# BIBLIOGRAPHY

## NORMATIVE GUIDANCE

| Title | Author(s) | Brief Description |
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| Checklist and reference list for developing and reviewing a national strategic plan for HIV | UNAIDS | 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. |
| Guidance for national strategic planning for tuberculosis | WHO | 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. |
| Key considerations to integrate HIV and mental health interventions | WHO, UNAIDS | 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. |
| 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. |

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| [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. |
| [WHO Operational Handbook on Tuberculosis, Module 6: Tuberculosis and Comorbidities](#) | WHO | 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. |
| The links between tuberculosis and mental health: Evidence and best practice incorporating guidance to USAID | USAID | This paper provides guidance on how to address and incorporate the current evidence and best practices regarding the relationship between mental health and TB. |

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| [mhGAP Intervention Guide - Version 2.0 for mental, neurological and substance use disorders in non-specialized health settings](#) | WHO | 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. |
| Mental Health and Physical Health Sector Brief | USAID | This document explores the impact of mental health on physical health and showcases promising practices for integrated service delivery. |
| [Guidelines on promotive and preventive mental health interventions for adolescents - Helping Adolescents thrive (HAT)](#) | WHO | 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. |
| [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. |

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| 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. |
| 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. |

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| 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 |
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| 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 Chammay 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. |

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## ADVOCACY TOOLS

| Title | Author(s) | Brief Description |
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| 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 |
| Replenishment Communications Toolkit | United for Global Mental Health | A compilation of resources (e.g., factsheet, case studies, and social media assets) developed to advance the call for integrating mental health in the Global Fund during the 7th Replenishment Call and is currently being updated for the 8th Replenishment.  Messages can be repurposed for mental health advocacy during the Global Fund country dialogue and other national advocacy moments. |
| Mental Health For All - UHC Advocacy Toolkit | United for Global Mental Health | This toolkit contains resources that can help equip partners with everything they need to conduct effective advocacy for the integration of mental health into Universal Health Coverage nationally in their countries. |
| 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 5,000 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. |

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