



# 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

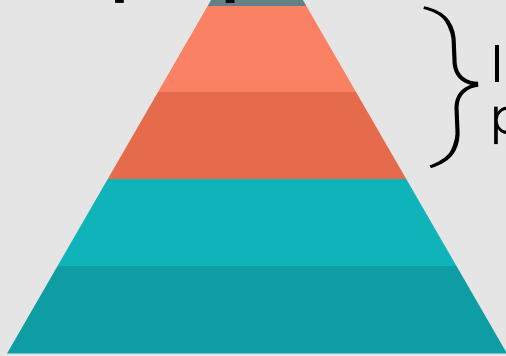
**Engage people with lived experience in rights-based mental health system reform**

- 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/](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](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/](https://www.who.int/mental_health/policy/essentialpackage1/en/)