



# THE UPDATE

## BLUE PRINT GROUP

### ON GLOBAL MENTAL HEALTH

News on global mental health advocacy, campaigning and messaging

## The Countdown is on for Mental Health

*The Lancet launches its Countdown to Global Mental Health mechanism.*

On 21st February, the Lancet announced its creation of the Countdown Global Mental Health mechanism, a monitoring and accountability mechanism that will ultimately lead to the development of an index allowing for comparisons on mental health data between countries and across time.

The new mechanism will initially use the SDG timeframe as reference and will apply to all countries. The Countdown will help the mental health community move beyond measures that is currently used to understand progress in mental health such as suicide rate, which is currently the only indicator measured in the Sustainable Development Goals. According to the Lancet, "given the huge disparities between and within countries, we expect the Countdown to be a strong instrument for accountability to decrease population-level disparities for mental health." The Countdown will use countries, or states and provinces in large federated countries for its units of analysis.

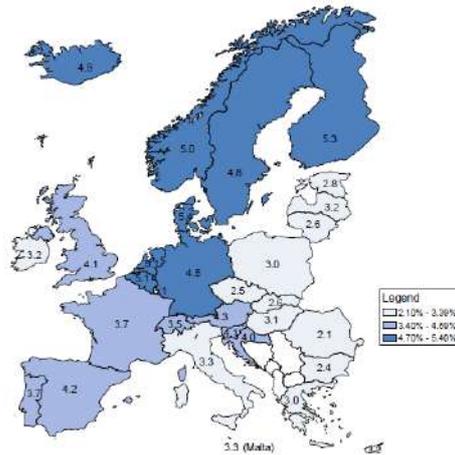
The initiative has a number of primary partners including Global Mental Health at Harvard University, the World Health Organisation, the Global Mental Health Peer Network, the Lancet and United for Global Mental Health.

The Countdown will work with partners to collect and validate data and disseminate its findings. In addition, the Countdown will publish reports in the Lancet every two years that track national, regional and global progress from 2020 to 2030.

## OECD introduces benchmarking project

*The OCED benchmarking mental health across entire countries*

Continuing on the theme of measuring and data collection, the OECD shared its work on benchmarking mental health performance across its 36 member countries with the Blue Print Group at its Geneva meeting. The



**Mental health problems costs exceeded 4% of GDP across EU28 countries**

OECD developed its benchmarking framework with more than 40 mental health experts from 19 countries including experts-by-experience, carer & family representatives, civil society organisations, mental health workforce, trade union and country representatives. The OECD is now identifying ways to measure mental health for the individual, in terms of care provision, across sectors and the life course, in terms of leadership and innovation. The new measurements will look at children's and young people's mental health. The final report and benchmark is expected to be released in 2020 and used as a tool to deepen understanding, drive improvement, and identify excellence in mental health practice in OECD countries.

In parallel, the OECD is establishing an ongoing Patient-Reported Indicators Survey (PaRIS) initiative which will develop measurements on outcomes and experiences reported by patients themselves, with mental health being one of the inaugural areas that measures will be developed for.

## Mental Health high on Davos agenda

Mental health was high on the agenda at this years World Economic Forum annual meeting in Davos, fuelling media coverage and many visits to the Friendship Bench to

learn more. The issue was repeatedly in the spotlight, including at a [panel session](#), [press conference](#) and [event with Dixon Chibanda](#), Founder of the Friendship Bench and United for Global Mental Health Ambassador.

There were long lines to get a seat at the high-profile 'Mental Health Matters' plenary session, where leaders made it clear it's #TimeToAct.

The Duke of Cambridge movingly shared his own emotional experiences as an air ambulance pilot, calling for more acceptance of mental health at workplaces, as did Bernard J. Tyson, CEO of Kaiser Permanente.

HSBC CEO John Flint shared his vision of creating the "healthiest human system" in the banking industry. He is already moving to equip managers with mental health skills and knowledge, enabling them to spot warning signs and direct people to resources.

New Zealand's Prime Minister Jacinda Ardern talked about how she had lost friends to suicide and explained that her government is prioritising mental health because it affects everyone. She vowed to do more and continue to make kindness a hallmark of her leadership, echoing the work of the [Born This Way Foundation](#).

## Wellcome funding announcement

Speaking at a mental health [press conference](#) in Davos, Dr Jeremy Farrar announced that Wellcome would commit **£200 million** of funding to mental health. Wellcome's [new five-year programme](#) will focus on young people and learning more about depression and anxiety to improve treatments.



FROM THE  
FACILITATOR

## Measuring Mental Health

This newsletter highlights a range of activities now taking place to improve measurement of progress on mental health.

The discussions and information shared at the most recent Blue Print Group meeting includes the issue of measurement. The meeting also highlighted the key political processes and opportunities to advance action on mental health across the world. The group agreed to work jointly on messaging and events in the run up to and at the World Health Assembly, UNGA, the Dutch Summit and World Mental Health Day.

**As always, we are keen to hear from you with news, up-dates, new reports, campaigns and other relevant information you would like to share with the Blue Print Group. Please email us at the address below.**

**In the meantime, we hope you enjoy this edition of the up-date and please feel free to send through comments and suggestions for the next edition.**

Thanks

Blue Print Group Facilitators

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## Planning begins for global campaign

*Global mental health campaigners convene to create a new citizen-led campaign.*

This January, lived experience advocates, NGO representatives, creatives and strategic partners from around the world met in Johannesburg, South Africa to co-create a citizen-led campaign calling for greater action on mental health worldwide.

The meeting brought together 80 participants from 15 countries, alongside creatives and partners. Representatives came from different regions and a range of national income levels, making it a very diverse gathering.

*"I think it's an important event that is going to set the ground on what collaboration for mental health should look like and hopefully make as much impact as what we want it to."* –

Victor Ugo, Nigeria

Equipped with nationally specific strategic partners and backed by collectively agreed global themes and objectives participants gained confidence to take action at a national and global level.



Two new funds for mental health were announced (one to provide funding for national civil society groups planning to participate in the campaign and a second fund for civil society groups who wish to deliver more services on the ground). A global team of communication specialists came together to build a strategy, incorporating a number of exciting activation ideas. Participants agreed roles, partnerships, principles and a structure for how to collaborate going forward.

Each country coalition will drive their own national campaigns, while uniting globally behind a shared vision. Groups will join together in solidarity during global moments, which will be used to mobilise societies to amplify and accelerate advocacy on mental health.

## NEWS

The global campaign will launch at this year's World Health Assembly in Geneva in May, bringing messages directly to health ministers. The campaign also has plans for global activities to take place during the UN General Assembly in New York in September and around the world on World Mental Health on 10 October – with national teams also due to organise their own in-country activities.



## UHC Consultations to Take Place in New York

*UN to hold multi-stakeholder consultations in the lead-up to the UNGA High-Level Event on UHC.*

The UN will hold a day of consultations in April in preparation for its High-Level event on UHC on the 23rd September at UNGA in New York.

The consultation is part of the preparatory process whereby the UNGA President is mandated to organise the hearing with support from the WHO and partners. The hearing will involve senior-level representatives from NGOs (in consultative status), foundations, invited civil society, parliamentarians, local government representatives, private sector, medical associations academics and UN entities.

The hearing is requested to ensure "the participation and voices of women, children, youth and indigenous leadership." The Permanent Representatives of Hungary and Thailand are leading the consultations on the political declaration to be adopted at the high-level meeting in September. The President of the Assembly will provide a summary of the 29th April consultation prior to the high-level meeting.

The meeting is seen by many as an opportunity for the mental health community to present recommendations on mental health and universal health coverage. All groups interested in participating are encouraged to register before the 3rd March deadline.

# International Epilepsy Day 2019

*The world comes together to recognise epilepsy on the 8th February.*

The second Monday in February is World Epilepsy Day. According to the WHO, more than 50 million people have the condition and three quarters of those affected in low- and middle-income countries do not get treated.

The WHO helped raise awareness of epilepsy on the 8th February as part of its work tackling the disease. The WHO has identified three epilepsy focus areas including: supporting health workers to diagnose epilepsy; the availability of medicines; and research into the health and social care response to the condition.

For more information please see <https://www.epilepsy.org/>

## Good Practice to Ensure Rights

*The WHO is working to develop a good practice guidance document for mental health and rights.*

People affected by mental health often experience severe restrictions to their human rights. The WHO QualityRights initiative aims to improve the access to quality mental health services globally and promote the rights of people with mental health conditions.

The WHO is looking to develop a good practice guidance document to provide information and toolkit on community based mental health services and the

promote human rights and the recovery approach.

The WHO is looking for input from mental health experts to help identify people-centred services that involve people with lived experience at all levels of decision-making, respond to people's needs by promoting autonomy and operate without coercion.

The initiative have put together a questionnaire which also includes the opportunity to put forward up to five local mental health services to be considered for inclusion in the guidance document. The first phase of the consultation involves the Western Pacific Region and closes on the 22nd March 2019 and the overall consultation of all countries will close on the 30th June 2019.

## Blue Print Group holds 3rd Meeting

*The 3rd meeting of the Blue Print Group took place in Geneva on the 11th February.*

Hosted by the World Health Organisation, the meeting took place in a room high on the hill overlooking Lake Lemman. Over 70 mental health specialists convened to share information and up-dates, strategise and plan for events in 2019.

The WHO's new head of Mental Health and substance abuse, Devora Kestel, provided an overview of the current and planned work of the organisation. Representatives from the OCED, the Alliance of Champion for Mental Health and Well-Being, a number of other governments and institutions provided updates on the recent events at Davos and the forthcoming World Health Assembly

## NEW MEMBERS

New members that have joined the Blue Print Group since our last newsletter include;

Jimi Huyata, Hippolyte Manirakiza, Martin De Porres: Fracarita International

Ben Miller: Wellbeing Trust

Ginger Smith-Swintosky: Johnson & Johnson

Ingrid Daniels: World Federation for Mental Health

Shane Green: Grand Challenges Canada

Gaia Montauti d'Harcourt & Sara Pedersini: d'Harcourt Foundation

Michael Feigelson, Patrin Watanatada, Elvira Thissen: Bernard Van Leer Foundation

Seema Uplekar: International Alliance of Women

Dr Elizabeth Carll: International Member Council of Women

Kelly O'Donnell and Michelle Lewis O'Donnell: MemberCare

Pieter Ventevogel: UNHCR

and Global Mental Health Summit scheduled for October in the Netherlands. CSO campaigners gave an update on the new campaign in development (see story above) for launch at WHA.

In the afternoon working groups tackled how to accelerate action on the ground; the latest initiatives in combatting stigma; the follow up to Davos and work among the private sector; and humanitarian initiatives this year. A group of communications experts discussed key moments for joint action and the appropriate messaging. The group concluded it would work together to raise the political profile of mental health and to encourage greater financial commitments at the World Health Assembly, UN General Assembly, World Mental Health Day and the Dutch Summit. In addition some of the group will collaborate on action in the run up to, and at, the International Conference of the Red Cross and Red Crescent that takes place in December 2019 and will likely include agreement of the first movement wide mental health policy.

See the notes from the last meeting [here](#).



## The Survey

At the last face-to-face Blue Print Group (BGP) meeting we agreed to put together a Survey Monkey for the group to assess the utility of the meetings of the group, gather suggestions and comments on how to make the meetings (in-person and on the calls) as useful as possible for the group. The survey will be sent out in early March for completion by the end of the month. If you have any suggestions for some of the questions for the survey, please send them through to Anna ([anna@unitedgmh.org](mailto:anna@unitedgmh.org)) and keep an eye out in your inbox (or spam folder) for the link to the survey.

## Forthcoming Meetings

**4th Meeting:** The 4th meeting of the Blue Print Group will take place in New York City, kindly hosted by Thrive NYC. The dates are still being decided after the BPG in Geneva agreed a date in late April or early May was the best timing.

## Blue Print Group Resources

Blue Print Group Google Drive:  
<https://drive.google.com/drive/folders/13YNt-IwRI2n9TtOlpNuOHqml4I8itqik?>

The BGP Google Drive contains the Grid calendar, meeting documents and presentations; background information; and articles and [reports shared by members](#).

Initial proposals for 2019 Policy, Advocacy and Financing Priorities and Activities ([here](#)). Also the [Funding Goals and Policy Targets for Global Mental Health](#).

Please see the slides from the last meeting [here](#), which includes the WHO and OECD presentations, as well as key dates for 2019.

If you, or a colleague would like to be included in the google group and receive updates from the Blue Print Group then please email [anna@unitedgmh.org](mailto:anna@unitedgmh.org)

## Links Referred to in Articles:

WHO Quality Rights:  
[https://www.who.int/mental\\_health/policy/quality\\_rights/en/](https://www.who.int/mental_health/policy/quality_rights/en/)

Lancet Countdown:  
[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(19\)30424-6/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(19)30424-6/fulltext)

UHC Consultations:  
<https://www.uhc2030.org/news-events/uhc2030-news/un-high-level-meeting-on-uhc-uhc2030-supports-multi-stakeholder-engagement-531665/>

OECD PaRIS  
<http://www.oecd.org/health/paris.htm>

Global Mental Health Campaign Meeting  
<https://unitedgmh.org/index.php/2019/02/18/nationally-driven-globally-united-campaign-takes-shape-in-johannesburg/>

International Epilepsy Day  
<https://www.epilepsy.org/>

## CALENDAR

### March

International Women's Day  
8th March  
Global

63rd UN Commission on the Status of Women  
11th to 22nd March  
New York, USA

### April

World Autism Day  
2nd April  
Global

World Health Day  
7th April  
Global

World Bank/IMF Spring Meetings  
12th - 14th April  
Washington DC, USA

UNGA Multi-stakeholder Hearing for High-Level Meeting on UHC  
29th April  
New York, USA

### May

G7 Gender Equality Ministerial  
9th & 10th May  
Paris, France

G7 Health Ministerial  
16th & 17th May  
Paris, France

World Health Assembly  
20th - 28th May  
Geneva, Switzerland

### June

G20 Finance and Health Ministers joint meeting on health finance  
June 28th  
Osaka, Japan

### September

UNGA  
September 17th-30th  
New York, USA