



HEALTH SYSTEMS STRENGTHENING FOR MENTAL HEALTH

Access to high-quality, community-based mental health care is a fundamental human right. But how do we make it a reality? Here are three tools that can help.

1 QualityRights

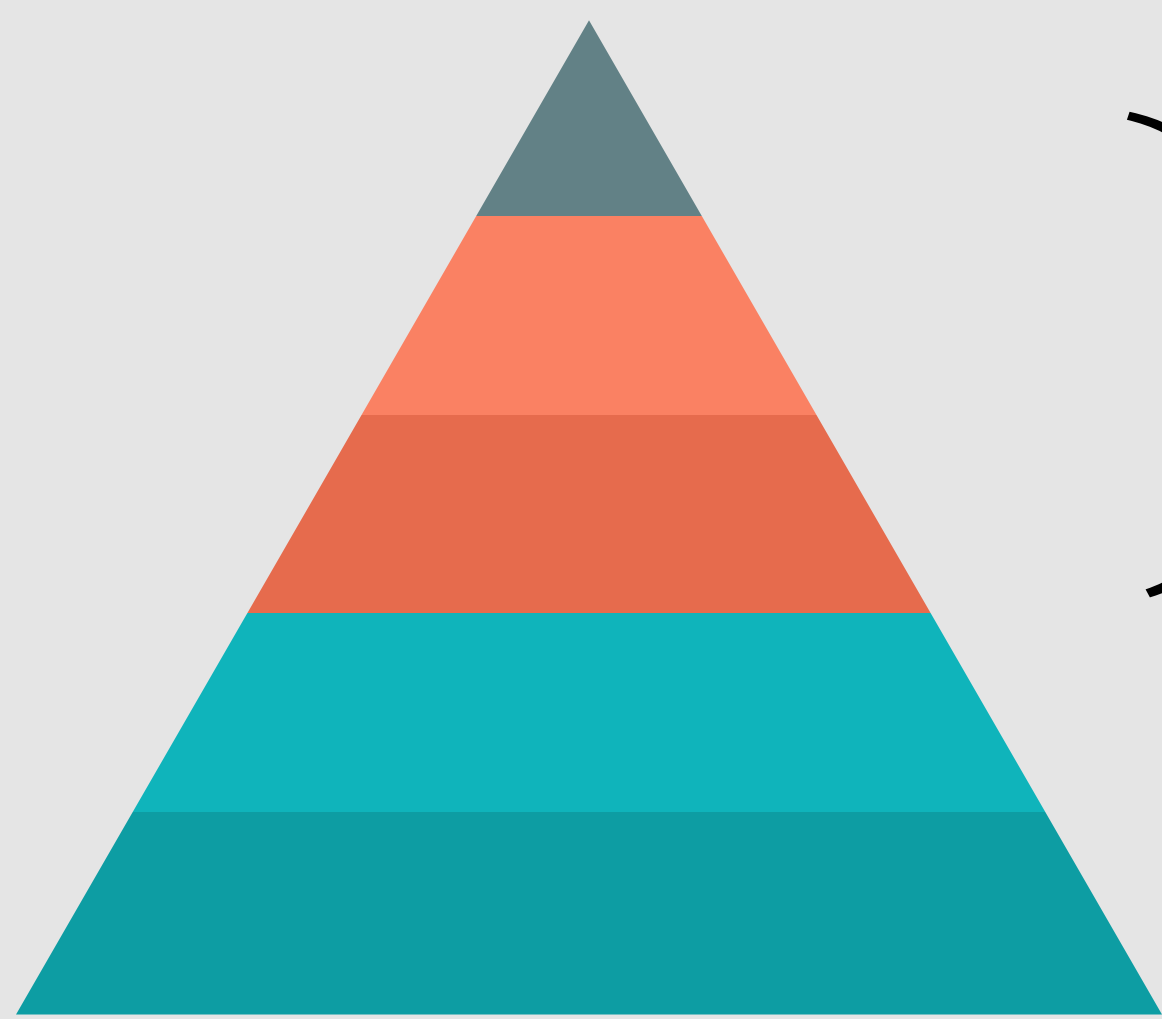
Engage people with lived experience in rights-based mental health system reform

- Monitor UN CRPD compliance
- Build capacity for rights advocacy
- Develop recovery-oriented care



2 The Pyramid

Plan for more efficient services that keep people well in their communities



Integrate mental health into primary care & general hospitals
↖ **mhGAP can help!**

Reinforce opportunities for self-care and community care
↖ **Think outside the health sector!**

3 The Building Blocks

Include mental health in broader efforts to strengthen health systems

The Mental Health Policy and Service Guidance Package advises on everything from information systems to financing, and beyond!



Read More!

1. https://www.who.int/mental_health/policy/quality_rights/guidance_training_tools/en/
2. https://www.who.int/mental_health/policy/services/2_Optimal%20Mix%20of%20Services_Infosheet.pdf
3. https://www.who.int/mental_health/policy/essentialpackage1/en/