



SHARE

SOUTH ASIAN HUB FOR ADVOCACY, RESEARCH & EDUCATION ON MENTAL HEALTH



WHAT IS SHARE?

SHARE (the South Asian Hub for Advocacy, Research and Education on Mental Health) is a five year programme (2011-2016) which aims to reduce the mental health treatment gap in South Asia by generating evidence, building capacity and fostering the uptake of research into policy and practice. The ultimate goal of SHARE is to facilitate evidence based mental health policy and program implementation in South Asia. This will be done by establishing a network of collaborating institutions to implement and to utilize research that answers policy relevant questions related to reducing the mental health treatment gap in the region.

WHO IS INVOLVED?

SHARE is a collaboration between the Centre for Global Mental Health (London School of Hygiene & Tropical Medicine and Institute of Psychiatry, UK), the University of Liverpool (UK), the Public Health Foundation of India, Sangath (India), Institute of Psychiatry (Pakistan), Human Development Research Foundation (Pakistan), Johns Hopkins Bloomberg School of Public Health (USA) and a network of about a dozen research institutions and NGOs in India, Afghanistan, Nepal, Bangladesh and Sri Lanka.

SHARE will be implemented through a partnership between academic leaders in global mental health, innovators in mental health services research, civil society stakeholders and policy makers. SHARE is one of the Collaborative Hubs for International Research on Mental Health funded by the National Institute of Mental Health (USA).

WHY IS SHARE IMPORTANT?

Mental disorders are a major public health concern in the South Asian region. The burden associated with mental disorders is large and is magnified by the vicious cycle between social disadvantage such as poverty and mental disorders. Furthermore, mental disorders influence the burden of other priority health problems, for instance maternal depression is strongly associated with maternal and child ill-health.

Despite the large burden, the mental health resources in the South Asian region continue to be extremely inadequate and poorly accessible. SHARE aims to address the treatment gap by generating evidence for affordable and effective interventions for treatment of mental disorders and by increasing the mental health research resources that address the policy relevant questions through training and collaboration between the mental health resources across the region.



WHAT WILL SHARE DO?

SHARE has three major activities:

1. The Administrative 'cores' to ensure smooth coordination and management;
2. Research to generate new evidence;
3. Capacity building for research.



The Administrative Core

SHARE has two administrative cores. The South Asian Administrative Core (SAC) is the primary Core and is based in the Centre for Mental Health (CMH) at the Public Health Foundation of India, New Delhi (India). This core coordinates activities in all the countries apart from Pakistan which is managed by a separate Pakistan Administrative Core (PAC) hosted by the Institute of Psychiatry (IoP), Rawalpindi (Pakistan).

Generating Evidence

The primary research which SHARE will implement is to develop and evaluate an innovative, effective and sustainable approach for the delivery of a brief psychological treatment (the Thinking Health Program) to reduce the burden of depression in mothers in South Asia. Three innovations will be attempted in SHARE. First, to evaluate the delivery of the THP by peer counselors - experienced women living in the same community - in Goa, India. Second, to evaluate its delivery by peers in a group format to promote mental health and prevent depression in mothers in Rawalpindi, Pakistan. Third, to evaluate its delivery for mothers who have been displaced in Swat, Pakistan.



Building Capacity

The goal of SHARE is to strengthen the capacity of the partner institutions to generate, communicate and utilize mental health research with the goal of reducing the treatment gap for mental disorders in the region. The Capacity Building activities include studentships to attend courses, fellowships for young and mid-level researchers to carry out original research, online mentoring, distance learning courses and an online library of master lectures.

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