improve mental health in schools, with an emphasis on technology to improve access to mental health. This 5-year initiative focuses on training teachers in skills and strategies to promote mental health in their schools and recognize and manage mental health problems early on.

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**[Providing mental health support in humanitarian emergencies: an opportunity to integrate care in a sustainable way](#)**



This country case study highlights the approach taken in Sudan, in collaboration with WHO and UNHCR, to strengthen national mental health systems through responses provided in humanitarian settings. The approach – which has led to increased capacity for mental health services within the broader health system – includes three core elements: the engagement of community leaders; the integration of support within the broader health system; and ensuring the quality of services provided through supportive supervision.

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### **[The National Integrated Parenting Skills Training Program](#)**



This country case study is part of a series developed in collaboration with the Mental Health Innovation Network with the aim of highlighting mental health innovations within the Eastern Mediterranean Region. This featured program from Iran is for parents. It is based on the Parent Management Training (PMT) principles, and aims to improve child-parent interaction as a prevention strategy for child abuse, maltreatment and neglect, through equipping parents with the skills and confidence they need to be self-sufficient and manage family issues independently.

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### [School Health Implementation Network in the Eastern Mediterranean Region \(SHINE\)](#)





<https://www.who.int/emro/news/2019/08/first-24-7-mental-health-helpline-in-pakistan>



[Mental health system reform in Afghanistan](#)



[Family Well-being Centers: Delivering Community-based Mental Health Support in Syria](#)



Photo credit: WHO EMRO (2018) <https://www.who.int/emro/publications/mix/publications-detail/iran-national-suicide-prevention-program>





[Towards an Effective Integration of Mental Health in Primary Care in Kuwait](#)





[WHO mhGAP Implementation in Saudi Arabia: Integrating Mental Health in Primary Health Care](#)



Ministry of Health Staff, Tunisia, at a training for mental health professionals with a focus on Suicide Prevention in Tunisia



51. [Our Step Association](#)





[Integrating MHPSS into Primary Health Care Centers in Lebanon](#)



[Mental Health System Reform in Jordan](#)

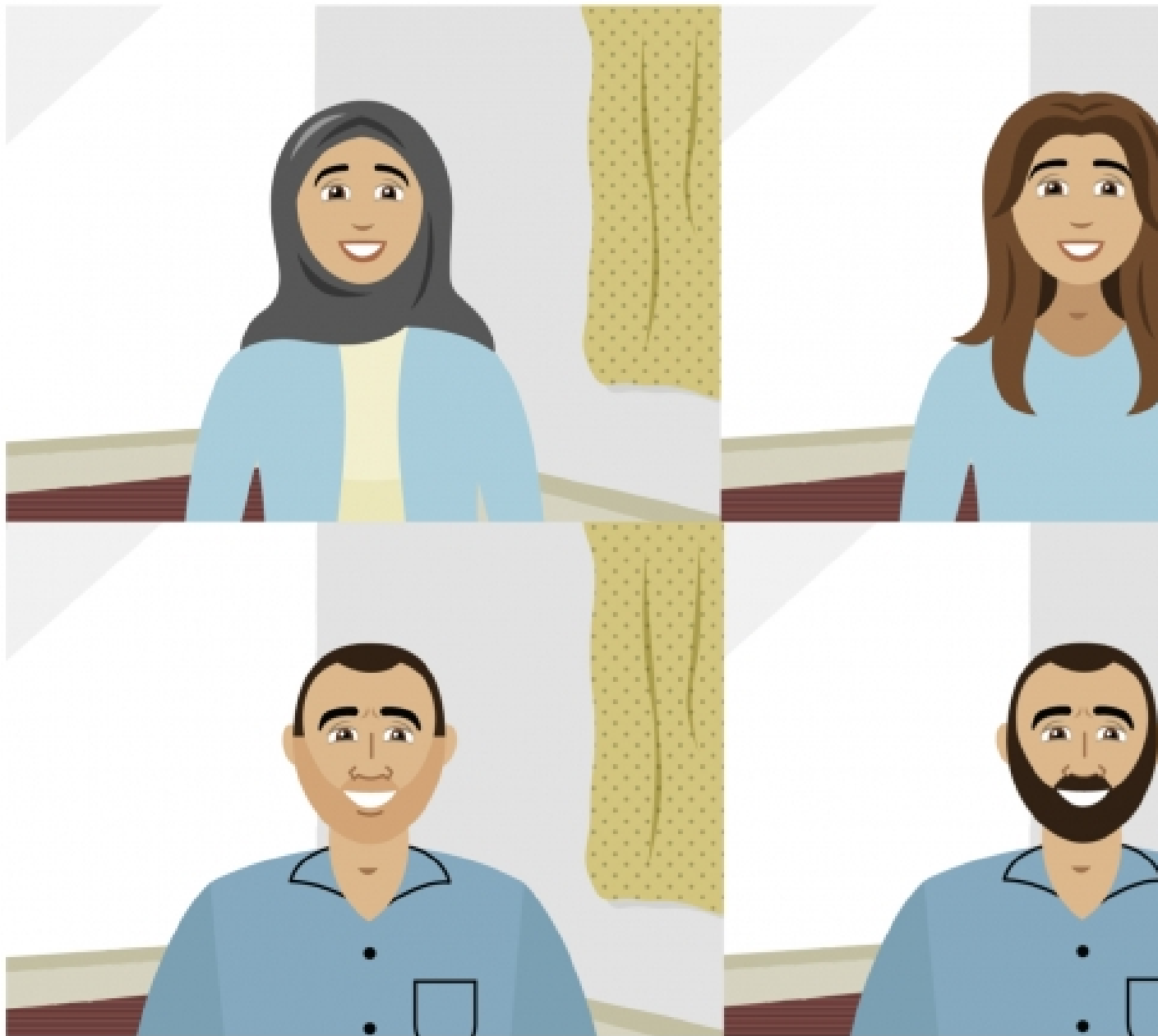




[The United Nations High Commissioner for Refugees \(UNHCR\) and the Ministry of Health \(MoH\) are working together to address the humanitarian crisis and mental health reform in Lebanon.](#)



[Step-by-step: e-mental health in Lebanon](#)



[Mental Health and Psychosocial Support \(Phase II\) in Palestine](#)



[WHO-QualityRights Initiative in Lebanon within the national mental health reform](#)





[Developing Qatar's First Mental Health Attitudes and Awareness Measure](#)





[Thinking healthy programme in Pakistan](#)



# Thinking Healthy Program

Pakistan

This country case study highlights the Thinking Healthy Programme in Pakistan. This initiative aims to reduce perinatal depression and its negative impact on child development in resource-poor settings through task shifting. In summary, this is an evidence-based intervention for perinatal depression incorporating cognitive and behavioral techniques into community health workers' routine work.



## Pakistan marks World Mental Health Day with Presidential initiative



This country case study highlights the Presidential initiative launched by the Government of Pakistan to improve mental health at national level. The initiative aimed at improving the mental health of mothers and young people. Efforts to improve the mental health of mothers was guided by WHO's Thinking Healthy Programme, which aims to reduce perinatal depression in low socioeconomic settings and to improve health outcomes in their children through the adaptation and integration of Cognitive Behavior Therapy into the routine work of community health workers. Efforts to improve the mental health of young people was guided by the School Mental Health Package, which was developed by the WHO Regional Office for the Eastern Mediterranean. The package aims to develop and enhance the skills of those involved in the educational process, to recognize the signs and symptoms, provide better support for young

people, become stronger advocates for mental health, and effect legislation that protects the rights of people living with mental health disorders.

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### **Related links**

[Global Mental Health Perspectives from the Eastern Mediterranean Region](#)

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