

GLOBAL GUIDANCE

Title	Author(s)	Brief Description
Global AIDS Strategy 2021-2016	UNAIDS	<p>This document outlines a comprehensive framework to end AIDS as a public health threat by 2030 by addressing inequalities, integrating HIV services with broader health systems, and ensuring people-centred, holistic care. The strategy's emphasis on integrating HIV programmes with other essential services, including mental health and psychosocial support, highlights how addressing mental well-being is critical to improving retention in care, reducing stigma and discrimination, and enhancing overall health outcomes for people living with or affected by HIV.</p>
Checklist and reference list for developing and reviewing a national strategic plan for HIV		<p>Ensuring that mental health is included in national strategic plans is essential. The checklist and reference list is meant to complement and build on the most recent normative guidelines produced by UNAIDS Cosponsors and the Secretariat and not to replace them. The checklist has built-in hyperlinks for such guidelines for easy reference.</p>
Guidance for national strategic planning for tuberculosis	WHO	<p>This guidance is intended for use in developing standalone TB strategic plans, or TB interventions as part of multidisease or health sector plans. It describes key considerations and steps for strategic planning for TB in line with the WHO's End TB strategy, and the proposed structure of the NSP. Ensuring mental health is included in the national TB strategic plan is critical.</p>
Key considerations to integrate HIV and mental health interventions	WHO, UNAIDS	<p>This publication is primarily intended for national and local policymakers; global, regional, country and local programme implementers; organizations working in and providers of health, HIV, mental health and other relevant services; civil society; and community-based and community-led organizations and advocates. It brings together and refers to existing HIV and mental health, psychosocial support and other service provision guidelines, recommendations and tools, including the World Health Organization (WHO) Mental Health Gap Action Programme (mhGAP) intervention guide and operations manual; WHO, United Nations Office on Drugs and Crime and other guidelines and tools related to substance use; and WHO consolidated guidelines, tools and resources on HIV testing, prevention, treatment and care.</p>

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WHO guideline on HIV service delivery	WHO	This WHO guideline recommends integrating services for hypertension, diabetes, and mental health (including depression, anxiety, and substance use) into HIV service delivery. It also provides updated recommendations on adherence support interventions shown to improve viral suppression and other health outcomes.
Establishing community-led monitoring of HIV services — Principles and process	UNAIDS	The goal of this document is to describe the principles of community-led monitoring (CLM), outline an approach to establishing CLM activities, and explore the factors that facilitate and hinder CLM effectiveness. It should contribute to establishing in-country platforms whereby CLM can provide data principally related to HIV service provision. CLM of HIV services can highlight the need to integrate mental health services into HIV programmes.
Framework for collaborative action on tuberculosis and comorbidities	WHO	The Framework for collaborative action on TB and comorbidities aims to support countries in the evidence-informed introduction and scale-up of holistic people-centred services for TB, comorbidities and health-related risk factors, with the goal of comprehensively addressing TB and other co-existing health conditions. It should be used in conjunction with relevant WHO guidelines. The Framework is intended for use by people working in ministries of health, other relevant line-ministries, policymakers, international technical and funding organizations, researchers, nongovernmental and civil society organizations, as well as primary care workers, specialist health practitioners, and community health workers who support the response to TB and comorbidities in both the public and private sectors.

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WHO Operational Handbook on Tuberculosis, Module 6: Tuberculosis and Comorbidities	WHO	<p>This handbook aims to support countries in scaling up people-centred care, based on the latest WHO recommendations on TB and key comorbidities. The first section focuses on mental health conditions which are widely recognized as a major health issue among people affected by TB, negatively impacting on TB treatment outcomes, health-related quality of life, and also increasingly recognized as a major cause of TB-associated disability. This section aims to facilitate early detection, proper assessment and adequate referral of people affected by TB and mental disorders. Full implementation of this guidance is expected to have a significant impact on TB treatment outcomes and health-related quality of life for people affected by TB.</p>
mhGAP Intervention Guide - Version 2.0 for mental, neurological and substance use disorders in non-specialized health settings	WHO	<p>This is the second version (2016) of the mhGAP Intervention Guide (mhGAP-IG) for mental, neurological and substance use (MNS) disorders in non-specialist health settings. It is for use by doctors, nurses, other health workers as well as health planners and managers. The Intervention Guide presents the integrated management of priority MNS conditions using algorithms for clinical decision making. The key updates include: content update in various sections based on new evidence; design changes for enhanced usability; a streamlined and simplified clinical assessment that includes an algorithm for follow-up; inclusion of two new modules - Essential Care and Practice that includes general guidelines and Implementation module to support the proposed interventions by necessary infrastructure and resources; and, revised modules for Psychoses, Child and Adolescent Mental and Behavioural Disorders and Disorders due to Substance Use.</p>
Guidelines on promotive and preventive mental health interventions for adolescents - Helping Adolescents thrive (HAT)	WHO	<p>These guidelines provide evidence-informed recommendations on psychosocial interventions to promote mental health, prevent mental disorders, and reduce self-harm and other risk behaviours among adolescents. They aim to inform policy development, service planning and the strengthening of health and education systems, and facilitate mainstreaming of adolescent mental health promotion and prevention strategies across sectors and delivery platforms.</p>

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Helping Adolescents Thrive Toolkit	WHO, UNICEF	The Toolkit includes a core set of evidence-informed strategies to promote and protect adolescent mental health. These strategies focus on: the implementation and enforcement of laws and policies; environments to promote and protect adolescent mental health; the provision of support to parents and other caregivers; and psychosocial interventions for adolescents, including for groups exposed to vulnerabilities. Tools to guide implementation and examples of programmes already introduced in countries across regions are included.
Mental health of children and young people: service guidance	WHO, UNICEF	This document is designed to inform and inspire policy makers and others responsible for mental health services for children and young people, through introducing key issues to consider, important domains for standards of mental health care and by sharing a broad range of good practice approaches to developing or re-orienting services at community level.
Global Multisectoral Operational Framework for MHPSS of Children, Adolescents and Caregivers Across Settings	UNICEF	The strategies and approaches included in the framework will help in accelerating actions for children's, adolescents' and caregivers' mental health and psychosocial wellbeing in national and regional development strategies. The framework can be used in development contexts, humanitarian contexts and within the humanitarian-development-peace nexus. This operational framework emphasizes engaging actors in the health, social welfare and child protection and education sectors at all levels of society to design, implement and evaluate MHPSS strategies that are locally relevant, comprehensive and sustainable.
Psychological interventions implementation manual: integrating evidence-based psychological interventions into existing services	WHO	Integrating mental health services into HIV programming will require planning for and delivering psychological interventions. This manual provides managers and others responsible for planning and delivering those services with practical guidance on how to implement manualized psychological interventions for adults, adolescents and children. It covers the five key implementation steps: make an implementation plan; adapt for context; prepare the workforce; identify, assess and support potential beneficiaries; and monitor and evaluate the service.

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EQUIP: Ensuring Quality in Psychological Support	WHO, UNICEF	EQUIP: Ensuring Quality in Psychological Support aims to improve the competence of helpers and the consistency and quality of training and service delivery. The platform makes freely available competency assessment tools and e-learning courses to support governments, training institutions, and non-governmental organizations, both in humanitarian and development settings, to train and supervise the workforce to deliver effective psychological support to adults and children.
The Mental Health and Psychosocial Support Minimum Service Package	Inter-Agency Standing Committee (IASC) Reference Group for Mental Health and Psychosocial Support in Emergency Settings	The MHPSS MSP outlines a set of costed activities that are considered to be of the highest priority in meeting the immediate critical needs of emergency-affected populations, based on existing guidelines, available evidence and expert consensus.

OTHER IMPLEMENTATION SUPPORT TOOLS

Title	Author(s)	Brief Description
PLHIV Minimum Requirements for Integrated HIV Services	Global Network of People Living with HIV (GNP+)	This report outlines essential requirements for integrating HIV services within primary health care (PHC) systems under universal health coverage (UHC), based on the perspectives of more than 1,800 people living with HIV worldwide. The report emphasizes equitable, person-centered care, the central role of PLHIV networks in decision-making and service delivery, and the need to maintain quality and rights-based approaches during health system integration. It highlights seven core requirements—including transformative PLHIV participation, stigma-free services, and resilient systems—to sustain treatment access and uphold dignity as donor funding shifts and health systems evolve.

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Global Mental Health and HIV Prevention and Care	International AIDS Society (IAS)	This supplement compiles research that highlights the critical intersection between global mental health and HIV prevention and care, presenting studies on mental health correlates of HIV risk, intervention strategies, and gaps in research across diverse settings. The articles collectively emphasize the importance of integrating mental health services within HIV programmes, especially for vulnerable populations, while identifying implementation challenges and priority areas for future research to improve both mental health and HIV outcomes.
The 8Cs Model of Collaborative Consultation for Mental Health and Psychosocial Support Programs	FHI360	This document can be used as guidance for organizing and conveying information about MHPSS projects to leaders, donors, or other stakeholders. It can also be used as guidance for identifying opportunities and problems and operationalizing solutions for MHPSS services for health care teams, donors, MoH and civil society. The 8Cs model can guide consultants with local teams/stakeholders and provide a framework to ensure that the selected interventions will meet criteria for safe, effective and high quality MHPSS programming. Annex 2 provides a case study on integrating MHPSS into HIV programmes for key populations.
Mental Health Value Chain	Partners in Health	The Mental Health Value Chain offers an instructional pathway for integrating mental health services into existing health systems at a community level. It can be adapted to fit local programmatic needs and context.

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C4 Framework: A task-shifting framework for the delivery of comprehensive, collaborative and community-based care	Bolton P, West J, Whitney C, Jordans MJD, Bass J, Thornicroft G, Murray L, Snider L, Eaton J, Collins PY, Ventevogel P, Smith S, Stein DJ, Petersen I, Silove D, Ugo V, Mahoney J, el Chammy R, Contreras C, Eustache E, Koyiet P, Wondimu EH, Upadhaya N, Raviola G	The C4 framework (comprehensive, collaborative and community-based care) assists mental health services planners in understanding and budgeting the resource requirements for delivering comprehensive mental health services. The framework is based on task-shifting of services to non-specialized workers and delineates types of workers based on their skills. Separate workers focus on: basic psychoeducation and information sharing; community-level, evidence-based psychotherapeutic counseling; and primary medical care and more advanced, specialized mental health services for more severe or complex cases. This paper is intended for individuals, organizations and governments interested in implementing mental health services. The primary aim is to provide a framework for the provision of widely accessible mental health care and services.
Mental Health and Psychosocial Support Knowledge Hub	CUNY	The Mental Health and Psychosocial Support Knowledge Hub is a global platform for generating, synthesizing, and disseminating research, innovations, and advocacy efforts related to the promotion and protection of the mental health and psychosocial wellbeing of populations living in trauma-impacted communities.
Mental Health Innovation Network		The MHIN is an online community for mental health practitioners, policy-makers, service users, researchers, donors and other mental health stakeholders to share information and resources to improve the quality and coverage of mental health worldwide. Visitors to the site sign up to become MIHN members and actively contribute to the site.

ADVOCACY TOOLS

Title	Author(s)	Brief Description
Bending the curve: The impact of integrating mental health services on HIV and TB outcomes	United for Global Mental Health	An evidence brief that demonstrates what has been long suspected: integrating mental health and psychosocial services into HIV and TB programmes will not only help millions of vulnerable people with ill mental health but contribute ending these pandemics much quicker at no additional cost
Integration of mental health services with HIV prevention, treatment and care	Interagency Working Group on Mental Health Integration	This perspective in the WHO Bulletin emphasizes the critical need to integrate mental health support into HIV prevention, treatment, and care services to improve outcomes across the HIV care continuum, including adherence, retention, and reduced new infections.
Evaluation of United for Global Mental Health's Advocacy Efforts to Promote the Integration of Mental Health in Global Fund Grant Cycle 7	Dr. Gemma Oberth	This independent evaluation found that United for Global Mental Health's targeted advocacy from 2022-2025 significantly increased the inclusion and prioritisation of mental health in the Global Fund's largest Grant Cycle 7 funding requests, especially in Nigeria, Pakistan, the Philippines, and South Africa, reaching millions and yielding strong evidence that UnitedGMH's efforts helped integrate mental health into HIV and TB programmes.
Global Mental Health Action Network		The Global Mental Health Action Network (Action Network) is a free-to-access membership organisation established to connect people and resources towards improving global mental health advocacy and practice. With more than 10,000 Action Network members from over 165 countries representing 3,500+ organisations, this is the world's leading network for global mental health advocacy. Developing capacity, sharing opportunities and amplifying the voices of advocates is core to mental health improvement and central to its mission.