



Summary National Mental Health & Wellbeing Strategic Framework 2019-2022

Background: National Mental Health Strategy 2013-2018

The 2013-2018 Qatar National Mental Health Strategy (QNMHS) was launched 2013 and set out a vision for a mental health system in Qatar. The vision was about providing: **Good mental health and wellbeing for the people of Qatar supported by integrated Mental Health Services with access to:**



The Strategy had four specific objectives which focused on:

- mental health promotion and prevention
- provision of comprehensive, integrated services
- strengthening of mental health leadership and governance; and the
- improvement of information systems, research, and evidence-based practice

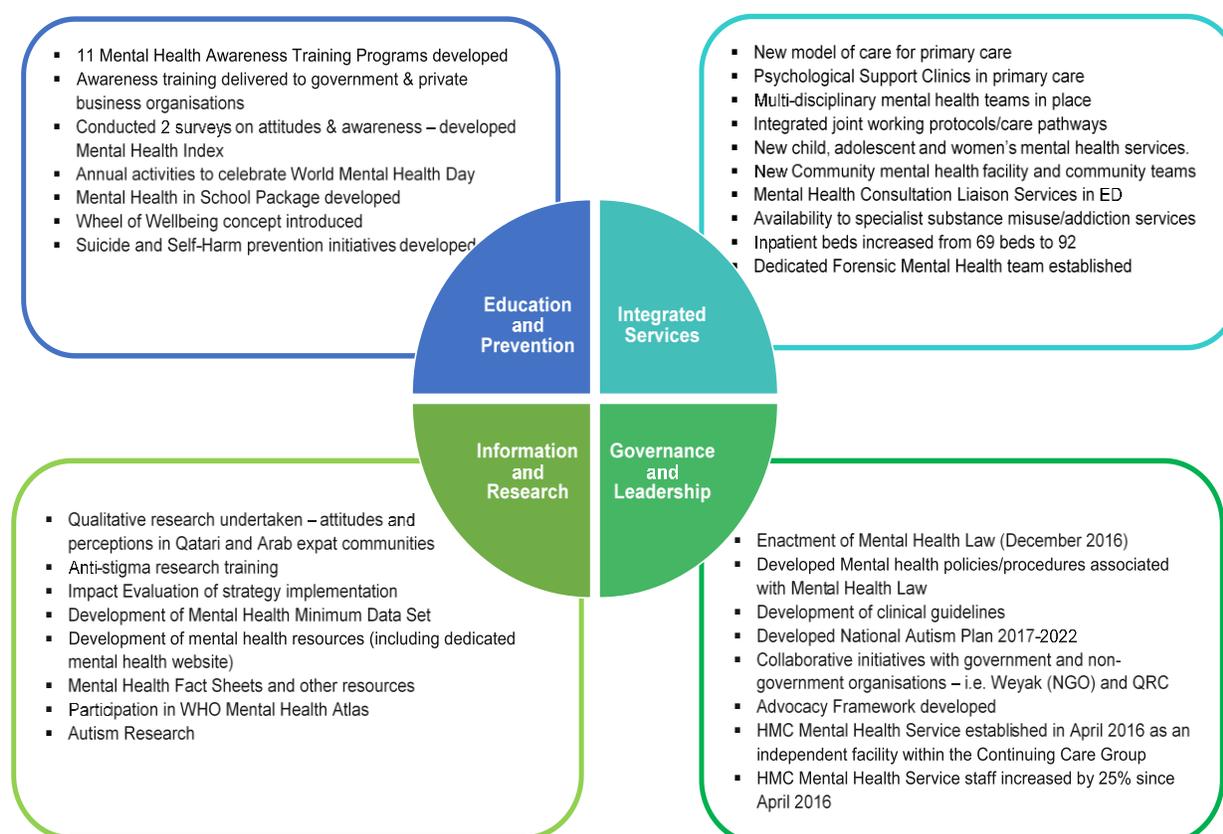
These principles and objectives will remain central to mental health initiatives moving forward in 2019-2022.

A significant amount of work has contributed to the transformation of the mental health system in Qatar over the past 5 years. The process of implementation has been complex, with many interdependencies to address. Many of the key deliverables in changing the system have been achieved however some areas have seen greater developments, and are quite strong, while other areas have had less development and/or faced major barriers in their implementation. In terms of those areas of the Strategy where we did not progress as well as expected, we have reviewed those initiatives to ensure they are still relevant to our plans for mental health and wellbeing.

As a result of this exercise we have included those areas which are still important within our plans for 2019-2022 within the update Mental Health and Wellbeing Strategic Framework 2019-2022.

With regards to areas of the Strategy we successfully implemented some of the key achievements are highlighted in **Figure 1** below

Figure 1: Key Achievements 2013-2018



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The development of the National Mental Health and Wellbeing Strategic Framework 2019-2022 is based on the key health strategies for the country. These include the National Health Strategy 2018-2022 of which Mental Health and Wellbeing is one of the key population priorities. In addition to the Public Health Strategy 2017-2022 where Mental Health is one of 16 priority areas for the public health agenda in Qatar.

The Framework builds on the significant work achieved in the ***National Mental Health Strategy: Changing Minds, Changing Lives 2013-2018*** and provides an important overarching framework for mental health over the next four years, as we respond to a diverse range of policy priorities and reforms.

Focus & Priorities:

- Encourage positive dialogue around mental health and wellbeing. In doing this we will continue to raise awareness about mental health and reduce stigma associated with mental illness.
- To make a real difference in improving mental health and wellbeing outcomes, and the lives of people with mental health conditions, we will continue to work together in partnership with key stakeholders to ensure we deliver high quality mental health services.
- As a health system we want to deliver the best possible care for those affected by mental illness. This means ensuring individuals have access to high quality, integrated mental health services both in the community and across inpatient mental health services.
- There is a need to improve data on mental health within Qatar. We will focus on developing our data systems to support the planning and improvement of services.
- We will continue to strive together to enhance everyone's mental health and wellbeing across an integrated model of care. In doing so we will deliver the best outcomes possible for the whole population of Qatar.
- To support the implementation of the Mental Health Law further work will be undertaken to ensure compliance with the Law.

To deliver these priorities a detailed implementation plan has been developed with key actions, deliverables and outcome measures. These will be monitored by the National Mental Health and Wellbeing Taskforce on a regular basis.