



# MGMH

Movement for Global Mental Health

MGMH Newsletter- January-February 2016

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## Mental Healthcare: New Tactics, Strategic Failure

KS Jacob

The provision of mental healthcare at the primary level in low- and middle-income countries is woefully inadequate today. While the recent emphasis on the link between mental disorders and non-communicable diseases appears to be a tactical advance, it is also an admission of the strategic failure of integrating mental healthcare into primary care.

The Alma Ata Declaration on Universal Healthcare (WHO 1978) was a clarion call for nations to focus on health for all their peoples. The mental health movement also acknowledged the inadequacy of care for people with mental illness living in the community. The World Health Organization (WHO) led the effort to incorporate mental healthcare within primary healthcare in developing countries. This resulted in pilot projects in different parts of the developing world (WHO 1984). Evidence from these endeavours was then employed to establish national mental health policies and programmes in many countries (DGHS 1982).

[Read more](#)



## One in four men consumes alcohol in rural Madhya Pradesh in India: Study

Close to one fourth of the male population of rural Madhya Pradesh has consumed alcohol over a one-year period, a study published last month in the *BMJ* has claimed, with the last consumption far higher amongst Hindus (14.7%) than Muslims (1.2%). Researchers conclude that there is a need for identifying and treating people with alcohol use disorders.

Dr Rahul Shidhaye, principal investigator of the research project and senior co-author of the research paper, said it was the first population-based survey of alcohol use conducted in Madhya Pradesh in 10 years, and one of the few studies of alcohol use in India to include women.

[Read more](#)



## Is Mental Health the Leading Cause of Farmer Suicides in India?

Global literature today tells us that there is a direct relationship between suicide and mental health. However, here in India few people talk about mental illness and even fewer want to address it in the context of farmer suicides. As a part of the NDTV-Piramal campaign 'Cultivating Hope' on finding solutions to farmer suicides, we focus on new innovations that can help our farmers but first we look deeper into the mental health of the Indian Farmers.

Watch the video [here](#).



### Closing the Depression Treatment Gap in India, on Motorbikes

According to a 2011 study by the World Health Organization, India has highest rate of depression in the world, with 36 percent percent of the population reporting a major depressive episode. However, the entire nation only has around 3,500 trained psychiatrists—or, one for every 200,000 to 300,000 people—which has created a large treatment gap. This short film by the [Thomson Reuters Foundation](#) captures how Sangath has is helping remove this gap by enabling therapists to ride motorbikes to difficult-to-reach areas in Goa and provide home-based counseling to patients. Watch the [video](#) here.



### 2016 International Health Workforce Awards

To celebrate the successful completion of the Global Health Workforce Alliance's ten-year mandate (2006 - 2016), the Global Health Workforce Alliance is organizing the International Health Workforce Awards to recognize outstanding health workers and individuals who have demonstrated significant achievements in the field of human resources for health (HRH). Nominate your candidates [here](#).



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## Upcoming Courses



**Sangath**

**Leadership in Mental Health**

Sangath announces the dates for its ninth annual course in "Leadership in Mental Health" from 28 November–9 December, 2016 in Goa, India.

(Click [here](#) for more information)



### Global mHealth Research Training Institute

Fogarty's [Center for Global Health Studies \(CGHS\)](#) will host a four-day Global mHealth Research Training Institute at the U.S. National Institutes of Health's main campus in Bethesda, Maryland, June 6–9, 2016. Participation in the Institute is by application only.

(Click [here](#) for more information)

# KING'S *College* LONDON

## **Epidemiology and Statistics for Mental Health Research**

Run over two weeks this course provides a comprehensive introduction to the fundamentals of designing, conducting, and interpreting research on mental health from 7-17 March, 2016 at King's College, London.

(Click [here](#) for more information)

### Recent Publications



#### **A Systematic Review of Features and Content Quality of Mobile Apps for Bipolar Disorder**

This review found that the content of currently available apps (English language) for Bipolar Disorders is not congruent with practice guidelines or established self-management principles. Most Apps lack source citation and a privacy policy. It is important that clinicians and mental health users exercise a caution in selection of a validated and evidence based app. [Read more.](#)

THE LANCET Psychiatry

## **Mental health training for health workers in Africa: a systematic review**

Commitment to building mental health treatment capacity in Africa is increasing but little agreement exists on strategies to train health workers on mental health or evaluation of training efforts. The authors systematically reviewed published literature on interventions to train health-care workers in Africa on mental health.

[Read more](#)

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