



THE UPDATE

BLUE PRINT GROUP

ON GLOBAL MENTAL HEALTH

News on global mental health advocacy, campaigning and messaging

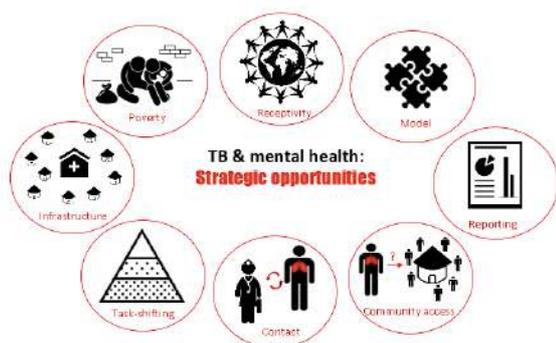
April 2019

HIV and TB webinar

On 1st April 2019 the BPG held its first webinar titled; *Advocating for HIV, TB and Mental Health: what could we do in 2019?* Over 40 of you joined the webinar to listen to Julian Eaton (Moderator); Pamela Collins, University of Washington; Annika Sweetland, Columbia University; Nigel Taylor; Melquiades Huauye Ore, Strongheart Advocate; and Susan Wise (provided translation). A number of key opportunities were identified, as listed below.

HIV/AIDS and mental health

1. Engage multilateral organisations to develop and implement guidance on the integration of NCDs, mental health and HIV / AIDs focussing on high risk populations.
2. Encourage donors to invest in mental health and HIV / AIDS integration projects, by identifying and capitalising on donors' priorities (e.g. scaling up treatment and adherence within populations and communities).
3. Learn from, and integrate efforts to, advocate with the HIV / AIDS user-led movement; where possible co-create an agreed narrative for why it is important to integrate mental health with efforts to end HIV / AIDS.



TB and Mental Health

1. Deliver national-level advocacy, building on the evidence that countries are highly receptive to including mental health components in their TB programmes.
2. Work with WHO to promote the inclusion of the mhGAP guidelines in the companion handbook of TB management in the community (the first time these guidelines have been included).
3. Engage with, and advocate through, strong user-voice for the advantages of MH support in TB management i.e. building resilience, re-integration into community etc.

For more information on the webinar, and to see the slides that were used click [here](#). **Our next webinar will be on UHC on the 23rd April.**

Global Mental Health Campaign

The planning and activation of a nationally driven global campaign on mental health is well underway with activities taking place in all 14 campaign countries (Argentina, Australia, Ghana, Kenya, India, Indonesia, Liberia, Nepal, Nigeria, Sierra Leone, South Africa, Tonga, United Kingdom and the US). The campaign aims to catalyse government action on mental health to improve the accessibility and quality of mental health services nationally and globally. It will achieve this by raising the voice of people with lived experience in decision making and increasing political and financial support in mental health nationally and internationally.

All countries have either met with or plan to meet with their Health Minister, to encourage them to discuss mental health at the WHA, and each country is preparing different approaches to their campaign.

The Ghanaian campaign team have partnered with the WHO to launch the QualityRights Initiative in Ghana. The team have met with the Chief Executive Mental Health Authority of Ghana as well as DFID to discuss the campaign and have received positive feedback. They have also drafted a letter to the Minister of Health appealing to highlight mental health at the 2019 WHA, which they plan to hand deliver.

During the Johannesburg campaign planning meeting, a journalist from the Ghana Broadcasting Corporation conducted interviews with participants. These interviews were then played on Ghana national radio and news of the campaign was spread country-wide.

Our colleagues in Tonga have started campaigning with mental health-focused radio and TV programmes every Monday and Friday. These programmes, run by the President of the Tonga Mental Health and Disabilities Association along with the only psychiatrist in Tonga, feature dialogues on depression and anxiety, and offer a space for listeners to dial in and speak about their mental health.

The Liberia team are planning a press conference to highlight what the government should do now on mental health. Meanwhile the Nigeria team are focussed on developing digital campaigning, to raise awareness and influence government policy, with strong support from celebrity influencer Anto Lecky.

The initial launch of the campaign will be at a reception at the World Health Assembly on the 19th May. Details will be circulated, contact [Anna](#) if you will be in Geneva during this time and would like to attend the reception.



“Update from New York”

BPG member Jin Hashimoto from the UN Friends of UHC group updates us on activities from NYC. **Members from the Friends of UHC group will be at the next BPG meeting in NYC on the 7th May.**

On March 22, Group of Friends of Mental Health met in the Permanent Mission of Belgium, with BluePrint Group member Zeinab Hijazi, UNICEF part of the panel discussing mental health in crisis and humanitarian settings.

The Key Asks from the UHC Movement were launched on 1 April 2019 at an Informal Briefing of the Group of Friends of Universal Health Coverage and Global Health in New York. [See their website for further information.](#)

On April 25, the 12th Annual Psychology Day at the United Nations will take place in UNHQ with the title “The Time is Now: Psychological Contributions to Global Gender Equality.” This program will focus on ways in which psychologists may contribute to promoting SDG #5 “achieve gender equality and empower all women and girls”. [See here for more information.](#)

On April 29, Interactive Multi-Stakeholder Hearing will take place in UNGA Hall. The purpose of the Hearing is to benefit from the perspectives of all stakeholders on urgent actions and investments for UHC; and to provide a key opportunity to identify how the UHC political declaration can add value to the current UHC movement and set a concrete milestone to accelerate progress towards achievement of UHC by 2030. The Hearing will bring together representatives of the Member States, observers of the General Assembly, parliamentarians, representative of local government, relevant UN entities, civil society organisations, non-governmental organisations, academia, professional associations and the private sector and broader communities. This includes ensuring the participation and voices of women, children, youth and indigenous leadership. [See the concept note here.](#)

The BluePrint Group will be hosting a webinar on UHC on the 23rd April where we will be joined by members of the UHC community including the UHC2030 Civil Society Engagement Mechanism (CSEM) for more information about their work see [here.](#)

Women Deliver UHC Webinar

To put the “universal” in Universal Health Coverage, governments must advance a policy agenda that recognises and prioritises gender equality and the unique health needs of girls and women, including their sexual and reproductive health and rights.

On the 16th April Women Deliver are hosting a webinar that will showcase global and national efforts to prioritise gender equality and girls and women’s health and rights in UHC policy and decision-making. Advocates will share strategies, messaging, and key moments to help stakeholders from around the world connect to and drive forward a UHC movement that meets the needs and realities of girls and women.

Register [here](#) for the webinar.

UNSG World Health Day Message

The UN Secretary General, António Guterres, highlighted mental health as a key component of Universal Health Coverage in his message to mark World Health Day.

The SG said, “We must invest in people,” and, “we must also highlight the importance of mental health, so often stigmatised and forgotten.” In emphasising the importance of mental health in UHC, the UN Secretary General echoed one of the key BPG messages this year: that all national UHC plans should include mental health.

To see the UNSG’s World Health Day message in full, [click here.](#)

ICRC recent activities

Allanah Kjellgren updates the BluePrint Group on the ICRC’s recent mental health advocacy moments.

The ICRC are actively stepping up with their national activation and outreach program through their 191 national societies. The draft elements of the resolution on Mental Health and PSS has been sent to the 196 States parties to the Geneva Conventions and to 191 National Societies for comments. [This is available](#)



[here.](#) The response from States and NS about including this theme has been positive, with some emphasising the importance of addressing MHPSS needs of migrants as part of “emergencies”.

The ICRC were represented by their President at the High level side event in the margins of the Yemen Humanitarian Pledging Conference on MHPSS with donors and governments. This event was organised by Minister Kaag, with ICRC President Maurer as a keynote speaker (with EU Commissioner Stalinas) and featured Yemeni women asking for attention to the intangible needs they have beyond the famine narrative.

The ICRC also participated in the middle east psychological association meetings late last month. They emphasised the importance of developing a workforce in the middle east; ready to work on the multilayer approach, addressing stigma, evidence based, as well as connecting with several organisations (like the American Association of Psychologists) actively involved in this network.

On the 9-10 April, Sweden and WHO are hosting the WHO Inaugural Partners Forum to address the quality and quantity of funding for health related goals. The IFRC Secretary General is speaking at the event and we hope for the inclusion of mental health messages as well as engaging key influencers such as the Swedish Ambassador for Global Health Dr Anders Nordström.

Finally, on the 15-16th April the French Red Cross is organising a “World Conference on Health and Climate Change” with one session devoted to Mental Health and Climate Change. For more information email akjellgren@icrc.org

FROM THE FACILITATOR

Thank you to all those BPG members who have contributed to the newsletter - we have more news, updates and suggested opportunities for participation in different events and activities than ever before. To share your news throughout the month upload information to the google drive. We look forward to seeing people at the 4th BPG meeting in New York on May 7.

Blue Print Group Facilitators

Sarah Kline
sarah@unitedgmh.org

Anna Watkins
anna@unitedgmh.org

Quality rights online consultation

BPG members are called upon to nominate organisations for the WHO Quality Rights Initiative.

The WHO [QualityRights](#) initiative is working to improve access to quality mental health services globally and to promote the human rights of people with mental health conditions and psychosocial, intellectual, and cognitive disabilities. As part of this initiative WHO are developing a good practice guidance document which will present information on community-based mental health services that promote human rights and the recovery approach.

BPG members are asked to identify people-centered services that you are aware of, that operate without coercion, and that respond to people's needs by promoting autonomy, inclusion in the community, and the involvement of people with lived experience at all levels of decision-making. This should include services that support people experiencing acute crises but that do not resort to force, coercion, involuntary admission and treatment or the use of seclusion and restraints.

For more information see Michelle Funk's request [here](#), and take part in the online consultation [here](#).

Rebalancing power in Global Mental Health

On Friday 22nd March the Centre for Global Mental Health at the London School of Hygiene and Tropical Medicine marked its 10-year anniversary. In recognition of 10 years working within the area of global mental health, the Centre hosted a symposium to critically deliberate the status of unequal power structures in the field and how these differences can be rebalanced.

The event explored the historical control of the global north in dominating narratives within research and evidence, capacity-building, policy frameworks and global recommendations. The symposium invited mental health leaders and advocates from the Global South to challenge and explore how knowledge systems can be democratised to meaningfully integrate a broader range of perspectives and to discuss how best to create a more bi-directional flow of knowledge between the regions.

Speakers from the Indonesian Mental Health Association, Queen Mary University in London, Fracarita Latin America, Strongheart and Mentally Aware Nigeria shared their perspectives around how priorities in global mental health need to be shaped by key Southern actors and historically marginalised groups such as people with long-term physical and mental health care needs, women, children and adolescents. Visit 'www.centreforglobalmentalhealth.org' for a detailed summary, including a recording for the Symposium.

Spotlight on: City Mental Health Alliance

We shine a light on BluePrint Group member Poppy Jaman's City Mental Health Alliance.

The City Mental Health Alliance (CMHA) is a not-for-profit membership organisation that is led by business and guided by experts in the field of mental health. Its members are leading employers who are committed to supporting and improving the mental health of their people, sharing good practice and learning from each other.

The CMHA's vision is to create mentally healthy workplaces so that people at all levels across businesses can talk about mental health without fear or stigma.

CMHA want businesses to recognise mental health as a boardroom issue and consider active support for employees' mental health. CMHA want prevention to be recognised as equally important as treatment in addressing mental health issues. As part of this, the CMHA organises regular events for HR and wellbeing professionals as well as senior business leaders, at which both practical and strategic issues are discussed.

Last year the CMHA launched its [Thriving at Work Guide](#), a unique toolkit to help businesses become mentally healthy workplaces. The guide is now being recognised around the world as a structured, practical approach to building a strong mental health strategy at work.

Last year CMHA also launched the [Thriving from the Start Network](#), a new mental health community where people starting their careers can talk openly about mental health at work, share ideas and feedback insights to business leaders. You can watch an overview of the CMHA [here](#).

New Member Bio: Manasi Kumar

Manasi Kumar is Senior Lecturer at the Dept of Psychiatry at University of Nairobi, she holds an honorary Associate Professorship at the Dept of Global Health, University of Washington Seattle and a research associate position at UCL, UK.

Manasi is the lead investigator for the a Fogarty Foundation/NIH study- implementing mental health interventions for pregnant adolescents in LMIC settings (2018-2023). She is a Co-I on two NIH grants addressing mobile interventions for HIV positive adolescents (2019-2021) and peri-partum women (2019-2023) and a lead investigator for DFID funded Evidence to end FGM/C study on sexual quality of life of women and men exposed to FGM/C in Kenya.

See this [infographic](#), or contact [Manasi](#) for more information about her work.

4th BPG meeting

The planning of the 4th in person meeting of the Blue Print Group is well underway. The meeting will be taking place in UNICEF house, **New York on the 7th May**. For more information and to confirm your place please contact anna@unitedgmh.org.

We are finalising a draft agenda, if you have any requests please send comments to kel@unitedgmh.org

The BPG Survey

21 Blue Print Group members have taken part in our member's survey, detailing how useful they find the group and it's activities, and how involved they feel in the group. You can see a summary of the results [here](#), and the graphs outlining the results have been compiled [here](#)

BPG Webinars

BPG member organisation MHIN and UnitedGMH will be organising a series of **webinars on key advocacy priorities** for BPG members. The next webinar is focussing on UHC which will be on the 23rd April where we will be joined by members of the UHC community including the UHC2030 Civil Society Engagement Mechanism (CSEM) for more information about their work see [here](#).

Blue Print Group Resources

Blue Print Group Google Drive: <https://drive.google.com/drive/folders/13YNt-IwRI2n9TtOlPnuOHqml4l8itqik?>

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

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

Links Referred to in Articles:

[Walk the Talk; World Health Day ; World Health Assembly;](#)

[WHO QualityRights: Online consultation](#)

Adolescent pregnancy and MH [infographic](#)

City Mental Health Alliance: [Thriving from the Start Network](#) and [Thriving at Work Guide](#)

[Women Deliver webinar](#)

[UNSG World Health Day message](#)

NEW MEMBERS

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

Dr. Laura Davidson: Co-founding Trustee, Mental Health Research UK

Taryn Bird: Kate Spade

Dr Jakub Bil: Krakow University

Peter Yaro: Basic Needs Ghana

Bharti Patel: South Africa Federation for Mental Health

Emeli Paulo: Collective Potential

Ashley Leichner: International Medical Corps

Jane West: The Two Lillies Fund

Manasi Kumar: University of Nairobi

BPG member Charlene Sunkel has asked that we highlight the [Global Mental Health Peer Network Newsletter](#)

CALENDAR

April

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

BPG UHC Webinar
23rd April

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

May

BPG in person meeting
7th May
NYC, USA

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

67 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

October

Global Ministerial Mental Health Meeting
October 7th and 8th
Amsterdam, Netherlands

World Mental Health Day
October 10th