

Vision: Everyone, everywhere has someone to turn to when their mental health needs support

IMPACT

Everyone's right to enjoy the highest attainable level of mental health is upheld

Optimal finance is in place for mental health systems

Quality, comprehensive and person-centred mental health services are accessible for all

Empowering the general population decreases stigma and discrimination and promotes rights

RESULTS

Rights

- Every country has mental health legislation in line with international and regional human rights instruments
- Every country has enacted mental health policy in line with international and regional human rights instruments
- Every country ensures that policies and legislation are developed using robust, accurate and comprehensive data, and governments are held accountable for upholding rights and meeting commitments and mental health targets

Finance

- Every government spends a minimum of 5%/10% of their health budget on mental health
- Global financing to LMICs increases to US\$1.9bn per year
- Mental health finance is spent on quality services

Systems

- Mental health service provision is integrated throughout public services
- Everyone in emergencies have access to mental health and psychosocial support services
- Every workplace promotes good physical and mental health for employees

Education

- The voices of people with lived experience of mental ill health are amplified and listened to
- The global development community is educated and engaged on mental health
- Governments lead and fund mental health education programmes

OUTCOMES

Rights

- National and international advocacy ensures countries develop or update their law for mental health in line with international and regional human rights instruments
- People with lived experience of mental ill health are involved in the development of global and national mental health legislation and policy
- Global political agreements and declarations referencing mental health commit to updated policies and legislation in line with human rights instruments
- An independent, global monitoring and accountability platform is established and used to provide decision-makers with useful information and hold governments to account

Finance

- Governments prioritise mental health and increase the funding of mental health systems to adequate levels with a focus on primary and community level services
- Global financing mechanisms integrate mental health into their investments
- Philanthropic spending catalyses more and better mental health financing
- UN agencies use their influence to generate political action and funding
- Donor governments integrate mental health into ODA strategies and use their influence with other governments to increase domestic spending on mental health in LMICs

Systems

- Mental health services such as psychosocial and psychological interventions and basic medicines for mental disorders are included in UHC and financial protection schemes
- Mental health is integrated into national development plans
- Mental health and psychosocial support is integrated into emergency response and recovery plans
- Mental health is fully integrated into key global institutions' and INGOs' strategies, national level health reforms
- Mental health and psychosocial support is fully integrated in workplace employee support

Education

- National and grassroots civil society, and people with lived experience fully participate in global moments and in local decision-making
- The global mental health community is coordinated, works together and avoids duplication of work
- Mental health education and anti-stigma campaigns are integrated into national mental health policies and programmes

2021-23 STRATEGIES:

RIGHTS: Hold decision-makers to account

- Build on the Countdown Global Mental Health 2030 (Countdown 2030) pilot: develop an independent accountability mechanism with an annual report by civil society to drive progress
- Support partners in their work to improve the rights of persons living with, or at risk of, mental ill healthmakers with useful information and hold governments to account

FINANCING: Substantially increase financing for mental health

- Leverage global health funds to accelerate substantial financing for mental health
- Influence new bilateral and philanthropic donors on where and how to invest in mental health

SYSTEMS: Achieve mental health as fully integrated in government and donor health plans

- Leverage Covid-19 and health reforms to integrate mental health in UHC
- Leverage the power and influence of global institutions, multilateral agencies, global networks of civil society organisations, professional groups, academics and corporations – including UN agencies – to generate political action and funding

EDUCATION: Build the mental health community's advocacy and resource mobilisation capacity and increase its impact

- Continue to act as the secretariat for the Global Mental Health Action Network
- Work with partners to build and deliver effective, targeted global and national campaigns
- Continue to design and help deliver multi-stakeholder action for World Mental Health Day

UNITEDGMH STRATEGIES:

CHALLENGE

All of us experience periods of good and poor mental health. Over 1 billion people around the world are living with a mental disorder, 81% of whom live in low- and middle-income countries. Many of them have little or no access to services or support; and governments have traditionally not prioritised providing this support. On average, countries spend less than 2% of their health budgets on mental health, and international global mental health funding is a tiny fraction of overall aid. High levels of stigma and discrimination, combined with antiquated or poor mental health legislation and policies in many countries means most people do not have their right to the highest attainable level of mental health upheld.



Theory of Change