



## Overview

The 66th World Health Assembly, consisting of Ministers of Health of 194 Member States, adopted WHO's Comprehensive Mental Health Action Plan 2013–2020 in May 2013. The action plan was developed in response to the growing burden of mental health disorders and the challenges that health systems around the world are facing to respond to the needs of people with mental health problems. The action plan is a landmark achievement that focuses international attention on a long-neglected problem and is firmly rooted in the principles of human rights.

In 2019, the action plan was extended until 2030 by the 72nd World Health Assembly to ensure its alignment with the 2030 Agenda for Sustainable Development. The plan will help countries achieve Sustainable Development Goal target 3.4 – by 2030, reduce by one third premature deaths from noncommunicable diseases through prevention and treatment, and promote mental health and well-being.

Then in 2021, the 74th World Health Assembly endorsed updates to the action plan, including updates to the plan's options for implementation and indicators. This updated Comprehensive Mental Health Action Plan 2013–2030 builds upon its predecessor and sets out clear actions for Member States, the WHO Secretariat and international, regional and national partners to promote mental health and well-being for all, to prevent mental health conditions for those at-risk and to achieve universal coverage for mental health services. While the updated action plan includes new and updated indicators and implementation options, the original four major objectives remain unchanged: more effective leadership and governance for mental health; the provision of comprehensive, integrated mental health and social care services in community-based settings; implementation of strategies for promotion and prevention; and strengthened information systems, evidence and research.

There is no health or sustainable development without mental health; mental health is too important to be left to the professionals alone, and mental health is everyone's business

## Vision of the action plan

A world in which mental health is valued, promoted, and protected, mental health disorders are prevented and individuals affected by these disorders are able to exercise the full range of human rights and access high-quality, culturally-appropriate health and social care in a timely way to promote recovery, all in order to attain the highest possible level of health and participate fully in society and at work free from stigmatization and discrimination.

## Objectives of the action plan

There are 4 major objectives of the action plan. Each one of these objectives has been linked to specific and measurable global targets and indicators, to monitor implementation, progress, and impact.

### Objective 1

Strengthen effective leadership and governance for mental health

Target 1.1	80%	of countries will have developed or updated their policies	Indicator
Target 1.2	50%	of countries will have developed or updated their laws	Indicator

### Objective 2

Provide comprehensive, integrated and responsive mental health and social care services in community

Target 2.1	20%	increase in service coverage for severe mental disorders	Indicator
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### Objective 3

Implement strategies for promotion and prevention in mental health

Target 3.1	80%	of countries will have at least one functioning national mental health indicator.
Target 3.2	10%	reduction in the rate of suicide in countries.

### Objective 4

Strengthen information systems, evidence and research for mental health

Target 4	80%	of countries will be routinely collecting and reporting mental health data.
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## Our endgame

To promote mental well-being, prevent mental health disorders, provide care, enhance recovery, promote human rights and reduce the mortality, morbidity and disability for individuals with mental health disorders

With effective implementation of the action plan, individuals with mental health disorders will:

find it easier to receive mental health and social care services.

be offered treatment by skilled health workers in community-based settings.

participate in the reorganization, delivery and evaluation of services so that treatment better suits their needs.

gain greater access to government disability benefits, housing and livelihood programmes, and better participate in work and community life.

## **Our partners**

The mental health action plan was a product of a consultation process that involved 135 countries, 60 WHO collaborating centres and academic centres, 76 nongovernmental organizations, and 17 other organizations and individual experts.

### **Related links**

[Comprehensive Mental Health Action Plan 2013–2030](#)

[Action Plan flyer: What Member States can do](#)

[Action Plan flyer: What partners can do](#)

[Comprehensive Mental Health Action Plan 2013–2020](#)

[Resolution WHA66/8: comprehensive mental health action plan 2013–2020](#)

[Resolution WHA72: comprehensive mental health action plan 2013-2030 \(p. 33\)](#)

Development of a global mental health action plan 2013–2020

[WHO Director-General's speech to launch the action plan](#)

[Mental health atlas 2017](#)

[The Lancet: WHA adopts comprehensive mental health action plan 2013–2020](#)

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