



Improving Mental Health and Psychosocial Support Services within the National Mental Health Hospital in Kabul

Reduce suffering and improve mental health and psychosocial wellbeing of vulnerable people in Afghanistan

Country

Afghanistan

Location

Kabul

Duration

Dec 2022 - May 2023

Donors

UN Organisations

Background

The consequences of decades of war and unrest, and the repeated political changes in Afghanistan have manifested through social, political, economic, health, and environmental forms. Among others, Afghanistan still has one of the worst health indicators in the world. Mental health disorders are alarmingly high in the population exacerbated by suffering from conflict, poverty, and personal losses.

The statistics are alarming. The most recent National Mental health Survey 2018 showed that 66% of Afghans personally experienced at least one traumatic event in their lifetime. 47% of the population experience psychological distress and the prevalence of major mental health disorders such as depression (4.86%); anxiety (2.78%); PTSD (5.34%); substance abuse (8.22%); suicide (3.43%) remains high. However, access to mental health and psychosocial support services provided by the public health system is extremely low (6.8% in 2017-2018, the latest records). Lack of knowledge and resources within the public health system for mental health, and restrictions to accessing public health services have created a mental health treatment gap.

The National Mental Health Hospital in Kabul is the only tertiary hospital in the country, providing specialised mental healthcare since 1986. The hospital aims to provide responsive, high quality mental healthcare to help people living with mental illness to become active members of society.

The 100 bed hospital has 70 beds allotted for adult psychiatry, 5 for children, 5 for forensics psychiatry and 20 beds for individuals living with substance addiction, and a workforce of 139 health professionals, technicians and management staff.

Project objectives

- To support the continuity of essential mental health services;
 - To maintain an optimum level of mental health clinical services and staffing in through administrative support;
 - To provide equipment and supplies including psychotropic drugs for the treatment and management of severe and complicated cases of mental disorders
 - To keep essential logistical and facility management services functional;

Activities

- Supply chain management for medical and non-medical products;
- Facility and premises management - 100-bed hospital with different units for adult psychiatry, child psychiatry, forensic psychiatry, drug addiction, emergency and OPD, pharmacy, laboratory, nursing and medical records and social work and occupational therapy.
- Capacity building of hospital staff. Due to the short duration of the project, infection prevention and control will be addressed by the

project, while the other topics could be incorporated into the systematic institutional and capacity development plans in the future;

- Building Renovation and maintenance;
- Waste management and infection prevention;
- Carry out a detailed assessment for additional technical support: During the 5-month period, the main focus will be the continuity of mental services through administrative support. An assessment of the hospital will identify needs for capacity development and institutional technical assistance;
- Coordination and communication;
- Data management and HMIS;
- Monitoring, Supervision and Reporting.

With support from

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HealthNet TPO

is an international non-profit organisation that works on the structural rehabilitation of health systems in fragile states. Our mission is to strengthen communities to help them regain control and maintain their own health and wellbeing.

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