

# **WPA – Kochi, India statement on Mental Health Education and Integrated Services**

## **WPA REGIONAL CONGRESS 25-27 September 2015, KOCHI**

**WHEREAS**, mental and behavioral disorders affect more than 25% of all people at some time during their lives;

**WHEREAS**, one in four families is likely to have at least one member with a mental or behavioral disorder;

**WHEREAS**, mental health services should be cost effective, affordable and integrated with primary health care services;

**WHEREAS**, around 20% of all patients seen by primary health care providers have one or more mental health disorders, but are often not detected;

**WHEREAS**, psychological morbidity is commonly associated with physical disease and are seen, but not often detected by primary health care providers;

**WHEREAS**, there is a need to train primary health care staff, in management of basic mental and behavioral problems;

**WHEREAS**, there is a need to recognize mental health morbidity by doctors from other specialties and make appropriate treatment or referrals;

**WHEREAS**, training in psychiatry and behavioral science during under-graduate medical studies has significantly changed in most western nations;

**WHEREAS**, better undergraduate psychiatric training in low and middle-income countries will decrease stigmatization of the mental health profession and mental health services;

**WHEREAS**, undergraduate physicians trained in psychiatry will be able to provide basic mental health services at primary care level and will liaise better with mental health professionals;

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**WHEREAS**, there is a need to increase mental health awareness by psychiatric education and keeping up with the advancements, for early diagnosis and management of mental and behavioral disorders by non-psychiatric medical fraternity;

**NOW BE IT RESOLVED THAT**

United Nations member states should adopt the need to integrate mental health into primary health, at all tiers of health care services, primary, secondary and tertiary levels and to achieve the above objectives

Be it further resolved to that thrust should be given to National Mental Health policies by appropriate initiatives by the governments

Be it further resolved that, concerned authorities should include psychiatry in the curricula of undergraduate medical training and strengthen psychiatric faculty in medical colleges;

United Nations member states should allocate the necessary administrative, financial, and technological, resource training and education in their endeavor to provide better mental health care services including suicide prevention; and

Be it further resolved that these goals be included in the updated United Nations Sustainable Development Goals and implementation of this resolution.

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